



Dental  
Care

# Bugle

Produced to improve your dental health and awareness

Winter 2009

## fromthedentist

### Perfect Timing

#### *Ensuring your health*

We hope that all our patients and their families had a fun and frivolity-filled holiday season – and that everyone greeted the New Year safe and sound!

And we'd also like to give you a little advice: the new year marks the beginning of many of our patients' dental insurance year, when your fund is replenished and full, which means it's the perfect time to make certain you're completely up to date with all your oral health needs. We certainly hope you haven't postponed any regular checkups, but if you have, please contact us today so we can perform your regular examination and teeth cleaning. This would also be an ideal time to consider an in-house whitening or cosmetic procedure to greet spring and summer in style!

We look forward to seeing your smile!

*Yours in good dental health*

*Dr. Christina Binert & Associates*

## turnthepage

Keep diabetes at bay!

Strengthen teeth with exercise?

Grin and love it!

## New Year's Resolutions

### How about a new smile for the New Year?

The start of a new year is always buzzing with promises to make positive changes and pledges to drop bad habits. Weight loss, quitting smoking, exercise, and better eating – these are often among the top New Year's resolutions. We'd like to suggest a resolution that's guaranteed to put a smile on your face. Paying attention to how and what you eat, proper brushing, and taking advantage of cosmetic dental services are all ways to give yourself a brighter, whiter, and happier smile.

A healthy attractive smile can do as much for your sense of self-esteem as any resolution. The best part is that you don't have to do it all by yourself. We can show you how to eat and brush better by choosing healthy foods and using fluoride and soft bristles. Talk to us about it at your next appointment, or if you prefer, call us to set up something sooner.

We can also introduce you to some of the cosmetic dental services that can whiten dull teeth, fix gaps, chips, and crooked teeth, and give you the smile you've always dreamed of. Resolving to improve your teeth is a lot easier than many resolutions, and the benefits will give you a reason to smile and feel good for years to come.



**Valentine's Whitening  
Special**

**Take Home System  
Only \$299**

*We love to care for smiles!®*

FAQ

**Q How often should I brush my teeth?**

**A:** Brush gently at least twice a day for at least two minutes, and floss once a day, ideally at bed time.

**Q My teeth are too close together to floss. What can I do?**

**A:** If you're not flossing you're missing about a third of your tooth surfaces where your brush can't reach! Waxed floss can be easier to use, but there are other types to suit different needs - tape, thread, unwaxed, and shred-resistant.

**Q How do you floss wide spaces between teeth?**

**A:** You can substitute floss with an interdental cleaner which is also effective with crowns, bridges, and braces.

**Q Should I use an oral irrigator?**

**A:** Oral irrigators are very effective for cleaning around braces and between teeth. They can also be used to clean periodontal pockets and to apply prescription medication.



**So Much In Common**  
About gum disease, diabetes ... and you!

*Periodontal (gum) disease can alter your glucose metabolism even if you are not diabetic.* This is worrisome because experts believe this could lead to prediabetes in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes can be a precursor to Type 2 diabetes.

The relationship between periodontal disease and diabetes has been studied extensively for more than fifty years. Each arrives silently ...is chronic ... epidemic ... and has been associated with chronic inflammation.

■ Gum disease is an infection that occurs when the bacteria in plaque, the film on your teeth, is allowed to build up and inflame your gums. It can lead to tooth loss and bone loss, and has been linked to cardiovascular

and other systemic diseases including diabetes.

■ Diabetics with periodontal disease have *two* chronic conditions which may affect each other.

■ People with prediabetes or diabetes are likely to have periodontal disease more often and more severely than people without.

■ Diabetics with periodontal disease have more difficulty controlling blood sugar levels. This perpetuates the risk of recurring gum disease and increases the risk of other diabetic complications during every stage of life, including childhood and pregnancy.

Gum disease can arrive without symptoms, and has been linked to both prediabetes and diabetes. It's in everyone's best interests to have regular oral exams.

**Grin & Bear It** ...for oral health!

Exercise benefits run more than skin deep. Exercise contributes to the reversal of ageing at the cellular level. *Astounding!* Whether you perform aerobics for cardiovascular stamina or anaerobics for strength, your exercise program could jumpstart your quality of life.

When weight-bearing exercises are incorporated into your fitness program, they can also ward off thinning of the bones, or *osteoporosis*, which has been linked to poor oral and overall health.

