



DESOTO FAMILY DENTAL CARE

SMILE • UPDATE

• NEWSLETTER •

Winter 2013

from the dentists

Fall and winter bring lower temperatures, excitement of the upcoming holidays, and an unfortunate increase in your "to do list." This time of year can be busy, but we encourage you not to overlook the importance of your recall appointments where potential dental problems can be caught early, and preventive measures put in place. Also, don't forget that if you have dental insurance and have unused benefits remaining, you will lose those at the start of the New Year. We will do our very best to accommodate your schedule and get you taken care of before January 1st.

On a personal note, this time of year brings about the traditions of spending time with friends and family at Thanksgiving and Christmas. We hope you have a wonderful holiday season with your family. We are very thankful that you allow us to be your dental care providers. Please accept our gratitude.

Sincerely,

Dr. Robert Seymour

Dr. Jason Parolli

Dr. Bryant Trotter

HEALTHY SMILE: HEALTHY BODY

We all know that brushing and flossing our teeth daily can lead to a healthy mouth, but did you know that it can also aid in total body health, as well? While most of the bacteria found in the mouth are harmless, poor oral hygiene can lead to bacterial infections such as tooth decay, gingivitis, or periodontal disease. Studies have found that these more harmful oral bacteria have been linked to heart disease, stroke, respiratory diseases, and complications in joint replacements.

Just as the food we consume affects our body and our health, the bacteria present in our mouths can also have an effect on one's overall health. Dental infections can lead to problems elsewhere in the body. Research has shown that the bacteria present in dental plaque have been found in the arteries of patients suffering cardiovascular disease. Therefore, patients with chronic periodontal infection are at an even greater risk for developing heart disease and stroke.

Patients with heart problems such as artificial heart valve replacement, certain types of congenital heart disease, or patients that have had recent joint replacements are required to pre-medicate with antibiotics before some dental treatments. The oral bacteria that are present can enter the blood stream during certain dental procedures and can then spread infection to a diseased heart, a heart with valve damage, or a newly constructed joint replacement. The antibiotic taken prior to treatment prevents this from occurring.

It is important for one to remember that good oral hygiene is the key to a healthy mouth and body. It is recommended that patients brush their teeth a minimum of twice daily and to floss their teeth at least once daily. In addition to proper oral home care, patients should see their dentist and dental hygienist at least once every six months to help prevent oral infections.

So the next time you pick up your toothbrush and floss, you can feel good knowing that a healthy smile is the pathway to a healthy body.



THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!

Take A **Big Bite** Out Of Life!

GET CONFIDENT WITH CROWNS

After



Before

Every tooth has a job, whether it's chewing, grinding, or slicing... and every tooth has the duty of keeping its neighbors neatly aligned. When you have damaged or missing teeth, this entire orchestration is thrown off kilter, introducing bite issues, jaw pain, and even eating difficulties. In addition, self-esteem is almost always affected.

There is help. Crowns will make your smile whole and quite possibly even more beautiful than before! It's time to enjoy life again, savor the foods you love, and put your best smile forward!

Crowns:

Covering an existing decayed, damaged, or misshapen tooth, crowns strengthen, hide, or enhance while complementing your smile with the perfect color, shape, and size.

Crowns With Bridges:

Permanent bridges add additional support and security to crowns which replace one or more missing teeth. They fill in gaps, help maintain your face shape, and alleviate stress in your bite.

Crowns With Implants:

Implants are artificial roots that anchor individual crowns. Implants help arrest bone loss immediately below the missing tooth, helping to maintain a fuller more-youthful face shape.

You don't have to live with damaged or missing teeth. Regain the beauty and function of your smile, and take a big healthy bite out of life! We're here to help you, so call us today!

Find The Fountain Of Youth

In your own life!

Throughout the ages, scientists have been searching for the keys to living longer healthier lives. A recent study of the world's healthiest cultures shows that the keys are in our hands.

Relax

Reserve personal time to rest, meditate, pray, or do anything that brings you peace and tranquility.

Engage

Enjoy meals with family and friends, without outside distractions. Be truly present at mealtimes, and go ahead and have a glass of wine with dinner. Research shows that moderate drinkers outlive teetotalers.

Move

Walk the dog, the kids, or the grandkids. Incorporating movement into your everyday life is more beneficial than planned exercise regimens, and walking is truly the best activity for longevity.

Busy, stressful, inactive lifestyles have been linked to many chronic diseases, including periodontal (gum) disease. Adopt the ways of the world's most healthy cultures and add years, and enjoyment, to your life!



The Dangerous Duo...

Carbs and gum disease

Carbohydrates, especially starchy white ones like sugar and refined flour, have gotten lots of bad press for the damage they do to our bodies. Obesity, type-2 diabetes, and heart disease all have links to the over-consumption of these high-glycemic offenders.

Now we have another reason to put down the pastry: periodontal disease! The starchy sugary carbs that dominate our diet – known as fermentable carbs – turn into sugars in the mouth and can cause tooth decay and gum disease by feeding the very bacteria that cause these diseases.

In fact, studies have shown gum disease developing within *days* of a person increasing their fermentable carb intake. Fortunately, improvement comes within weeks after cutting out those foods.

