



*Dr. Newingham*



*Dr. Mayer*

# *The Beautiful Smile's* **Word Of Mouth**

Winter Newsletter

Winter 2009

## **fromthedentist**

### **Time For Reflection**

*Remember what matters during holidays*

The holiday season is a special time of year. It carries with it hustle and bustle, yet at the same time, a moment to slow down and think about all the wonderful things in our lives that we are grateful for. I, for one, enjoy these opportunities to examine my own life and what's important to me.

Aside from my family, my passion for dentistry gives me one of the greatest joys in the world, allowing me to make a positive difference in the lives of my patients. I also appreciate every member of my team and the unique gifts they bring to our practice. But what makes all this possible is *you*, my patients. Without your loyalty, support, and friendship, the rest wouldn't matter.

So please accept my very special *holiday thank you!*

*Yours in good dental health,*

*Dr. Justin Newingham*

## **turnthepage**

Brushing, biking, recycling!

Vitamin D-*licious!*

7 smile-saving solutions!



# *Season's Greetings*

from our  
family to  
yours!

***Thank you for all your referrals. We appreciate them!***

# Mix It Up

Find out how to make a real difference!



## Dairy Or Non-Dairy You get to pick!

A study published in the *Journal of Periodontology* shows that those who regularly consume dairy products such as milk, cheese, and yogurt had a lower instance of gum disease. But even if you can't tolerate dairy products, science has plenty of good news about nutrition and oral health.

Linked with longevity, cell growth, and boosting the immune system, vitamin D consumption can:

- **inhibit gingivitis**, the earliest stage of gum disease;
- **fight inflammation** which has been linked to gum disease;
- **help prevent tooth loss** by inhibiting bone loss around the tooth roots caused by gum disease.

Healthy gums are an important part of maintaining a healthy body. Calcium- and vitamin D-fortified beverages, and vitamin D-rich foods like salmon, sardines, and egg yolks can lead to better oral and overall health!



Just as what you wear can express your innermost self, your smile speaks silently to others about who you are and what you anticipate from life. A friendly open smile projects self-assurance and positive expectations, and attractive white teeth communicate cleanliness and health. Everyone in the family can benefit from a smile that's their sparkling best - but even better if you're of a certain age - your vivacious smile can help take years off!

Here's some more great news...

You can eliminate darkened or yellowing enamel stains created by everyday smoking, eating, and drinking. Even enamel that has become discolored due to illness, medication, or heredity can be brightened.

How? We can provide two very popular options that can dramatically improve your smile - supervised teeth whitening and cosmetic bonding.

**Whitening** has become the most-demanded cosmetic procedure for good reason - *it works*. Your teeth can be whitened by up to eight shades ... *very quickly* - and there's no upper age limit!

**Bonding** tooth-colored materials that match your own enamel to the surface of your teeth masks discoloration while adding strength. These same long-lasting materials can be used to replace old silver-colored (amalgam) fillings and to correct minor chips or gaps between teeth.

In fact, we can mix 'n' match these procedures to enhance your unique smile and incorporate white composite fillings, inlays, onlays, and sophisticated cosmetic veneers to keep you smiling ... whatever your age!



A Right  
Way  
And A  
Wrong  
Way

Brushing your teeth using the proper technique is essential for cleaning teeth and gums effectively, yet many patients are unaware of just what exactly the "proper methods" are. Correct brushing takes a little patience and a little more time than you might think. It's just not enough to slap on the toothpaste and scrub away in a haphazard and random fashion. You can easily miss whole areas of your mouth and actually do some damage at the same time. Here are some helpful toothbrushing tips to get the job done properly.

Brushing tips...



# 7 Smile Savers

## See how you can count on us!

Everyone wants to keep their natural teeth for life. But it isn't all about the teeth, you know. When your gums are pink and healthy, they harmonize beautifully with your lovely white teeth enamel and truly make your smile sing. But their real job is to provide protection and support for your teeth. You can see why preventive care is the key to a great-looking smile.

