

Dental News & VIEWS™

Vol. 19, Issue 7

How “Smile Planning” Helps Ensure

*a Happier,
Healthier*

Retirement!

Did you know that a 200-pound man with full-mouth dentures has less chewing force than his 90-year-old grandmother with her own teeth!

There is no substitute for your own natural teeth and healthy gums. Once you lose your teeth, they're gone for good. Once your bone erodes as a result of gum disease or tooth loss, it's gone for good!

Tooth loss, and related bone loss, can age your smile and interfere with speaking, chewing and your attractive appearance.

As you prepare for your retirement years, take advantage of our incredible “Smile Plan”! **Keep your smile young and improve your health!**

A healthy smile doesn't happen by accident. We can help you **prevent tooth and bone loss!**

“Plan” to Have a Great Smile in Your Golden Years!

Fast forward for a moment...

If you're wearing a partial or full denture that you just can't get used to...if outdated restorations or missing teeth make it hard to speak clearly or smile confidently...when gum disease causes chronic bad breath...and when painful chewing takes the joy out of eating...are you really going to get the most out of your retirement years?!!

Whether you see yourself embarking on romantic cruises, doing volunteer work, or entertaining grandchildren—**your golden years will be more enjoyable without embarrassing or debilitating dental problems!**

Start NOW and SAVE Big!!

Our state-of-the-art “Smile Plan” is designed to optimize your oral and

overall health. It's been proven that you can **save thousands of dollars in dental and healthcare costs just by taking care of your teeth and gums!**

In a recent study of 4,285 middle-aged patients, those with disease-free gums had LOWER “annual healthcare costs” and “fewer hospitalizations” compared to those with severe periodontitis.

Surely you can think of better ways to spend your time and money during retirement than on preventable health complications and hospitalizations linked to dental neglect. If you haven't had a dental exam within the last six months, it's been too long! **Make your appointment today!!**

Inside...

A dental health warning for young children!



Enhance Your Smile and Extend Your Life Expectancy!

We offer many treatment options that will **fit your individual needs and budget, in a relaxed, comfortable environment!!**

**You'll Love Your Results...
for Life!**



A routine oral exam can reveal the first signs of systemic disease, or a disease that affects your entire body. For example, inflammation of the gums may be a predictor of heart disease.

Periodontitis (gum disease) is a bacterial infection that has been linked to heart attack, stroke, respiratory disease, diabetes, pancreatic cancer and more. As your dental team, we work to prevent oral infection in your mouth from entering the bloodstream and reaching your heart and other vital organs.

We think you'll agree, a healthier retirement is a happier retirement!

**What You Don't SEE
Can Hurt You!**

We'll help you enjoy great-looking teeth, healthy gums, fresher breath and more confidence, whether your retirement goals include more leisure time, part-time work, or meeting new friends along your travels!

Wouldn't your life be a lot better if you didn't have to hide your smile or worry about soaking dentures in a glass of water at the end of the day? Let's make that a reality while there's still time!

It may help to envision how your teeth and gums might age over the next 5, 10 or 20 years—because they will! Don't let badly receding gums (long teeth), yellowed or worn down teeth, unsightly spaces between your teeth or extensive tooth loss diminish the quality of your life!

A recent study conducted by the *Palo Alto Research Center* used innovative "age-morphing software" and "virtual reality" for retirement planning. Only after people viewed computer-generated images of themselves as they'll look in old age and in real-life scenarios—were they motivated to create a good plan and stick to it.

What a great concept to use in planning ahead for your dental health. Your dental needs change as you age. We can't stop you from getting older, but we can keep your smile from showing it!!

Back to the Future!!!

The American Academy of Periodontology says, "Maintaining healthy teeth and gums is a wise investment."

As with any retirement plan, you should start as early as you can, but even a late start is better than no start at all. When you add a few simple Smile-Saving Strategies, retirement can be the best time of your life.

CALL NOW!! ❖



Over-the-Counter "Teething Remedies" Pose Potentially Fatal Risk to Infants!

A warning was issued earlier this year by the *U.S. Food and Drug Administration* regarding the dangers of common over-the-counter teething remedies. The use of benzocaine in teething products for children less than two years of age **can cause a serious and potentially lethal condition called methemoglobinemia.**

The products in question are marketed under trade names such as Orajel, Baby Orajel, Orabase and Anbesol.

Exposure to benzocaine can cause hemoglobin, the oxygen-carrying protein in your red blood cells, to change into a form that can no longer transport oxygen. Methemoglobinemia has been seen with all strengths of benzocaine preparations, including those with the lowest concentrations of the drug.

Safe Alternatives to "Benzocaine Teething Gels"

Thankfully, there are natural alternatives to treat teething pain in infants.

- 1. Chill a rubber teething ring in the refrigerator and let your baby chew on it (avoid using solidly frozen rings, as they can cause gum injury).**
- 2. Wet a clean washcloth, twist it into a rope, freeze, and allow your baby to chew on it as needed (keep a spare cloth in the freezer).**
- 3. Gently massage your infant's gums with a clean fingertip (avoid using ice cubes, which can inadvertently slip from your fingers and cause choking).**

Some natural homeopathic teething remedies have gained popularity; however, some contain belladonna, which is toxic.

If you have an infant or young grandchild, this is very important information to know!

Don't forget, oral exams should begin at age two. **Schedule your family's dental visits today! ❖**



The other exciting part of your "Smile Plan" is to create your dream smile, using **the most technologically-advanced dental products and techniques available!**

Our state-of-the-art veneers and advanced bleaching technology will take years off your smile. If you've lost teeth, find out if you're a candidate for dental implants that can secure a single tooth or multiple teeth, or if a partial or full dentures are an option.



by Elizabeth Wall

Going to the dentist is actually a pleasant experience for me! It's so much easier to keep my smile healthy now that I look forward to my dental appointments.

"I Like Going to the Dentist Now!"

Because I feel so comfortable with my dentist, I have been able to keep up on my regular cleanings and check-ups. The positive feedback I get reinforces that I'm doing the all the right things.

I am so impressed by the fact that the dental staff has such good chair-side manners. And everything is said with a smile, which really puts me at ease!

They clearly state what is going to be done, what the expected outcomes

are and how long it will take to get them. I never have to guess the next step.

I love the way my teeth feel. And since I've had my teeth whitened, they look incredible—both in person and in pictures!

I refer anyone I know who is looking for a dentist so they can also experience the benefits of working with such a great dental team! ❖