



## THE DAILY SMILE

Spring 2007

Massasoit Dental Associates welcomes you to our Spring 2007 edition of The Daily Smile. Rainy days will soon give way to big smiles and warm sunshine. We will be here to greet you and provide you with quality service at our 288 Belmont Street office in Brockton, Massachusetts. You may also find us at:

[www.massasoitdental.com](http://www.massasoitdental.com)

LOG ON!

### What's New?

White & Brite, our new take-home whitening kit includes: six syringes of whitening gel, custom-made trays, tray case and patient shade guide to monitor your results. Ask any member of our dental team to assist you with obtaining your whiter, brighter smile today.

### Dental Lab Onsite for Repairs

Our onsite dental lab is available Monday, Tuesday, and Thursday. Call for your adjustment or repair appointment today.

### Not Just for Kids Anymore

Everyone deserves a great smile! No matter the age, smiling is all the rage. If your teeth are crowded, crooked, or a bite that is just not right, see Dr. Pluta for an orthodontic evaluation now. A Sonicare toothbrush is included with every orthodontic banding.

### A Slice of Life

Next time you pour yourself a tall glass of water, add a slice of lemon. In doing so, you will begin to balance the pH (acid level) in your mouth which helps keep the whole body healthy; and along with flossing, it reduces the amount of daily tartar build-up. Stay healthy the natural way...

### **You've Been Exposed!**

Radiographs, or x-rays, are an important diagnostic tool in the dental office. According to the National Council on Radiation Protection, research shows the average person annually receives 360 mrad from all sources including naturally radioactive materials in the body and earth, the foods we consume, and outer space. Dental x-rays are measured in Roentgens(R) and milliroentgens (mrad). The maximum safe dose of radiation in dental offices for one year equals 500 mRad. Your yearly check-up x-rays amount to about 10 mRads per year. A full set of radiographs are exposed every three to five years and consist of 14-20 films with the measure of 20 mrad. The benefits greatly outweigh any radiation concerns and x-rays allow us to further assess and diagnose what cannot be seen clinically.

### **Come Early**

Our yearly updates take just a few minutes to complete. Come early and keep us up to date on your medical history as well as e-mail address, insurance and address changes. Thanks for your cooperation.

### **10 Ways to Dental Health**

- 1) Brush your teeth twice a day.
- 2) Floss once or more a day.
- 3) Be consistent with your dental check-ups.
- 4) Complete recommended treatment to prevent and resolve dental disease.
- 5) Eat a well-balanced, nutritious diet.
- 6) Perform self oral cancer screenings.
- 7) Learn about your dental insurance and utilize it.
- 7) Understand the medical-dental links.
- 8) Read our seasonal newsletter.
- 9) Ask questions.
- 10) SMILE!!!

Look for our full page ad in the new Verizon Yellow Pages

## **NEW PATIENTS AND REFERRALS ARE ALWAYS WELCOME**

**Coming in the summer...super foods, dental specialists and more....**

Special thanks to our long time valued patients who have helped build what we consider to be the best dental office in Brockton!