



SEASONAL

Smiles

with DR. JUSTIN NEWINGHAM

Produced to improve your dental health and awareness

Winter 2011/2012

from the dentist

Season's Greetings

This is the season when it seems completely natural to contemplate the year gone by, the one to come, and to count our blessings. My team and I have been doing just that, and we are absolutely in accord about one thing: how very special and important you are to us.

I hope that this is something we've been able to make clear to you over the year. You are all so kind and often express your sincere gratitude to us when you visit. I sometimes wonder if you realize how mutual that feeling is.

With so many wonderful patients, providing care transcends professional obligation and becomes an enjoyable privilege. Coming to work is a genuine pleasure every day, all year. Thank you.

*Dr. Justin Newingham
and team*



HAPPY
HOLIDAYS *from*

DR. JUSTIN NEWINGHAM AND TEAM

Don't Be So Sensitive!

Care for sensitive teeth

Do you experience discomfort or a sharp pain when you breathe icy air, when you sip hot, cold, or sweet beverages, or eat foods with extreme temperatures? Even when brushing your teeth? You could have sensitive teeth which can put a damper on the most pleasurable things in life.

What can you do?

- Always visit us for a diagnosis and treatment options.
- Use a toothpaste specially formulated for sensitive teeth. It takes two weeks before the full effect is evident.
- Rinse with a fluoride-based mouthrinse that contains potassium nitrate to reduce sensitivity.

Don't endure sensitivity symptoms. Call us today!

That Jarring Jawbone!

Relief from TMD is here

It may be stress, previous injury or tooth loss, habitual clenching, gum-chewing, or a part of ageing, but for whatever reason, your jaw aches, you're having difficulty chewing, and it affects how you eat. Other possible causes? Restorations such as crowns, fillings, inlays, and onlays that have worn over time and no longer align or function as they need to.

You may be suffering from *temporomandibular disorder* (TMD) – a misalignment of the jawbone where it connects to your skull. Once we diagnose the cause of your TMD, the solution could be as simple as adjusting or replacing one or more restorations or providing you with a nightguard to maximize your jaw position and relieve your discomfort while you sleep.

Until you see us for treatment, you might be able to alleviate symptoms by chewing on both sides of your mouth, de-stressing, not chewing gum, and performing basic jaw-stretching exercises.

Reinforce
the power
of your
smile

PART OF SMART AGEING

Good for you! You're taking better care of yourself so that as you age, you remain in optimum health. You're using the stairs (not the elevator), protecting your skin, and ramping up the fiber, fruits, and vegetables in your diet. Now think about this: if you live longer, your teeth have to function longer too!

Now is the time to consult with us about the benefits of not just rejuvenating the whiteness in your smile, but also the structure and durability of your teeth. Missing or damaged teeth severely compromise your capacity to chew and digest healthy foods ... negatively affecting your overall health. Not to worry... We have solutions!

- One option is a **bridge**. It replaces a missing tooth by securing a new replacement tooth to the adjacent healthy teeth. Bridges look natural, are easy to clean, and because they're fixed in place, they're stable.
- A **crown** completely covers or "caps" an existing tooth that has a serviceable root but is damaged above the gumline. It improves the tooth's strength and appearance, and extends its lifetime.

As part of your healthy lifestyle team, we will advise you on the best, most cost-effective way to improve your smile. Dental enhancements like bridges and crowns are a great self-investment. You'll look terrific, enjoy a confident smile, and situate yourself wisely to benefit wholly in both oral and overall health!



BEFORE



AFTER



3 Ways To Age Your Smile

Learn the secret to keeping it youthful

In 1900, the average life expectancy was only about 49 and few people anticipated keeping their teeth that long. Today, many mature adults have maintained their teeth, yet have developed potentially serious problems with the *gingivae* (gums) that surround them. This is very important, because when gums are damaged, the gates are literally opened to a host of problems.

FIRST Receding gums. When bacteria is allowed to build up in the mouth and is left untreated, damaged gums become progressively more inflamed. Initially the infection can be painless with no visible signs or symptoms that you would notice during routine home care. Gum disease is the top cause of tooth loss in adults and has been linked to cardiovascular diseases, diabetes, arthritis, Alzheimer's, hearing loss, and cancers.

