

Desoto Family Dental Care's

smile sparkle

December 2011

Our Sincere Greetings

To our most valued patients

Peace, hope, and joy are sentiments that can never be expressed often enough. Another is our heartfelt gratitude to you, our patients, who have made the success of our practice possible through your loyalty and friendship.

It's truly astonishing to think how quickly yet another holiday season has arrived. Before we all get too caught up in what seems like an endless flurry of activity, we'd like to take a moment to reflect on the year that has just passed. There's no doubt in our minds, that the friendship and trust we share with you, our patients, makes our job much more enjoyable!

We are honored by your ongoing loyalty and patronage and look forward to sharing another year with you.

Wishing you a safe, healthy, and happy holiday!

*Merry Christmas,
Dr. Seymour and
Dr. Parolli*



warm holiday wishes

from all of us at DeSoto Family Dental Care

5 TOP TIPS

4 Prevention

Here's a menu to keep you smiling!

Online or off, the digital world can present some risks to the unwary. For example, research suggests that young teenagers tend to consume more sugary snacks during prolonged gaming, which in turn can increase the likelihood of tooth decay. As well, teeth whitening products which are accessible online may not be a safe choice at any age, because they could harm gums and damage teeth enamel. When it comes to good oral health, trust your dental team.

Here are 5 tips for every member of your family:

- See us first to make sure your mouth, teeth, and gums are healthy before starting any whitening program.
- Choose one of our supervised whitening options for safety and the maximum results only we, your dental care team, can provide.
- Stick with your maintenance schedule to keep your smile bright. No whitening is permanent and regular professional cleaning is essential to remove stains and the tartar that can cause gum disease.
- Keep sweet food, desserts, and drinks to mealtimes and brush thoroughly afterwards. It's consumption over extended time periods that heightens the risk of decay.
- Acidic food and drinks can be just as harmful to your teeth as sugar. The acid erodes tooth enamel and can make your teeth sensitive, more vulnerable to cavities, and unattractive.

Virtual reality can be a great place to visit at any age, however real-time brushing and flossing combined with dental visits are still the best for problem prevention to safeguard smiles.



INSIDIOUS INFILTRATORS

Fact: Gum disease is linked to, and may impact, other serious health issues including type-2 diabetes.

Both of these diseases affect millions – children and seniors as well as those in the prime of life. Just as approximately half of type-2 diabetes sufferers have no symptoms, in the earliest stage of gum disease (called *gingivitis*), you might not even realize you have it.

WATCH FOR WARNING SIGNS:

- red or tender gums
- bleeding when brushing or flossing
- chronic bad breath
- receding gums
- loose teeth

Regular recare visits help us monitor developing oral health conditions that have the potential to adversely affect your overall body health. If you don't know you have a disease, you can't treat it ... but we can detect gum disease and treat it right away!

A GREAT GRIN IS *Ageless*

Restorations will give you reason to smile

Studies show that people in cultures that do not focus on oral health often suffer a litany of related and progressive health problems. Gum disease and tooth loss have been correlated with cognitive decline as well as hearing loss in later years, for example. Because of this, it is vitally important to ensure lost or damaged teeth are replaced or restored promptly to insure you can eat and speak properly, avoid further damage, feel good about your appearance, and maintain your positive outlook.

Ensuring healthy gums and teeth that last a lifetime begins with good oral care in childhood, but sometimes teeth can become damaged, broken, or lost. We can restore and replace teeth with beautiful esthetics at any stage of your life...

- **Inlays** are tooth-colored fillings for the biting surfaces of molars.
- **Onlays**, also tooth-colored restorations, sit on the biting surfaces and wrap over one or more cusps of molars.
- **Veneers** offer beautifully shaped straight white teeth while hiding small imperfections.
- **Crowns** cap individual teeth, lending support to compromised structure.
- **Bridges** effectively replace a lost tooth with a replacement tooth, using adjacent teeth as anchors.
- **Implants** are a secure permanent way to replace one or more missing teeth.

