



THE DAILY SMILE

Summer 2007

Massasoit Dental Associates welcomes you to our quarterly edition of ***The DailySmile***. Our fall newsletter is full of hot and refreshing tips and trends.

What's New?

Congratulations to Renee' on her new arrival. A baby girl in June!

On a business note, Blue Cross Blue Shield and Delta Dental insurance companies are changing to non-social security ID numbers. Please inform the front desk of any changes in insurance. Remember that dental insurance is between you (the patient) and the insurance company. They do not notify the dental office of changes. This is your responsibility.

Tooth Whitening

Over the past few years, there have been a multitude of tooth whitening products available over the counter. Many of our patients have used these products initially, yet have completed their whitening experience with our in-office whitening system. The OTC products have a very low percentage of the whitening ingredient which allows only a slight improvement in the brightness of your teeth. If you are looking for a difference in your smile, optimal results may be achieved with our very affordable in-office whitening system. Ask your dentist or dental hygienist today. What are you waiting for?

Superfoods

Broccoli Sprouts - A great source of calcium and fluoride for teeth and bones, has the ability to inhibit the growth of tumor cells, raise good cholesterol and lower bad cholesterol. They also help to prevent macular degeneration.

Kefir - Another good source of calcium, this gelatinous "grain" has 30% daily allowance of calcium. It has been compared to yogurt because it contains the bacteria and active cultures of yogurt, yet it is drinkable. There is a low incidence for food allergies and is excellent for those who are lactose intolerant. Kefir also plays a large role in decreasing the risk of breast cancer.

Cranberry - The American berry. High in antioxidants, cranberries decrease the risk of cancer, tooth decay, urinary tract infections, ulcers in the stomach and strokes (no arteriosclerosis which is due to the build-up of plaque in your arteries).

Acai berry juice - Combined with other exotic and native berries and fruits, this berry is one of the most nutritious and powerful foods in the world. The health benefits range from protecting against all forms of cardiovascular disease, diabetes, arthritis, nerve problems and lowering bad cholesterol to increasing energy levels and boosting the body's immune system.

Ask your hygienist about these foods and where they are available.

Patients Pending

Who's got the time? Who's got the money? Here at Massasoit Dental Associates we understand times can be tough, but we are here to help. Many of our patients have treatment pending. This means you may need fillings, a crown, a six month checkup or a periodontal cleaning. Please call and schedule your appointments accordingly. We are available to assist you with any planning you may require in order to set-up availability or finances. Allowing too much time to lapse between appointments may cost you more than just money, it may cost you your health. Call today!

Coming in October - Digital Radiography!

Ask us about the benefits.

NEW PATIENTS AND REFERRALS ARE ALWAYS WELCOME

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