

from the dentists



Hello again! The seasons have rolled around and autumn, the season of reflection, is upon us once again. So, goodbye to those long, lazy days of summer. Soon, however, will be the multitude of holidays to look forward to. Holidays are a wonderful time but regular habits like brushing and flossing can get neglected. Because we usually consume more sugary snacks and beverages during this season, we put even more stress on our oral health. Now is a good time for families to consider their after-summer dental checkups. In addition, if your children are involved in contact sports this fall, you will want to fit them with protective mouth guards – after all, an ounce of prevention results in a pound of cure.

So, when the autumn leaves swirl and the days become short, cool and crisp, keep looking forward ... to a healthy smile! With proper care and regular visits to our office, you'll be flashing those pearly whites *every* season!

Finally, we would like to recognize our charities for last quarter: *Muscular Dystrophy Association*, and *New Horizons Ministries*, both wonderful organizations.

All the best.

L. Douglas Gray, D.D.S. and
Kenneth K. Lo, D.D.S.

Children Need Fluoride

Ask us about getting the right amount

As you may know, we love seeing kids in our practice. All those big smiles, with the addition of lots of energy to spare, are often the highlight of our day. Of course, the most positive experience for a child is the check up where we can congratulate a boy or girl for being in the no cavity club. Over the years, we've been asked at what age you should start bringing your child to the dentist, and recently some new research has shed some additional light on this subject.

A new study, by University of California at San Francisco researchers, has concluded that fluoride varnish helps prevent early childhood decay. The results of the study showed that a fluoride varnish applied twice a year, starting at about one year of age, reduces the incidence of decay by four times, over those kids receiving no fluoride.

So to answer the question, we recommend bringing your child in close to their first birthday, for a quick, easy, and inexpensive application of the fluoride varnish.



Thank you for all your referrals. We appreciate them!



Cause For Concern

Why should you be concerned about periodontal (gum) disease?

Periodontal disease is so common that estimates of those affected range from between 75% to more than 90%. It is an insidious bacterial infection that begins with no symptoms and can progressively affect the appearance of your gums, cause bad breath, and eventually lead to tooth loss which can affect your ability to chew, speak, and socialize. It causes progressive bone loss which can alter the proportions of your face. Periodontal disease has also been linked to cardiovascular diseases, diabetes, osteoarthritis, premature births, kidney disease, oral cancer, lung disease, and Alzheimer's.

What causes it?

Plaque, the soft thin film you may feel on your teeth, is a natural *biofilm* with its own ecosystem of bacterial environments. If this film is allowed to build up, it hardens into *calculus* (or *tartar*) which can cause gum inflammation and bleeding. Calculus can damage the natural seal formed by your gums against the migration of oral bacteria into your bloodstream. The earliest and most common stage of gum disease is called *gingivitis*. As it progresses, it is called *periodontitis*.

How can you prevent or manage gum disease?

It's very important that you maintain a home care routine to prevent plaque from becoming calculus. Maintaining adequate nutrition and avoiding stress, teeth grinding and clenching, and tobacco can help. Keep your regular appointments so we can keep on top of things, because once calculus is formed, only your dental team can remove it. Thanks to modern dentistry, periodontal disease can be managed – and even reversed!

Go Pro-Active!

Prevent cavities and gum disease

We know that bacteria has been linked to cavities *and* gum disease. A pro-active approach to your home care routine will go a long way to preventing oral health problems that can affect your appearance and overall health.

- Brush to prevent the buildup of the bacterial biofilm that can contribute to cavities and harden into the tartar that causes gum disease.
- Floss to reach below your gumline and in-between teeth where your brush can't reach.
- Rinse with antibacterial mouthrinse. We can recommend alcohol-free products.
- Remineralize enamel that has weakened and become porous. We can help here in the office, and can recommend and prescribe fluoride gels, mouthrinses, drops, or tablets that will keep your teeth strong and resistant to decay.

Think Positive!

Benefit from a whole new point of view!

Can't you just *see* yourself tripping on your way across the stage? That kind of thinking can become a self-fulfilling prophecy – you just might *make* yourself fall down. Negative thinking happens to many people who are afraid to visit the dentist. We'd like to help you benefit from a *positive* self-fulfilling prophecy.

If someone you care about is prone to worrisome visions, they don't need to avoid or delay dental appointments. Encourage them to imagine a caring dental team that is trained to help ... modern dental technology that maximizes their comfort ...improved appearance and oral health. Good oral health benefits overall health! Encourage them to call us!

We can help replace

outdated fears and

imagery with

positive experiences.

Have you booked your

recare appointment?



It's In The Numbers!

One Tip You Might Not Know

● Cosmetic dentistry can plump out lines on the lower third of your face – without surgery!

Two Things You May Not Know About Facial Ageing

● The pull of gravity on facial tissues is *not* a significant component of facial ageing. Loss of fat beneath the skin and sun exposure play a bigger role.

● Your smile, dulled by age, can add years to your appearance.

Three Smile Spoiler Facts

● A smile that reveals discolored or cracked teeth, a receding gumline, or just a generally dull look has a subtle but profound effect on how old you look.

● Coffee, tea, smoking, red wines, and certain antibiotics are all contributors to a dimmed, stained smile which suggest ageing.

● Time and gum disease can shrink the underlying bone and gum tissue that hold your teeth in place, collapsing the proportions of your face, exposing teeth roots ... and adding years to your appearance.

