



massasoit
dental
associates

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THE DAILY SMILE

WELCOME!

Now that Labor Day has come and gone, it is time for our autumn issue of The Daily Smile. Massasoit Dental is proud to share this seasonal newsletter designed to inform and entertain.

WHAT'S NEW

www.massasoitdental.com

Log on for exciting information about our office and more.

Delta Dental of Massachusetts has introduced additional products that may be covered by your plan. They include chlorhexadine gluconate rinse (Peridex) to treat gingivitis and prescription fluoride toothpaste to prevent tooth decay. There may also be expanded coverage for sealants which prevent tooth decay.

NEW PRODUCTS

All natural sensitivity toothpaste rebuilds tooth structure while desensitizing. This product is great for patients with recession and an excellent adjunct prior to whitening.

A new fluoride rinse that desensitizes, heals the gums and prevents tooth decay all in one product.

Increase your "SMILE POWER", ask us about tooth whitening!

TREAT YOURSELF TO A BRIGHT, BEAUTIFUL SMILE

You have committed to daily brushing, flossing and regular checkups (recalls), but your smile is just not quite as dazzling as you would like it to be. Take the time to do something nice for yourself-you have earned it. Consider safe and reliable cosmetic procedures. **Whitening** can brighten your smile. Silver fillings can be replaced by mercury-free white composite fillings. **Veneers** correct cracked, chipped or unevenly spaced teeth. **Crowns** and **bridges** are very common procedures used to strengthen teeth that have been severely damaged or root canalled and to improve their appearance. **Implants** are man-made teeth permanently anchored in the jawbone and are an excellent choice for areas of missing teeth and a great alternative to bridges.

It is always the perfect time for the perfect smile!

LET'S TALK HYGIENE!

Concerns or questions about your oral health?

Ask **Terri** or **Denise**: send an email to info@massasoitdental.com

Low Carb Diets giving you BAD BREATH?

Call us, we can help!

Can't sleep? PMS? Aches and pains? High blood pressure? **CALCIUM** is not only for preventing bone loss, but it can help keep your whole body healthy. Along with magnesium, these two components are essential for proper nerve, heart and muscle function. They have a calming effect on children with ADD or ADHD.

FAMILY AND FRIENDS ARE ALWAYS WELCOME. WE APPRECIATE AND THANK YOU FOR YOUR REFERRALS.

Calcium Citrate is more easily absorbed and therefore more effective against osteoporosis. Try the following homemade juices and stay healthy.

CARROT-APPLE

6 carrots
2 apples

ENERGY SHAKE

handful parsley
6 carrots

WORLD FAMOUS LEMONADE

4 apples
½ lemon and skin

FOR A LIFELONG SMILE

Orthodontics (braces) use constant, gentle pressure which, over time, move teeth into their proper position. There are metal braces and clear ceramic braces, which are very popular with adults and teens. Dr. Kalina Pluta sees patients in our office every Thursday. Call for a free consultation today.

ARE YOU AT RISK?

- Do you have diabetes?
- Do you take prescription medications?
- Have you had a cavity over the last three years?
- Do you eat sugary substances?
- Have you had gum surgery and/or gum recession?
- Have you had head or neck radiation?
- Does your baby go to bed with a bottle?
- Do you live in a community without fluoridated water?

If you answered yes to any of these questions, you or your child may be at risk for dental diseases. At your next dental appointment, discuss how we can work together to reduce your risk of dental disease.

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