



THE DAILY SMILE

Fall Newsletter 2006

Welcome again to Massasoit Dental Associates's seasonal newsletter. Take time from your busy fall days to enjoy another informative and educational issue of ***THE DAILY SMILE***. Log on to our website at www.massasoitdental.com for recent updates and links to useful medical and dental websites.

What's New? We have two new developments to help us serve you better that you may have already noticed: ***House Calls and Message on Hold***. ***House Calls*** is an automated phone service to confirm your appointments. In this world, our personal lives seem to be getting busier and busier and it's getting more difficult to keep track of all the appointments that are made. With ***House Calls***, you will have the opportunity to confirm your appointment by following the instructions on the phone. ***Message On Hold*** is designed to give you more information about our practice. We make every effort to answer your phone calls as soon as possible. However, when there are moments when you are waiting, we hope you will find the message helpful. These messages will change and offer more details as the year progresses. Please contact us with your comments at: info@massasoitdental.com or 508-583-0103.

Take Control, Breathe Easy The American Dental Hygienists Association has linked with Wrigley Oral Healthcare Programs to help patients "kick tobacco". Your personal dental hygienist will support your efforts and help you get involved in a smoking cessation program. Call 1-800-QUITNOW to begin your journey to a healthier you.

Fluoride Update Great News! The American Dental Association is endorsing Vanish, our new fluoride treatments for children and adults. This invisible, long lasting, powerful fluoride will soon be replacing rinses, gels and foams in most dental offices across the country. Experience the difference. Ask for your fluoride treatment at your next check-up.

Don't Be Rubbed the Wrong Way Denture patients, rest easy. We are able to

effectively repair or adjust your dentures or partials with our on-site dental lab. Call for an appointment today.

Achieve Your Most Glamorous Smile The holidays are just around the corner. At your next visit ask us about tooth whitening.

Healthy Smile, Healthy Body The medical-dental relationship has become a general health concern over the last few years. If you have recently been diagnosed with periodontal disease, then you have been informed about the importance of eliminating bacteria from the oral cavity. Current research has shown periodontal disease to be a risk factor in systemic disorders such as *diabetes, stroke, heart disease and preterm low birth weight babies*. What does this mean to you? It means that some of your medical issues may be originating from your teeth and gums. Also, be very aware that some medical conditions may cause oral signs and symptoms. Dry mouth, malodor, bleeding and inflammation are examples of medical complications. Ask your dentist or dental hygienist about the medical-dental links and how to develop therapies for prevention. Remember to maintain a close relationship between your M.D., cardiologist and your dental office.

Defense! Defense! Football season has arrived and our New England Patriots have one of the better defenses in the National Football League today. They can eliminate most offenders that pass through town. Go Team! Similar to our home team, *saliva* is the best defense in the mouth, providing protection to the teeth and gums. According to the Mayo Clinic, there are over 500 species of bacteria that live in the oral cavity. Proteins, antibodies, and enzymes in saliva fight against and eliminate most of the tough viruses and bacteria that exist in the mouth.

With cold and flu season right around the corner, it is time to take measures to protect yourself from those dreaded viruses. You may not realize it, but your toothbrush can be a breeding ground for germs and bacteria. Here are some tips for staying healthy: a) rinse your brush with water after brushing, b) air-dry your toothbrush in an upright position, c) avoid contact with other toothbrushes, d) replace your toothbrush after any illness and seasonally, e) keep your toothbrush away from obvious contaminated areas. Hopefully, these small reminders will keep you healthy through the fall and winter.

Thank you for all your referrals. We appreciate them!