How do weight-bearing exercises improve bone density? They work your bones and muscles against gravity. In

reaction to the exerted force of your body mass and the pull of your muscles, the bone adapts by building more cells which increases sturdiness.

So do pushups, lift weights, or even cartwheel into your stronger, more-energized future. You'll eat better, sleep better, and smile more!

# Be The Best You Can Be

## Leap into your future with a smile!

Are you one of the fitness generation who might live to be a dynamic and healthy 100? Be bold. Take advantage of dentistry and infuse your smile with the same dramatic longevity and high-energy impact as the rest of you. And let's be honest ... a youthfully incandescent smile is always a head-turner!

**Teeth whitening** is the eye-catching cosmetic procedure that's most commonly requested by both men and women, and it's often very appropriate just before a restorative procedure. That way, when we match natural-looking **white fillings** and other restorative materials to enamel shades, yours will be at its very brightest.

### For example...

**Create your dream smile** by camouflaging imperfections with **porcelain veneers** that have been custom crafted by hand especially for you. When permanently attached to the front surfaces of your teeth, your smile will look whiter, straighter, and more pleasingly proportioned.

**Update your look** by replacing unflattering older crowns that no longer match your smile with **metal-free porcelain** or **resin crowns**. Or consider these natural-looking restorations to save and strengthen cracked or broken teeth, or to bridge gaps.

**Lead the pack** with the leading-edge solution for teeth replacement. Permanent **dental implants** look completely natural, save supporting bone, and prevent further damage to your smile.

Make your zest for the best work for you. Live life to the fullest ... and smile, smile, smile!



Dare to turn heads with a smile that's been radiantly rejuvenated!



## Crown Classics

### Smile with style

Vintage is in, from cars and imported perfumes to red carpet couture. But please – not for your smile! Conspicuously old-school crown restorations can make you self-conscious, add unwanted years to your appearance, and really date your image. Contemporary crowns, on the other hand, will fast-forward your look from antique to chic!

You see, advanced materials now allow light to shine through in the same way your natural tooth enamel does. Leading-edge techniques allow us to match the color and contours of the rest of your smile in only a visit or two. You end up with a restoration that's strong enough to protect and save your tooth, but is really natural looking. Unprecedented!

So modernize your smile with beautiful crown restorations. They're strong *and* stylish.



# Wellness Tips

## Smoke alarms save lives-but some are better than others.

Through ionization alarms are cheaper (\$5 to \$10); photoelectric alarms (\$15 to \$20) are more sensitive to cooler, slow-smoldering fires, so they give you more time to escape. And photoelectric alarms are less likely to go off by accident (for example, from cooking smoke), which makes them especially good around the kitchen. In a recent study in injury prevention, only 80% of ionization alarms were still working nine months after installation (compared to 95% of photoelectric alarms), mostly because home owners were more likely to have taken out their batteries. Any alarm is better than no alarm, and the real key is to properly install and maintain the ones you have; test them monthly and change their batteries at least annually.

## People who don't smoke, are physically active, drink alcohol in moderation, and eat at least five servings of fruits or vegetable a day live fourteen years longer, on a average, than those with none of these attributes, estimated an 11-year study of 20,000 people from Norfolk, England. Those who did none of these things were four times more likely to die by the end of the study than those who did all four. The subjects were aged 45 to 79 at the start, with no known cancer or cardiovascular disease, and the results held regardless of social class or body weight.



**Our next bike draw will be February 14th for Valentine's Day. Keep brushing those teeth kids!**



**Don't forget to enter our "Name The 7 Emotions" contest - draw to be held on March 15, 2009**

**Good Luck!**

## office information

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### Office Hours

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*We have extended office hours  
for your convenience*

### Contact Information

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### Office Staff

Joy, Loida, Sabrina ..... Receptionists

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Jennie ..... Certified Dental Assistant

Gerry ..... Office Manager

CareCredit



## healthy smiles

Did you know that since the 1950s, the number of dental cavities in children has been cut in half? Dentists are placing more importance on children's teeth than ever before because they know that a full and healthy set of baby teeth will usually contribute to the proper development of the adult teeth and jaw.

We encourage you to bring your child for an orientation visit between ages 2½ and 3½ years, and for regular appointments after that. If there is a concern or emergency, call right away. Your child will learn early to make good dental habits, like brushing and flossing, second nature. A clean head start on a healthy smile could be one of the best gifts you ever give your child.

