DESOTO FAMILY DENTAL CARE

SMILE · UPDATE

• NEWSLETTER •

Produced to improve your dental health and awareness

Fall/Winter 2009

fromthedentists

Welcome!

Enjoy. Learn. Benefit.

Welcome to your first issue of *Smile Update*, our newsletter designed to inform and entertain you ... while providing information you can use and from which you can benefit.

Over the next few issues we will bring you information on areas such as cosmetics, whitening, oral cancer screening, and many other topics in dentistry. We also hope to bring you information that is particular to our office, of which you are the most important part.

You'll be kept abreast of important office news like changes in office hours or the addition of new staff, plus new procedures and equipment that will make your visits more comfortable and enjoyable. We hope you enjoy the first edition of *Smile Update*!

Yours in good dental health,

Dr. Robert Seymour and
Dr. Jason Parolli

turnthepage

Rejuvenate your smile!

What's your *flossophy?*

Defeating diabetes!

Helping You Relax

Do you:

- ☐ consistently break dental appointments due to fear?
- ☐ have a hard time getting numb?
- ☐ have a high gag reflex?
- ☐ have memories of traumatic dental experiences in the past?
- ☐ hate the sounds and odors that are associated with dental care?

Dr. Jason Parolli is pleased to offer patients oral conscious sedation, a technique that can make your dental visits more comfortable and stress-free. It is used to relax you without putting you to sleep. You will be given a small pill to take an hour prior to your dental appointment. You will need a companion to accompany you to and from the office and by the time you arrive you will be very drowsy. You'll be sedated just enough to be unaware of the treatment, as if you were relaxing.

After you are comfortable, Dr. Parolli and the experienced clinical team at DeSoto Family Dental Care will take care of your dental needs. When your treatment is finished, you will have little or no memory of what was accomplished. Your companion will be there to safely drive you home.

Dr. Parolli has been trained extensively and is certified with the State of Mississippi Dental Board to administer oral sedation. He completed his training for oral sedation with DOCS, the Dental Organization for Conscious Sedation.

If you answered yes to any of the questions above, let us know the next time you are in our office. Dr. Parolli would be happy to sit down and determine if sedation dentistry is right for you.

Thank you for all your referrals. We appreciate them!

You Can Do It

Discover your inner balance

It's *all* about the balance. Really. A lifestyle that balances work with stress-relieving play and that pays attention to nutrition and diet is a healthy one. That's the *macro* level. At the *micro* level, small imbalances in the pH of your blood, for example, can create changes in the pH of your saliva, altering your mouth's environment. In other words, your oral health can impact and be impacted by your overall health and here's how…

Plaque, the thin film on your teeth, is a biofilm and a bacterial ecosystem within the larger bionetwork of your mouth and body. When the scale tips so that good bacteria are overtaken by those that are harmful, red swollen gums that bleed easily, gum and bone recession, and tooth loss can occur.

Tartar is the conspicuous, cement-like substance that plaque hardens into when you allow it to build up. Tartar can break the natural protective seal that your gums provide, allowing oral bacteria into your bloodstream. Experts believe that toxic bacteria from your gum infection can trigger your immune system into a constant state of alert.

Gum disease has been linked to systemic and inflammatory diseases including heart and stroke, osteoarthritis, diabetes, cancers, and lung diseases.

These complex interactions mean that a *one size fits all* approach to life, health, and your oral health care is no longer sufficient.

Just In Time

You get to decide!

Are you an adherent of the *Before Flossophy* or the *After Flossophy?* People can be surprisingly passionate about when to floss … before or after they brush. Even dentists can't always agree. In a poll conducted by the *American Academy of Periodontology,* 40% recommend before, 36% after, and 25% don't think it matters. Truthfully, as long as you remember your home care routines and maintain your recare schedule, we will be happy!

So, in no particular order…

- ***Floss once*** – to clean between your teeth and below the gumline.
- ***Brush gently*** at least twice a day – to remove food and bacteria from your teeth, gums, and tongue.
- ***Rinse often*** throughout the day – plain water can keep bacteria at bay when there's no time to brush.

Your oral health can impact and be impacted by your overall health

Weighing In

Fight diabetes!

Did you know that diabetics are more likely to have gum disease than others and that those with gum disease find it more difficult to control blood sugar levels? Or that 90% of people newly diagnosed with Type 2 diabetes are overweight? Weight loss and exercise could go a long way to preventing or managing diabetes – and your oral health!

A regular routine of physical activity is ideal, but still, you can find inventive ways to burn calories!

- Take the stairs instead of the elevator.
- Try hiding the remote. Research shows that thin people get up and move around more, tend to fidget more, and sit less.
- Do some eco-exercise – instead of driving, ride your bicycle when you can.

It's important for *everyone* to maintain healthy routines for oral and overall health.

Prime Attraction

Get what you need

Is 50 really the new 40? It seems so. Men and women today feel and act ten years younger than their biological age. Midlife is a strong, powerful time of life in every way and you can see the influence you command in the number of products tailored just for you. A prime example is the number of esthetic innovations created to enhance your smile, like beautiful natural-looking crown and implant restorations.

