

# The Beautiful Smile's Word Of Mouth

with Dr. Newingham



Summer Newsletter

Summer 2010

## fromthedentist

### Summer's Here... And school's out!

Summer can be hard on kids' teeth. Increased rough-and-tumble outdoor activities can put them in the path of all kinds of hazards. Kids' smiles mean a lot, so it's important to take extra steps to protect their teeth. If your child plans to play any type of contact sport such as football, basketball, or soccer, make plans to visit us before the season starts so we can fit a protective mouthguard.

If skateboarding, scootering, or bicycling are on the summer agenda, avoid rainy days and wear a good helmet and protective gear. Wear seat belts when riding in cars. The number-one rule is to play sensibly.

If your child is due for a checkup and cleaning before fall, book early before the boom hits. Those busy back-to-school days always come up faster than you expect!

### Read, Enjoy, Learn!

Take time for Mary's Minute  
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## Your Referrals Matter

### Thank you!

With such a wonderful recent influx of great new patients, all referred by you, we have decided that your generosity has gone unnoticed for too long. Therefore, we are giving back as well! For each referral we receive, we will put your name in a raffle to win a generous prize as a token of our appreciation. Look for details in future newsletters and on our website, DrNewingham.com.



Visit our new website at  
[www.drnewingham.com!](http://www.drnewingham.com)

Always accepting new patients. Visit our website!

# When You Lose You Win

What you need to know about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it's different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

## And it's getting more complicated...

Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

## How's that?

Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

## How will you know?

Initially you probably won't because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

## Is there any good news?

Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there's more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn't show weight loss!



## Oral Cancer Bites

### Start early & win!

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the *human papilloma virus* (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

**A** Check your tongue, lips, cheek lining, and gums.

**B** Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

**C** Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancer can be cured.



Many challenges? We have many ways to beautify a smile!



# Reality Checks

## We can tell you why it is what it is!

We're happy to say that most dental problems can be treated successfully ... but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here's why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, color, and feel of your tissues;
- early signs of lip cancer and tumors in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!



## LIKE NIGHT & DAY

### What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle *and* reducing your carbon footprint.

- ◆ If you take really long showers, you could save more water and energy by soaking in the tub until you're clean, relaxed, and ready for bed. If you don't like baths, use a timer or energy-saver shower head.
- ◆ Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- ◆ A slightly cooler bedroom temperature can improve sleep, conserve energy, and save dollars, so lower your thermostat, open a window, or install an energy-efficient fan.

## Monkey See...

### Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don't go to the zoo ... come see us for a demo!

# WARNING!!

## Save Money Now!!

The year 2010 is here and we are facing more challenges in uncertain economic times. There are however many ways you can save money on your dental visits.

- PREVENTION is the cheapest way to keep your teeth healthy and beautiful. Remember to brush twice a day and floss daily. Reduce frequency of sugar consumption.
- Visit your HYGIENIST at least twice a year. It not only keeps your teeth and gums healthy and clean, it also allows us to catch any cavities while they are small.
- FLUORIDE treatments are not just for kids. Fluoride can strengthen your teeth and help prevent cavities.
- If you need dental work, DON'T WAIT! There is only one thing for certain: it will get more expensive and more invasive with time. Small cavities become big ones, big cavities turn into root canal treatments and crowns, or missing teeth and implants. A single implant can turn into multiple units with time, and so on.

So save money and act now! Call (248) 644-1810 for your appointment!

Summer Special!

Zoom!® Whitening

\$300

FACT: Teeth whitening is the highest-demanded dental procedure for patients aged twenty to fifty.



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Offer expires August 31st, 2010

## officeinformation

### The Beautiful Smile

Dr. Justin Newingham  
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### Office Hours

Tuesday 7:00 am – 6:00 pm  
 Wednesday 7:00 am – 3:00 pm  
 Thursday 7:00 am – 6:00 pm  
 Friday 7:00 am – 2:00 pm  
 Saturday 8:00 am – 12:00 pm \*

\* One Saturday per month

### Contact Information

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### Office Staff

Carolyn ..... Office Manager  
 Lynne ..... Assistant/Front Office  
 Mary, Karen ..... Hygienists  
 Cres, Beatrice ..... Assistants



## Mary's Minute

As most of you know by now we have a new boss, Dr. Newingham. We "girls", who have been here forever, would like to take this opportunity to tell you how very glad we are to have such an enthusiastic young man join our practice. I'm sure those of you that have seen him share in our sentiments and have begun to realize just how much time and energy he spends to make sure you're receiving the best dental care possible. His passion for education and his pursuit for excellence have not gone unnoticed and are being recognized on both a local and a national level. Dr. Newingham was just added to this year's Top Dentist's in America list made by the Consumer Research Council of America. Dr. Newingham was also voted by his peers (Detroit area dentists) to be recognized in Detroit's HOUR magazine as one of the Top Dentist's



in 2010. Look for the full-page article in this summer's July issue of Hour magazine. We are very proud!