Call today to book your consultation to discuss solutions designed for your individual presentation, preference, and budget. Don't wait to restore your smile... Your good health depends on it.

*Call us
today for
solutions
to your
ageless
smile!*



“Ascared” Of The Dentist?

Not your kid!

Kids' fear of “going to the dentist” is usually anticipatory and unfounded. Here are a few tips to help eradicate the potential for life-time dental anxiety by ensuring positive dental experiences throughout childhood.

Show no fear. Even if you experience anxiety, do not communicate this to your child.

Set the bar high.

Demonstrate excellent home care and encourage your child to practice at an age-appropriate level. Pitch in when necessary.

Start early. Call us to discuss the best time to start your child's dental visits, beginning with a get-to-know-us appointment, and if we complete an oral exam, you will be right by your child's side. Afterwards, make the day even more special by going out to lunch or catching a movie together.

Instill pride. Praise your child for taking good care of their smile ...not for their bravery.

Ice Cream Owww!

Icy incidents

How fast can you say *sphenopalatine ganglioneuralgia*? It's the scientific name for “brain freeze.” It happens when you eat something very cold very quickly. You can try pressing your tongue to the roof of your mouth to warm it, but it's best to eat things like ice cream slowly to avoid the discomfort which, weirdly, you feel in your forehead.

That's because when the affected blood vessels signal the largest cranial nerve, your brain interprets the pain as a headache. The trigeminal nerve is also the culprit behind many head, neck, and face aches that are actually generated by the temporomandibular jaw joint. It's no wonder that some sufferers of Temporomandibular Joint Disorder (TMD), a dysfunction of the jaw, don't think to ask their dentist.

Ask us. We'll inform your brain, not freeze it!





The Mississippi Riverkings Hockey Team

We keep them smiling!

We are pleased to partner with the *Mississippi Riverkings* hockey team as their official team dentists. We have enjoyed this partnership since the Riverkings began playing hockey in Desoto County in 2000. Not only do we provide care for on-ice injuries (which can occur frequently in hockey!), but also fit and supply protective mouth guards for the players as well as provide routine dental work.

We have thoroughly enjoyed working with the Riverkings and all of their players. We wish them the best of luck this season and look forward to watching them play! Go Kings!

Smiles for Life Success

You did it!

Our 2011 *Smiles for Life*® fundraising campaign ended in June and the fantastic results are in. We raised over \$15,000 for children's charities! None of this would be possible without you, our patients, who purchased teeth whitening treatments where all the proceeds went to charity. We are thrilled to be able to give the *Palmer Home for Children* in Hernando a check for \$7,500 to be used to help shelter and raise children in a Christian environment whose homes are not suitable. The other \$7,500 will go to the national Smiles for Life charity.

Thanks again for helping make this year our best yet! The Palmer Home for Children is a special place and we are thankful to be able to provide them with such a great gift this year!



office information

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Office Hours

Monday 8:00 am – 5:00 pm

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



CALL NOW & Benefit The Most

Ensuring your care continues

Let's face it – dental insurance can be mind-boggling for everyone. The language can be unclear, it doesn't cover everything and sometimes you might feel that is it not even worth having. We know that some of you may avoid dental treatment altogether rather than try to figure out your benefits. Unfortunately, untreated dental issues won't fix themselves or simply go away ...they will get worse and more expensive to correct.

We are your ally and are here to help. We want to help you maintain good oral health and do it in a way that is manageable for you. Our entire team is ready to help you:

- decipher your insurance plan
- get the most of your benefits
- build a plan that fits your budget ... even if you don't have coverage.

Additionally, as we get closer to the end of the year, time starts to run out for you to make the most of your insurance benefits before they expire on December 31st. If you need necessary treatment, now is the time to make an appointment to maximize the use of the insurance benefits you have paid for, as they won't carry over to next year.