You'll like them because…

You're an experienced and savvy consumer

- Long-lasting natural-looking materials resist chipping, staining, and cracks.
- Improvements in options and technology have made procedures more time-efficient and patient-friendly.

You're health conscious

- Your damaged or discolored tooth can be covered, protected, and strengthened with a single crown.
- Bone loss can be prevented by anchoring a permanent new tooth into the jawbone by combining a single crown with a dental implant.
- Missing teeth can be replaced with several replacement teeth attached to a secure crown or implant bridge restoration to prevent your other teeth from drifting and altering your ability to eat, speak, and socialize.

You love to look great

- Crowns made of natural-looking translucent porcelain are beautiful and designed to blend in so well with neighboring teeth that no one can tell that you have them.

Don't let your smile give away your age. Let us give you a midlife smile with style! Call us to schedule a consultation.

7 Tips For A Tiptop Smile

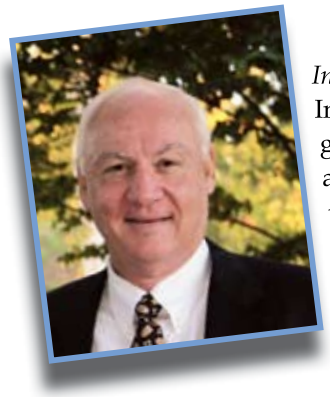
Which would you choose?

Improving the color, shape, or position of your teeth can improve the way you feel about yourself. Here at a glance are seven tips for a tiptop smile that looks completely natural.

Teeth Whitening	Instantly brighten your smile
White Fillings of Composite or Porcelain	Make tell-tale dark fillings a thing of the past
Tooth-Colored Bonding	Cover deep-rooted stains, repair small cracks or chips, fill in gaps, and recontour teeth
Cosmetic Veneers	Conceal spaces, crooked, chipped, or discolored teeth
Crown Restorations	Restore severely damaged or broken teeth
Dental Implants	Restore appearance and function
Crown/Implant & Bridge Restorations	Replace missing teeth and prevent further damage to your smile

Forget About Braces...

With *Invisalign®*



Dr. Robert Seymour is very excited about offering *Invisalign®* to all patients at *DeSoto Family Dental Care*. Invisalign uses a series of clear, removable aligners to gradually straighten teeth. The aligners are comfortable, and because they're made with medical-grade plastic, they're virtually invisible. No more metal mouth means you'll smile more during treatment, and you'll spend less time in our office having adjustments! Because the aligners are removable, daily brushing and flossing are not affected in any way, and you can eat anything you fancy!

Dr. Seymour has been using Invisalign since 2002 and has completed both the basic and advanced Invisalign training sessions. Over 100 of Dr. Seymour's patients have been successfully treated using this revolutionary orthodontic technique. We welcome you to arrange a consultation with Dr. Seymour to discover how Invisalign can give you the smile you've always wanted!

Bring in this newsletter for your...

Free Invisalign consultation

Expires December 31, 2010

An Ounce Of Prevention

There's an old adage that a penny saved is a penny earned and in the current economy, that saying is truer than ever. But sometimes, cutting back now just means paying out more of your hard-earned dollars down the road. Millions of people postpone dental visits, but waiting until the harm is done doesn't save money. Dental disease is progressive, so if you delay, there's a good chance you'll incur even more costly repairs later. Gum disease for example can lead to tooth extractions and a bridge, partial, denture, crowns or implants. Yet caught early, it is easy to treat and more affordable. Not only that, but the links to gum disease and systemic illnesses are strong and may include heart disease, diabetes, cancer and arthritis.

If you're thinking about putting off your dental appointment because of the economy, we are here to help you. The choices you make today will save your money, your smile and more importantly, your health.

officeinformation

DeSoto Family Dental Care
General Dentistry
Dr. Robert Seymour
Dr. Jason Parolli
460 Byhalia Road
Hernando, MS 38632-1319

Office Hours

Monday	8:00 am – 5:00 pm
Tuesday	8:00 am – 5:00 pm
Wednesday	8:00 am – 5:00 pm
Thursday	8:00 am – 5:00 pm
Friday	8:00 am – 5:00 pm

Contact Information

Office	(662) 429-5239
Fax	(662) 449-0758
Email	dfdc@comcast.net
Website	www.desotofamilydentalcare.com

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

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Thank You!

We would like to take this opportunity to thank you for your continued support. It has been our privilege to serve you. We would also like to thank you for sending your family, friends and neighbors to our office. These referrals mean a great deal to us and they are the highest compliment you can give our office.

Enclosed in this newsletter are referral cards. Please use these cards when you refer your friends and family. If the card is used, you will receive a complimentary gift card to a local business and your friends and family will receive 20% off a new patient cleaning, exam and x-rays. At the end of every quarter, we will have a drawing for a larger prize. It is our way of saying thanks for your continued trust and confidence.

Information included is not dental or medical advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.

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