Gum disease should not be taken lightly, as it has been linked to diabetes, heart disease, cancer, and other serious chronic systemic illnesses. Following a good oral care regimen, as well as a proper diet, could lead to a longer healthier life!



No-Cal No-Carb Noodles?

THEY'RE FOR REAL!

Can a food exist that has no calories, no carbohydrates, and is as fun to eat as pasta? Absolutely! **Shirataki Noodles** – made from plant tubers and found in Asian stores and some supermarkets – are also high in fiber, and there is evidence that they help control blood sugar and cholesterol.

There's no cooking – they're ready to eat out of the package; they just need a quick rinse! If you find their "mouthfeel" a little rubbery, you can mix them with pasta to enjoy a lower-carb treat, and still have a full bowl. Don't limit yourself to Asian noodle dishes ...experiment! Shirataki noodles are flavor-neutral and will absorb the taste of any sauce!

The carbs found in flour pasta and rice noodles turn to sugar in the mouth and can cause tooth decay and gum disease. Shirataki noodles are mostly fiber and have almost no "bad" carbs ... and so we're labeling them "smile-friendly"!

A Beaming White Smile

Show them you're beautiful inside and out!



The way we dress and present ourselves says a lot about who we are, so we need to stay true to ourselves when we define our look. Beauty starts from the inside, and when we feel great, we project our confidence and optimism. Whatever we're wearing – including our smile – should reflect that positive energy. But what if your smile isn't beaming its brightest? We have solutions!

Supervised Whitening, including dentist-prescribed home systems and in-office treatments, are customized for your unique smile and can make your natural teeth look their whitest.

Bonding covers teeth with a beautiful white resin, reshaping them, fixing chips, and filling gaps.

Porcelain Veneers cover the front surfaces of teeth, cleverly masking any stains, fillings, and chipped or uneven teeth.

White Fillings are an attractive alternative and an option to replace unattractive silver-colored fillings.

Inlays & Onlays repair teeth that have been damaged due to decay, strengthen teeth, and restore structure and color.

A confident, white, healthy-looking smile will help you feel positive and look your very best. Give us a call today to discuss the best way to brighten your smile ... and look as beautiful on the outside as you feel on the inside!



Our Lab

What it means to you!

As most of you know, we have our very own dental lab upstairs in the office. We are proud of our lab and wanted to share some information about it with you, our patients. We are one of a very few dentists in the North Mississippi and Mid-South area that has an in-house lab. We employ 3 certified lab techs and one dental assistant with over 100 cumulative years of experience! Our lab produces all crowns, bridges, night guards for patients who grind or clench and whitening trays. As you can see, our lab is one busy place!

So why do we have our very own dental lab, you might ask? It is to provide a higher quality product for you our patients. There are many benefits to having an in-house lab. First, the turnaround time is much quicker than if we had to send our lab work offsite. The second benefit is that we are able have better communication between the doctors and the lab. If the lab has a question about a particular case, they just run downstairs and ask the doctor where they can discuss everything from shape to shade. Thirdly, we can better customize your dental prosthetic. If a shade is off or if additions/modifications need to be made, many times we can do it right in the office saving you time and inconvenience. Lastly, we can control the quality and safety of the materials we use to make our dental restorations. You can feel confident that we are using the best materials.

So, next time you are in the office, feel free to come tour our lab. The ladies would love to show you all that they do upstairs.



DFDC In The News

We have been busy this summer! We were recently awarded the Business of the Month by the Hernando Chamber of Commerce. We were thrilled to receive this honor and appreciate all that our wonderful Chamber does for the City of Hernando.



Our Smiles for Life fundraiser ended in June and we recently awarded \$5,000 to the Palmer Home for Children in Hernando. The Palmer Home is going to utilize the money toward building another cottage on the Hernando campus to be able to accept more children who need a safe, loving environment.



As adopt a school sponsors for Hernando Elementary, we donated \$1,000 to fund an educational program for the students there. Additionally we are sponsoring the PTA's Halloween Fun Run to raise additional funds for student advancement. We enjoy our partnership with that wonderful school!

office information

DeSoto Family Dental Care

General Dentistry

Dr. Robert Seymour

Dr. Jason Parolli

Dr. Bryant Trotter

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
Saturday	by appointment only

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!

CareCredit



MORE THAN YOUR MOUTH

Because hypertension has become a prevalent condition, the American Dental Association (ADA) recommends that all dentists be involved in the detection of hypertension. The ADA recommends that dental offices take blood pressure on all new patients and annually on all recalls. Desoto Family Dental Care strongly agrees with this recommendation and we want to ensure we are taking care of our patients to the fullest.

Several studies have shown that dental care professionals can play an important role in a patient's overall health by measuring blood pressure, potentially identifying undetected or uncontrolled hypertension, and referring individuals to their physicians. Dental hygienists are in a unique position to assess blood pressure and increase a patient's awareness about the risk associated with hypertension since hygienists have regular contact with patients due to frequent care intervals.

By measuring blood pressure, we are able to provide an additional service to our patients, one that potentially saves lives. You are more than your mouth and we care about you!