### Here are 7 preventive smile-saving supports our team can provide...

- 1 **Cleaning and scaling** your teeth to remove plaque, yellowing tartar, and surface stains;
- 2 Protective **fluoride treatments** and pit and fissure **sealants**;
- 3 **Remineralization treatments** to restore thinning enamel;
- 4 **Polishing** for teeth and restorations;
- 5 Protective **mouthguards**, custom-made for children and adults;
- 6 Preventive **nightguards** to stop grinding, clenching, and sensitive worn-down teeth that can age your appearance;
- 7 **Rely on us** to help you with as many preventive measures as possible. All you have to do is keep your appointments!

## Recycle Your Bicycle Again & again!

Have you ever wondered why cycling is becoming so popular? Here are four reasons you'll want to consider this family-friendly sport. Cycling is...

### FUN

- Pump up your mood, reduce depression and stress, and boost your self-esteem!

### GOOD FOR YOU

- Improve your overall and oral health.
- Shrink your waistline. Burn extra calories.
- Reduce your risk of serious conditions such as heart disease, high blood pressure, obesity, and diabetes.

### SOCIABLE

- Enjoy the great outdoors with friends and family of all ages. People of most fitness levels can cycle, slowly and gently if necessary.

### SUSTAINABLE

- Focus on the moment and on your environment. Join your family in reducing its carbon footprint with reduced vehicle usage.

No wonder cycling is one of the fastest-growing leisure activities in North America.

1

Place bristles along the gumline at a 45° angle so that they contact both the tooth surface and the gumline.

2

Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush up and down using a rolling motion.

3

Tilt the brush vertically behind the front teeth. Brush up and down using the front tip of the brush.

4

For the biting surface of the teeth, brush gently with a back and forth motion. Don't forget to softly brush the tongue to remove odor-producing bacteria.

# Seal Out Tooth Decay

Ounce of prevention ... pound of cure!

Studies have shown that more than 50% of kids' cavities develop on the chewing surfaces of the teeth. Food gets trapped in pits that are formed naturally by the crossing of deep grooves called fissures. We now have a way to cover these surfaces with a protective material so decay never has an opportunity to set in. It's called dental sealant.

In just a matter of minutes this plastic tooth-colored material can be permanently applied directly to the cavity-prone surfaces of teeth. The sealant creates an impenetrable barrier

to bacteria and decay for up to fifteen years. There's no discomfort in the application of sealant and the benefits can last a lifetime.

Recent studies have shown that sealants are one of the main contributing factors to the decline in the number of cavities in children. That's a lot of teeth that won't have to be drilled and filled. Sealants can work extremely well for many adults too, so the next time you're in for a visit, ask us about it. An ounce of prevention is worth a pound of cure!



As teeth develop, deep grooves called fissures naturally occur and where these grooves cross is called pits. These areas account for more than 50% of cavities among children.



Dental sealant is applied to the teeth and flows into the pits and fissures. It is a plastic tooth-colored material that creates an impenetrable barrier to bacteria and decay.



**Sealant** **Tooth fissure**  
Dental sealant provides lasting protection against decay as long as the seal remains intact.

## office information

### The Beautiful Smile

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Dr. Timothy Mayer

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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



## Around The Tooth

### Perio primer

Periodontics is the branch of dentistry dealing with supporting structures of teeth and diseases that affect these important structures. The name originates from the Greek, *peri*, meaning around, and *odons*, meaning tooth. This amazing system allows us to apply great force to our teeth when biting and chewing, but sometimes these structures can be attacked by infection and weakened. Bacteria from the naturally occurring biofilm can build up crusty deposits (*tartar* or *calculus*) that can result in infection. If not corrected, infection can lead to the destruction of the ligament and bone that hold teeth in place.

How can you support your periodontal health? Brush with care after meals, or at least twice daily, and floss every day. Good perio health is essential to a healthy smile and a healthy you.

## Inspired

### By your referrals

This is the perfect time to look around and appreciate all that we have received. We think it's important to let you know that one of the things we are most grateful for, aside from your patronage, is your continual referrals to our practice. When you encourage your friends and family to visit us, it shows that you are confident, trusting, and supportive of the care and services we provide to you. Nothing could ever really top that compliment – and it keeps us striving to offer the high-quality dental care and professional service you have come to expect from our team.

We hope that you will continue to benefit from our services and send your thoughtful referrals our way.

*We look forward to seeing you throughout the new year!*