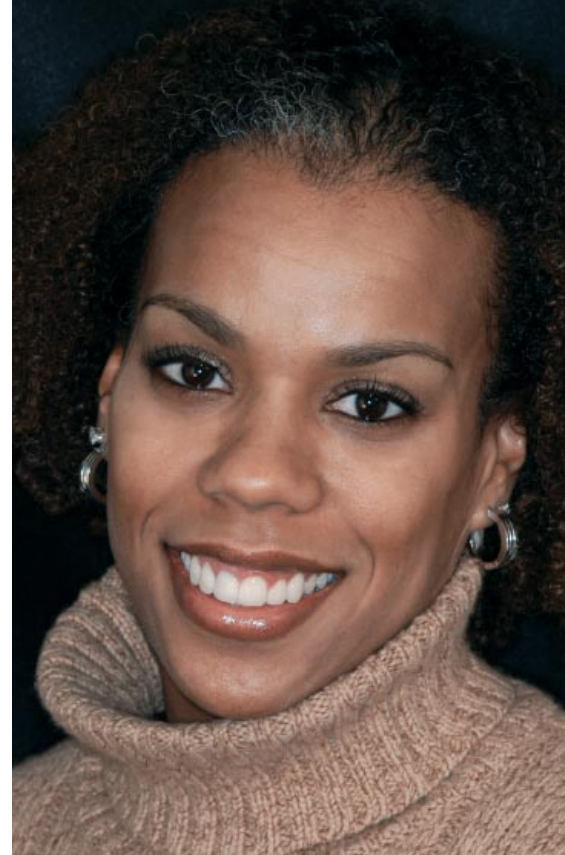
Four Beneficial Smile Solutions – Right Now!

● Professional whitening can lighten and whiten stains – even after root canal therapy.

● Natural-looking tooth-colored materials can replace silver fillings and even fill in chips and cover cracks so no one will ever notice.

● Bonding or veneers can plump out fine wrinkles by building up tooth surfaces, restore normal shape to worn-down teeth, and fix widely spaced teeth and gaps in your smile.

● Crowns & bridges and implants with modern natural-looking materials can close very wide gaps and restore function, appearance, and the proportion of your smiling face!



ONE
Beautiful
Smile!

INFORMATION OVERLOAD?

Ask your personal smile-consulting team!

As dental professionals, we find it ironic that in an era of unprecedented good health, people seem *more* anxious about illness. Could it be the overabundance and ease of access to information out there?

Self-directed research on the Internet or in health-reference texts can be very helpful ... but it can also be confusing and even seem contradictory without proper training. The media can also overwhelm by introducing statistics into everyday language or by presenting anecdotal accounts as factual.

How do you stay informed without feeling besieged by provocative headlines and unfiltered data? You can rely on us – your personal smile-

consulting team.

We will be happy to answer your questions and discuss your oral care options with you... accurately and concisely.



ARE YOU INCLUDED?
8 out of 10 Internet users have looked online for health information on various topics.

Keep Your Secret

With Invisalign®

Until recently, the preferred method for straightening teeth was metal train-track braces. We are one of the first practices to offer *Invisalign*®, one of the most advanced components of adult cosmetics.

What is Invisalign? It's a proven method for straightening teeth using a series of custom-made, nearly undetectable aligners.

How does Invisalign work? Each aligner is precisely calibrated and

manufactured to custom-fit over your teeth and gently move them through every stage of your treatment. There are no metal wires and brackets, and you can still enjoy your favorite foods, and brush and floss easily.

Can I benefit? Adults account for nearly 25% of all orthodontic patients! The most common problems are crowded teeth, teeth spaced too far apart, protruding upper or lower teeth, and upper and lower front teeth that do not touch.

How do I get started? After consultation and deciding on a treatment plan, we take an impression of your teeth, and submit it to Invisalign. Using the latest 3-D computer technology, our instructions are translated into a series of medical-grade plastic aligners. You



can view your own virtual treatment plan when you start, so you can see how great your straight teeth will look!

We know you'll be inspired to consider Invisalign! Please call us for a consultation.

office information

Roosevelt Dental Center
L. Douglas Gray, DDS
Kenneth Lo, DDS

6417 Roosevelt Way NE, Suite 206
Seattle, WA 98115-6657

Office Hours

Mon – Thu 7:00 am – 5:00 pm

Contact Information

Office (206) 524-6100
Fax (206) 522-4608
Emergency (206) 699-5131
Email info@rooseveltdental.com
Web site www.rooseveltdental.com

Office Staff

Elisa, Angie Reception,
Scheduling, Insurance
Pat, Jill Hygienists
Aaliyah, Debbie, Jennifer
Chairside Assistants

Brush • Floss • Smile



The Next Generation

Cerec 3D™ smile restoration technology

We're very proud to offer you Cerec 3D™, the world's most advanced dental restoration system. With it we can manufacture lifelike porcelain crowns, veneers, inlays, and fillings right here in our office. Cerec 3D uses Computer Aided Design/Computer Aided Manufacturing (CAD/CAM) technology that allows us to obtain a full 360° perspective of your mouth, take an accurate three-dimensional picture of the damaged tooth, then transfer it to a color computer screen. No more impression goop!

The CAM program accurately and precisely mills the restoration while we monitor the process. Our final step is to bond your finished restoration in place. All in one visit ... without temporaries!

The strong ceramic material is matched to your tooth color, translucent like natural enamel, and biocompatible.

Cerec 3D could transform your smile! Please call for a consultation.



Our Sudoku puzzle last issue was a huge success, so we hate to stray from it, but we thought we would try something a little different to really get your brain going ... a limerick contest!

Submit your original limerick to us by November 15, 2006 and we will vote on a winner, for a \$40 Starbucks card. Entries will be judged on creativity and flair, with bonus points for dental and Roosevelt Dental themes.

Good Luck!