SECOND Root cavities. Some natural gum recession occurs as you age, but too-vigorous brushing can dramatically speed up the process and expose the roots of your teeth. This is unattractive, but more importantly it can expose your roots to bacteria and cavities. Experts suggest that those taking anti-hypertensives, antidepressants, and analgesics are already at an increased risk of caries (cavities).

THIRD Tooth sensitivity. Receding gums and exposed roots can be painful and eventually, if over-brushing continues, the entire tooth enamel will be affected.

Although we can provide solutions like bonding, veneers, and desensitizers to restore function and appearance, we prefer prevention. Regular examinations and learning proper home care will keep both your gums and teeth healthy.



IN PRAISE OF Olive Oil

Reason to smile

Olive oil, a key component of a Mediterranean-style diet, has provided health benefits for millennia. Mono-unsaturated fat gives olive oil anti-oxidant properties, lowering the risk of colon cancer, incidence of heart disease, and type-2 diabetes.

Because ingesting olive oil enriches skin and soft tissues, and is an anti-inflammatory, it also helps in treating gum disease which, due to the correlation between oral and whole-body health, improves your overall well-being.

Extra virgin olive oil is highest in anti-oxidants because it's less processed. And because of its flavor, processing method, and beneficial properties, it is the only variety of vegetable oil that nutritionists suggest be ingested as is (without being cooked). Only two tablespoons per day will help you look after your whole health while we take care of your oral health!



Office Family Updates

Where Has The Time Gone...



Lynne's daughter, Hannah, graduated from *Waterford Kettering High School* last spring and has set her sights on veterinary medicine. She has been working at several local veterinary hospitals to confirm this is the right path for her. She plans on transferring to *Michigan State* to finalize her pre-requisites for veterinary school after another year at *Oakland Community College*.



Karen's daughter Michelle, is in the school of *Hospitality Business at Michigan State*. She has spent this semester acquiring business credits and international requirements while studying at *John Cabot University in Rome, Italy!!* Karen and the rest of her family actually paid her a visit and rented a chalet for a week back in October. Yes, we were jealous!

Good luck girls!



Crucial Oral Cancer Detection

VELscope screening is to your advantage

Your oral health is very important, and this is why we use technology that dramatically improves our ability to screen for oral abnormalities that could lead to cancer. Because early detection is *essential* to increase chances for successful treatment, we always check your entire mouth. We use the *VELscope®*, a state-of-the-art, painless, non-invasive screening tool that helps us to see what we can't see with the unaided eye during your routine oral cancer checkup.

What can you expect during a VELscope examination? After conducting a thorough oral cancer examination, we'll use a handheld device that will shine a blue light into your mouth. We'll then examine the tissues through a special eyepiece. This technology takes advantage of your mouth's natural fluorescence which is normally invisible. Using the blue light, however, we can look for specific changes in the color or structure of your oral tissues that might be indicative of abnormal cells. It takes about five potentially life-saving minutes.

We want our patients to have a bright and smiling future. Recently, studies show more than 25% of oral cancer victims have been under age forty and did not fall into any category of the known risk-factors like tobacco and alcohol use, diabetes, or being HIV positive. And especially because in its earliest, most treatable stages, oral cancer usually causes no pain or discomfort, we'll perform the VELscope examination for all of our adult patients once every year.

office information



Newingham Dental Center
Dr. Justin Newingham
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Office Hours

Tuesday 7:00 am – 3:00 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
 Karen, Carrie Hygienists
 Cres, Beatrice Assistants



It's Already Paid For Why aren't you using it?

It surprises me how many patients miss their dental appointments when they have insurance coverage. If you've missed your scheduled date because you've been busy with life (as we all get), you're losing hundreds of dollars in treatment each year. And, without treatment, deterioration of your teeth and gums will take a toll – and not just on your bank account – on your overall health too.

Gum disease has been linked to many serious diseases and, in fact, each time you're in, we check for up to 200 diseases. Please don't lose your money. Call now to book your recall appointment. We'll investigate your insurance coverage to make certain you're taking advantage of all your benefits. We have convenient times open and can book your entire family at the same time!