



On the
Bright
Side

Wishing You
Happy Holidays
From All
of us at
Advanced
Dentistry!



Contents

Keep Your Mouth Clean & Healthy....	1
Patient News & Special Events.....	3
Life, Health & the Environment.....	3
Holiday Fun Facts.....	4
Visit Us.....	4

December 2011

Keep Your Mouth Clean & Healthy

*“All I want for Christmas is my two front teeth,
my two front teeth, my two front teeth...”*

Hopefully you all have loftier goals than that – like, keeping all 32 teeth (28 if your wisdoms have been extracted) and maintaining a dazzling smile.

Most of our patients understand the aesthetic value of taking care of their teeth — brushing, flossing and regular cleanings will help preserve your pretty smile. But did you know that research shows the health of your mouth is strongly tied to the state of your overall health?

Studies show close relationships between periodontal disease (an advanced form of gum disease) and strokes, heart disease, pre-term births, kidney disease, diabetes and osteoporosis. Whether those relationships are coincidental or causal is still up for debate. Either way, keeping your mouth clean and healthy is an important part of having a healthy body.

(Continued on page 2) ▶





**Brushing
Your Teeth
May Be
More
Important
Than You Think**

Gingivitis, an early phase of gum disease, is inflammation of the gums caused by the accumulation of plaque and bacteria above the gum line. If left untreated gingivitis can progress to periodontal disease (gum disease), a more serious and damaging stage of infection. Recent studies have demonstrated there is an association between periodontal disease and certain systemic diseases, such as stroke, diabetes, and heart disease, which remains a leading cause of death in both men and women. Likewise, pregnant women with periodontitis may be at increased risk of delivering preterm and/or low-birth-weight infants.

Why is this?

Our immune system works round the clock to protect us from germs, free radicals, toxins and poisons. The more stress we put on our immune system the more it becomes compromised and loses the ability to resist additional infections and toxins. Any infection in our body stresses the immune system. The more serious the infection it is — the more stress it puts on our body.

One of the worst infections our body has to deal with is the gum disease. Gum disease involves a toxic bacterium that has direct access to the bloodstream -24/7- as long as the infection is present. Gum disease can weaken the immune system — which makes you more susceptible to diabetes, heart disease and cancer.

What are the Signs that I Might Have Periodontal Disease?

Periodontal disease is not always obvious to the patient who has it. Come in and see us if you have any of these signs, because they could mean that you have periodontal disease:

- You have pain in your mouth.
- Your teeth hurt when you have hot or cold food or drink.
- Your gums bleed when you brush your teeth.
- Your gums have pulled away from your teeth.
- You have persistent bad breath.
- You have loose, missing, or chipped teeth.
- You have trouble chewing or eating your food.
- You have bumps or sores in your mouth that don't go away.
- Your gums are swollen, red and/or tender.
- You have clicking or pain in your jaw.

What You Can Do

Given the potential link between periodontitis and systemic health problems, prevention seems to be an important step in maintaining overall health. Brush your teeth thoroughly twice a day using toothpaste with fluoride. Use a soft-bristled toothbrush so your gums are less irritated and toss that toothbrush every 3 months. Floss between your teeth once a day.

Eat healthy foods and limit sweet or sticky snacks and drinks which may put you at risk of developing tooth decay and periodontal disease. If you smoke, STOP! Drink little or no alcohol. Both of these habits increase the chance that you will have disease of your mouth and increase your chance of having other major health problems. Exercise at least 5 times a week for 30 minutes. Keep your weight healthy.

Have your teeth cleaned and checked by one of our dentists at least once a year. This gets rid of the plaque and bacteria that can build up on your teeth and cause disease. If your gums hurt, rinse with warm salt-water. Mix 1 cup of water and 1 teaspoon of salt. Swish the liquid in your mouth for 1 or 2 minutes and then spit it out. Schedule an appointment to see us, as soon as possible, if you have any of the signs that you might have a problem with your mouth.

*Happy Holidays!
We will see you next year!*

Welcome New Patients!

Gordon B.

James B.

Patama B.

Helen B.

Robert C.

Dolores G.

Jim H.

Joseph T.

Muna K.

Dana K.

David M.

Helen M.

Mercy M.

Carroll M.

Ginny M.

Carmela P.

Kara P.

Bonnie R.

Gretchen R.

Kelly S.

Douglas W.

Thank You For Referring

Lisa M.

Douglas W.

Wilson S.

Patricia T.

Sam K.

James K.

Pam T.

Josephine T.

Michael W.

Joyc L.

David R.

Roma L.

Norma W.

Ayeisha G.

*Please Continue to Refer Your
Friends, Family, and Co-Workers!*

**Life, Health & the
Environment****Healthy
(Healthier)
Holiday Cocktails**

Most of us are aware of and concerned about over-eating during the holidays. We also shouldn't forget about the calories we can accumulate by over-drinking. You don't necessarily need to practice total abstinence; we just want to encourage you to make better choices. You might be surprised to find some added health benefits from some common, tasty ingredients—such as pomegranate, cranberry, and cinnamon—found in holiday libations.

For instance, cranberries protect against urinary tract infections and are an excellent source of Vitamin C, manganese, and other phytonutrients called flavonoids. These powerful antioxidants help maintain cell structure and eliminate “free radicals” or toxins from the body. Cranberries are super healthy, festive, colorful, and delicious. This holiday you might try ordering a Cranberry Cosmopolitan to garner these health benefits.

Cinnamon is a powerful antioxidant and is currently under research for its potential to help regulate blood sugar and inhibit tumor growth. Cinnamon has the highest antioxidant capacity of any spice, and is a potent antimicrobial agent. Use cinnamon sticks in your hot apple cider as a festive garnish, for added flavor and a boost to your immune system.

Pomegranates are rich in Vitamin C, B6, and potassium. Just one glass of pomegranate juice has the same cancer-fighting polyphenol content as two glasses of red wine or 10 cups of green tea. Add some healthy, festive holiday cheer to your party with a Sparkling Pomegranate Cocktail.

Look online and you will find boatloads of drink recipes, (both alcoholic and non) using cranberries, cinnamon or pomegranate. Raise your glass and enjoy - this might just be your healthiest and most stress-free season yet.

Fun Facts

Holiday

- "It's a Wonderful Life" appears on TV more often than any other holiday movie.
- "Jingle Bells" was first written for Thanksgiving and then became one of the most popular Christmas songs.
- Coca Cola was the first beverage company to use Santa for a winter promotion.
- The first president to decorate the White House Christmas tree in the United States was Franklin Pierce.
- Christmas became a national holiday in America on June, 26, 1870.
- More diamonds are sold around Christmas than any other time of the year.
- The world's largest Christmas present was the Statue of Liberty. The French gave it to the US in 1886. It is 46.5 meters high and weighs 225 tons!

Monthly Drawing

Visit Us

Please be sure to visit us on Facebook and register to win a valuable gift.

We would love to hear from you, any and all suggestions would be greatly appreciated.

Our goal is not only to keep your teeth and gums healthy but to be an information center to answer your questions and make improvements for the comfort and benefit of our patients.



All of us at Advanced Dentistry want to take this opportunity to wish everyone a very:

*Happy
Peaceful
Joyful
Holiday Season*

Take time to smell the tree!

To schedule your next appointment, please call **732-356-9120** or to learn more about our office, visit our website at **www.advanceddentistry.net**.

Advanced Dentistry

