

New Study Says...

Treating Gum Disease May Help PREVENT "Heart Attack and Stroke!"

The CDC says **heart disease accounts for 1 in 4 deaths**. Recently, scientists at Forsyth Institute and Boston University confirmed **"a very real link between oral health and heart disease."**

Periodontitis is a bacteria-induced inflammatory condition that destroys gums, ligaments and bone. **Left untreated, the gum infection can spread with far reaching cardiovascular effects!**

Cardiovascular or "heart" disease generally refers to conditions involving the vascular system—narrowed or blocked blood vessels—that can lead to heart attack or stroke.

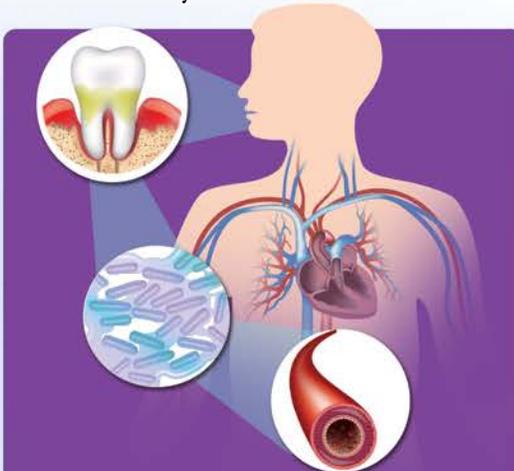
While more research is needed to explain the cause-and-effect, **we do know that chronic inflammation plays a key role in both *periodontitis* (gum disease) and heart disease.**

Gum disease doesn't go away on its own. And healthy gums

don't bleed, become inflamed, or get infected. So when it comes to your heart health, its time to take your oral health *very* seriously!

It's the First Study of Its Kind!

The Forsyth study, published online by the *American Heart Association*, sheds more light on the mouth-body connection.



Bacteria found in infected gum tissue around teeth breaks down the epithelial barrier between the gums and the underlying connective tissue. This allows chemical mediators of inflammation, antigens and bacteria to enter the blood stream.

Scientists showed that treating periodontitis resulted in the prevention of vascular inflammation, which can lower the risk of heart attack or stroke!

It's the first time researchers have demonstrated that **oral treatment for gum disease can reduce inflammation in the artery wall.**

Based on these findings, the risk factors for heart disease now go beyond cholesterol, smoking, hypertension and diabetes, and now must include—*gum disease*.

Periodontal Disease Isn't Just a "Dental" Disease!

If you have gum disease, you need to eliminate the infection in your gums and bone that can cause systemic inflammation.

If you don't have gum disease, preventive care can help keep you that way!

Call Today!!



Why Your "BITE" Has to Be RIGHT!

A "good bite" is as important at age 50 as it is at age 15! We can correct your painful or unsightly bite problems so **you can look, feel and function at your best.**

Ideally, your jaw joints and teeth work together harmoniously. But when this harmony gets out of balance, problems develop.

You may have an *underbite, overbite, crossbite, or open bite.* A bad bite can be caused by crowding, crooked or protruding teeth, fillings that don't fit right, jaws that are too small or don't meet properly. **We can help!**

The Benefits of a Balanced Bite!

Your upper and lower teeth should come in contact at the same time and your facial muscles should be relaxed, not strained.

The chewing muscles generate a tremendous force as your teeth come together. A bite that's off kilter can transmit this force to the teeth that touch first.

Left untreated, over time a bad bite can cause anything from loose teeth, lost teeth, sore ligaments, fractured teeth, gum recession, headaches and neck pain, as well as clicking and pain of the jaw joint (TMJ).

Not everyone has bite problems, but if you do need some correction, it could be as simple and painless as removing any "high spots" on your teeth or fillings. For some, braces may be the best option. ❖

Schedule your dental exam TODAY!



A "GOOD BITE" Can Help You...

- ✓ Dramatically **IMPROVE** your smile.
- ✓ Chew, digest, and speak **BETTER.**
- ✓ **AVOID unnecessary strain on your teeth, jaws and muscles.**
- ✓ **CLEAN** your teeth with greater ease.
- ✓ **AVOID biting your cheeks, lip and tongue.**
- ✓ **AVOID abnormal tooth wear, tooth fractures and TMJ problems.**

OVERBITE



Upper teeth bite over the lower teeth.

UNDERBITE



Lower teeth protrude past the front teeth.

CROSSBITE



Upper and lower jaws are both misaligned, causing one or more upper teeth to bite on the inside of the lower teeth. This can happen on both the front and the sides of the mouth.

OPEN BITE



Teeth are unable to make physical contact with the opposing teeth for a proper bite.



Have Better "Online Dating" Success with a Better Smile!

Some 40 million Americans now use online dating services. If you're one of them, you have about 10 seconds to make that good first impression. **So let us design your stand-out smile!**

Match.com surveyed nearly 5,500 single men and women, ages 21 and older. **The category "nice teeth" was ranked as a top must-have when judging a potential date.**

It's true! Your captivating smile is likely *the first thing to get noticed!!*

So just how critical is your online photo? To answer that question, the University of Connecticut did a study on the impact of a single profile picture.

Study author, Rory McGloin remarked, "You look at a picture of someone and all of a sudden

you're making judgments about what their personality is like, what their values are, whether or not you want to go on a date with them or possibly spend the rest of your life with them. And it's all based on one picture."

"Singles & Smiles Poll"

- 18% feel that their imperfect smile is holding them back from finding love
- 39% feel that having a cosmetic dental procedure would help them attract a potential mate.



"Attractive Smiles" Spoken Here!

Let's face it: Whether online or in person, **your smile impacts how you're perceived by others.**

The Kelton research study of 1,047 adults—using before and after photos—found that those with straight teeth are perceived as more successful, more intelligent, and as someone who has more dates!

Make a good first impression that lasts...with a whiter, brighter smile and straighter teeth.

Ask us about teeth whitening, porcelain veneers, dental bonding and orthodontics for a lifetime of attractive smiles.

We can't promise that fixing discolored, missing, gapped or crooked teeth will help you find your "soulmate," but it sure can't hurt to try! ❖



by Rochelle Tomic

"Every Single Experience Has Been Comfortable!"

notch quality care. **They always take such good care of me!**

They all know me by name and are very friendly. I have to say that **every single experience I've had, has been comfortable—and even pleasant!**

Because they put me at ease, I'm not afraid of making regular dental

appointments any more and now I even love having my teeth cleaned. **I know my smile is so much healthier.**

They have a great staff and really connect with their patients. They truly care for their patient's well-being.

I would definitely refer my friends and family! ❖

Actually, the entire staff goes out of their way to make sure I get top