

*Dr. Michael Bouressa's*

# Word Of Mouth

Produced to improve your dental health and awareness

Spring 2009

## **fromthedentist**

### **This Way To Flexible Payment options**

You're important to us and so is your oral health. That's why we are committed to working with you to ensure that your personal financial circumstances do not keep you from receiving the dental care you deserve.

Our financial support doesn't stop there. Paper work can be intimidating, so we are also happy to take on the lion's share of the paper work involved in the processing of insurance forms. And, to remind you to get the maximum benefits by using your plan before year's end. Because once those benefits are gone, they are lost forever and don't apply to next year.

Rest assured that together we will find a financial arrangement that will enable you to enjoy optimal health care now and into the future.

*Yours in good dental health,*

*Dr. Mike Bouressa and staff*

## **turnthepage**

Brushing, biking, recycling!

Vitamin D-licious!

7 smile-saving solutions!

## The Magic Of Spring

### **...Celebrate your smile!**

Mother Nature in all her glory casts the greatest magic of all ... spring! The blossoming of trees and flowers... the return of bird songs, sweet to our ears. It's also a time of personal renewal, and celebrations - weddings, graduations, sports, and social events - wonderful, memory-making times. You will want to make sure you look great, feel great, and get your smile in photo-op shape!

After all, during the winter holidays, it's hard to say no to sweet foods and drinks - a natural part of socializing. Grandma's chocolate-covered ginger and candied yams, and Aunt Lily's peanut brittle carrot cake. You can almost feel a cavity coming on just thinking about it! Now is a great time to make sure those off-diet times weren't also teeth-damaging times. Come in to us so we can nip any tooth decay in the bud - whiten and brighten your teeth, mask stains, fill gaps, and cover cracks quickly and painlessly.

Yes, it's time to clear out the old, bring in the new. And, while you're at it - give your teeth a spring cleaning to invigorate your smile. And if needed, we'll even give you a refresher on how best to care for your teeth at home so you can avoid repairs.

Get ready for outdoor activities you want to share and social gatherings you're sure to remember. Spring is a magical time. Make sure *your smile* is magical too!

*Thank you for all your referrals. We appreciate them!*

# Mix It Up

Find out how to make a real difference!



## Dairy Or Non-Dairy You get to pick!

A study published in the *Journal of Periodontology* shows that those who regularly consume dairy products such as milk, cheese, and yogurt had a lower instance of gum disease. But even if you can't tolerate dairy products, science has plenty of good news about nutrition and oral health.

- Linked with longevity, cell growth, and boosting the immune system, vitamin D consumption can:
- **inhibit gingivitis**, the earliest stage of gum disease;
  - **fight inflammation** which has been linked to gum disease;
  - **help prevent tooth loss** by inhibiting bone loss around the tooth roots caused by gum disease.

Healthy gums are an important part of maintaining a healthy body. Calcium- and vitamin D-fortified beverages, and vitamin D-rich foods like salmon, sardines, and egg yolks can lead to better oral and overall health!



Just as what you wear can express your innermost self, your smile speaks silently to others about who you are and what you anticipate from life. A friendly open smile projects self-assurance and positive expectations, and attractive white teeth communicate cleanliness and health. Everyone in the family can benefit from a smile that's their sparkling best - but even better if you're of a certain age - your vivacious smile can help take years off!

Here's some more great news...

You can eliminate darkened or yellowing enamel stains created by everyday smoking, eating, and drinking. Even enamel that has become discolored due to illness, medication, or heredity can be brightened.

How? We can provide two very popular options that can dramatically improve your smile - supervised teeth whitening and cosmetic bonding.

**Whitening** has become the most-demanded cosmetic procedure for good reason - *it works*. Your teeth can be whitened by up to eight shades ... *very quickly* - and there's no upper age limit!

**Bonding** tooth-colored materials that match your own enamel to the surface of your teeth masks discoloration while adding strength. These same long-lasting materials can be used to replace old silver-colored (amalgam) fillings and to correct minor chips or gaps between teeth.

In fact, we can mix 'n' match these procedures to enhance your unique smile and incorporate white composite fillings, inlays, onlays, and sophisticated cosmetic veneers to keep you smiling ... whatever your age!



A Right  
Way  
And A  
Wrong  
Way

Brushing your teeth using the proper technique is essential for cleaning teeth and gums effectively, yet many patients are unaware of just what exactly the "proper methods" are. Correct brushing takes a little patience and a little more time than you might think. It's just not enough to slap on the toothpaste and scrub away in a haphazard and random fashion. You can easily miss whole areas of your mouth and actually do some damage at the same time. Here are some helpful toothbrushing tips to get the job done properly.

Brushing tips...



