



**massasoit
dental
associates**

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THE DAILY SMILE

Welcome to our quarterly issue of THE DAILY SMILE. We would like to thank all of our patients who have logged on to our new website, www.massasoitdental.com. For those who have not logged on yet, there is much useful information about our practice and links to related health/dental websites.

WHAT'S NEW?

Brenda, a wonderful addition to our hardworking and highly effective dental assisting team. Welcome!!

VANISH---A paint-on fluoride treatment now available in our office! Quick and easy to apply, long-term protection and no waiting to eat or drink after the procedure!! An excellent choice for your little ones who are not yet ready for the gels or rinses.

It's that time for **SPRING CLEANING**. Why not treat yourself to a custom-made home whitening kit. Brighten your smile in just two weeks.

Are missing teeth interfering with the quality of your life? Chewing, speaking, and feeling good about yourself are everyday needs. Options for replacing your teeth include dentures, partials and bridges. But, have you ever considered **IMPLANTS**? Your dental hygienist is equipped with detailed video and guidelines for the procedures and placement of dental implants. Ask us about your options for achieving a full dentition once again. Treatment planning and cost analysis are available upon request.

XYLITOL---A naturally occurring sugar, as sweet as sugar but with one-third of the calories, that was first discovered in 1890. Xylitol made it's first appearance in the United States in chewing gum in 1975. The taste of xylitol has been compared to mint, causing a cooling sensation in the mouth, which is effective in reducing the feeling of dry mouth. The most exciting thing about xylitol is the interference with the formation of plaque and it's ability to remineralize tooth structure. That means xylitol can reduce your chances of developing dental decay by half. Ask your dentist or hygienist about exciting xylitol products.

****Although xylitol is a great way to enjoy your gum and reduce cavities at the same time, it is certainly no substitution for brushing after every meal and flossing daily!**

PAYING FOR DENTAL INSURANCE? Make it work for you. Talk to us about maximizing your dental benefits.

PRE-MED? What's that? Medically compromised patients with such diagnoses as heart murmurs, mitral valve prolapse, artificial joints, and cancer are some examples of conditions required to pre-medicate before dental procedures.

A full medical history is taken on every patient's first comprehensive visit and updates are addressed at each recall. If you have one of these or other compromised conditions, a note from your primary doctor stating that you will/will not need medication is required before beginning treatment. Pre-medication consists of a short-term, high-dose of antibiotic therapy. Your dental office or physician will answer any questions or concerns.

The changing season brings warmth and beauty to our region, but it also means seasonal allergies. Many of you will be using OTC or prescription medications to help relieve your symptoms. Be aware of side effects from antihistamines and decongestants. Drowsiness, excitability, drug interactions, breathing complications and **DRY MOUTH (xerostomia)** are important to mention. These types of medications may decrease your salivary output to create an unhealthy oral environment greatly susceptible to cavities and oral manifestations. Talk to your dental professional about fluoride, saliva substitutes and other ways to protect you from oral disease.

MEDICAL ALLERGIES is another area of concern. **LATEX** and **ANTIBIOTICS** are two major life threatening allergies. Always inform your dental or medical provider of any sensitivities before any treatment. It could save your life!!

Speaking of saving your life...what's free, quick, painless, and happens every six months but you probably haven't noticed? The answer is an **ORAL CANCER SCREENING**. Oral cancer is the sixth most common cancer, yet receives little press. That is unfortunate, because oral cancer kills. With less than a five-year survival rate, early detection is crucial. Your dental office is your first line of defense, and if you know what to look for, we can work as a team. Avoid regular sun exposure, tobacco and alcohol, and repeated trauma to the oral tissues. Your dental hygienist will discuss any concerns you may have at your next recall visit.

:) Just a Friendly Reminder:)

Cell phones create interference with our medical equipment and quality dental appointments. So please, power off!

Thank you for all your referrals. We appreciate them!