# 7 Smile Savers

## See how you can count on us!

Everyone wants to keep their natural teeth for life. But it isn't all about the teeth, you know. When your gums are pink and healthy, they harmonize beautifully with your lovely white teeth enamel and truly make your smile sing. But their real job is to provide protection and support for your teeth. You can see why preventive care is the key to a great-looking smile.

### Here are 7 preventive smile-saving supports our team can provide...

- 1 **Cleaning and scaling** your teeth to remove plaque, yellowing tartar, and surface stains;
- 2 Protective **fluoride treatments** and pit and fissure **sealants**;
- 3 **Remineralization treatments** to restore thinning enamel;
- 4 **Polishing** for teeth and restorations;
- 5 Protective **mouthguards**, custom-made for children and adults;
- 6 Preventive **nightguards** to stop grinding, clenching, and sensitive worn-down teeth that can age your appearance;
- 7 **Rely on us** to help you with as many preventive measures as possible. All you have to do is keep your appointments!

## Recycle Your Bicycle

### Again & again!

Have you ever wondered why cycling is becoming so popular? Here are four reasons you'll want to consider this family-friendly sport. Cycling is...

#### FUN

- Pump up your mood, reduce depression and stress, and boost your self-esteem!

#### GOOD FOR YOU

- Improve your overall and oral health.
- Shrink your waistline. Burn extra calories.
- Reduce your risk of serious conditions such as heart disease, high blood pressure, obesity, and diabetes.

#### SOCIABLE

- Enjoy the great outdoors with friends and family of all ages. People of most fitness levels can cycle, slowly and gently if necessary.

#### SUSTAINABLE

- Focus on the moment and on your environment. Join your family in reducing its carbon footprint with reduced vehicle usage.

No wonder cycling is one of the fastest-growing leisure activities in North America.

1

Place bristles along the gumline at a 45° angle so that they contact both the tooth surface and the gumline.

2

Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush up and down using a rolling motion.

3

Tilt the brush vertically behind the front teeth. Brush up and down using the front tip of the brush.

4

For the biting surface of the teeth, brush gently with a back and forth motion. Don't forget to softly brush the tongue to remove odor-producing bacteria.

# You Deserve To Be Happy

## Have you already done the groundwork?

The pursuit of health and happiness is a multi billion dollar business ... just ask the experts! Yet taking care of yourself, especially during stressful times, might be simpler than you think. How's this for a strategy? Stay positive and have faith in your own judgment and ability to act.

We think you've likely given some thought to self-improvement *and* you understand how to go about it. For example, any one of these five positive steps could start you on the path to boost your health and self-confidence...

- **Get more active.** Control your weight, fight diabetes, improve cardiovascular health, build strong bones, and provide stress relief.
- **Vary your diet more.** Include five fruits and vegetables a day to maintain oral health, a healthy weight, and promote vigorous cardiovascular, immune, and nervous systems.
- **Stop smoking.** It wreaks havoc with your health and has been linked to gum disease as well as some cancers.
- **Keep your regular medical and dental checkups.** Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- **Re-sculpt your mind.** Through relaxing meditation, you can actually rewire your brain to think more positively throughout your life.

A positive attitude and good health can't solve all the world's problems... or yours. But they can provide a strong foundation for building the happiness you deserve.



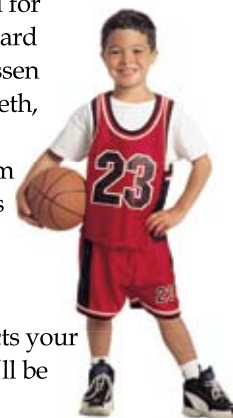
## Economic Smiles ...On your kids' oral health

Why is it so important for your kids to come see us regularly? Because keeping their oral health in check now can save you major expense later. Sugary foods and drinks cannot be monitored full-time. When plaque - loaded with bacteria - is not completely removed, it calcifies into tartar that you cannot get rid of at home. We can remove it, preventing and even halting cavities and gum disease.

### It's also important to...

- Have your child's bite assessed early to possibly intercept the need for orthodontics down the road;
- Fit your child for a sports mouthguard to prevent and lessen injuries to their teeth, jaw, and head;
- Get maximum insurance benefits by planning for the year ... now!

Providing prevention protects your child's teeth. You'll be so glad you did!



## office information

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Mary.....Dental Hygienist  
KC.....Dental Hygienist

*Communication is important  
to us - don't be  
afraid to ask questions!*



Our practice wants you to refer us to your family, friends and colleagues.

Did you know that the highest compliment you can give us is referring our practice to people you care about? Yes, your trust means the world to us, and fuels our commitment to raise the bar even higher on providing you and yours with excellent dental care. From implementing the latest technology, procedures, and techniques, to being flexible in scheduling appointments and offering supportive payment options. *Trust in those who have earned your trust and earn their trust in return.* We live by this motto and thank you for spreading the word!