



DESOTO FAMILY DENTAL CARE

SMILE • UPDATE

• NEWSLETTER •

Summer 2013

from the dentists

Summer... Is smile season!

This is one of the seasons we love the most. It's warm, it's bright, and nature is at its best. And we have plenty to look forward to.

Some of you will be participating in graduations or weddings, others will be heading out of town, and for sure, most of us will be enjoying outdoor family activities like barbecues and sports.

Whatever your plans, our team wants you to enjoy this wonderful time of year safely. Please wear sunscreen, and if playing sports, make sure you have a protective mouth guard. If looking your photogenic best is a priority we'll be happy to fit you in for a teeth cleaning, whitening or cosmetic consultation.

Call our office today!
We are glad to help!

*Drs. Seymour, Parolli
and Trotter*



STERILIZATION ... We Are On Top Of It!

Some of you have probably read about the thousands of patients of the Tulsa, Oklahoma Oral Surgeon that are being advised to get tested for HIV, Hepatitis B, and Hepatitis C, because of the lack of proper infection control procedures in his office. We wanted to assure you that our office is taking all steps to ensure our sterilization techniques are within standards. We recently sent 2 of our team members to a continuing education course in Memphis to ensure we were up to date with the latest in dental sterilization. This is a vital part of our office protocols and we take it very seriously. You, our patients, should have complete confidence in our adherence to strict standards.

Our office employs several sterilization techniques for our instruments, including hot, cold and dry sterilization. **Heat sterilization** is accomplished through the use of either pressurized steam or dry heat. A device known as an "autoclave" uses steam and high-pressure to achieve rapid sterilization. An alternate technique using dry heat sterilization is accomplished using a Statim machine. The Statim is used for certain instruments that do not tolerate prolonged exposure to moisture. Here, a miniature oven is used to subject instruments to high temperatures until sterilization is achieved.

Cold sterilization is used for instruments made of plastic or acrylic. These instruments can burn or melt if exposed to excessive heat. Cold sterilization involves immersing instruments in a sterilization solution for several hours, until all bacteria and viruses are neutralized.

Before you enter the examination room, all surfaces are disinfected. To sterilize equipment that can't be moved, such as X-ray units and countertops, a disinfectant is applied. Disposable sharp items that cannot be sterilized – such as needles – are thrown away in puncture-resistant biohazard containers. Any disposable item that is contaminated with blood is discarded in a special container.

Regardless of what technique is used to achieve sterilization or disinfection, you can be assured that we have done our utmost to ensure the safety of you and your family.



If you would like to read more about dental sterilization, visit the following website:
http://www.agd.org/media/136085/FS_InfectionControl_Apr13.pdf

THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!



There's More To Oral Health Than just brushing

Brushing and flossing are important, but lifestyle choices also play a large part in ensuring good oral health. Here are a few choices that you can make today!

- 1 Eat healthy** – Proper nutrition and a diet rich in vitamin D, calcium, and omega 3 will promote strong soft tissues and healthy teeth.
- 2 Butt out** – Smoking can cause oral cancer and periodontal disease.
- 3 Get fit** – Those who stay physically active have a lower incidence of severe gum disease.
- 4 Pamper yourself** – Lower your stress levels to decrease your body's production of the hormone cortisol – a known gum-disease trigger.
- 5 Visit us and your doctor regularly** – Regular checkups screen for chronic illnesses, including those associated with periodontal disease.

Live a longer healthier life by embracing good habits, and keep your smile looking its very best!

Men, Listen Up!

Mouth care is no laughing matter

A recent study shows that North American women are more proactive than men when it comes to taking care of their teeth and gums. Does this surprise you?

Women are known to have a better understanding of their oral healthcare needs. They are 26% more likely to floss regularly, and they are almost twice as likely to have regular dental checkups and follow recommended treatment.

Why is this significant? *Periodontitis*, a chronic inflammatory gum disease, may not only lead to tooth loss, it has also been directly linked to other serious inflammatory diseases including:

- Cancer
- Diabetes
- Heart disease
- Stroke
- Respiratory disease
- Rheumatoid arthritis.

Good oral health is essential to your quality of life. Every single tooth plays an important role in speaking, chewing, tooth alignment, and maintaining facial structure. And it's possible to have periodontal disease without any warning signs, so regular checkups should not be missed.

The research is in: whether you're a man or a woman (or a boy or a girl), a good dental regimen, paired with regular checkups, can truly go a long way to ensuring your good health. Please, check your recall schedule and call us today to book any outstanding appointments for yourself and your loved ones!



Boredom Can Shorten Life *Engage a*

Can you really be bored to death? The answer is *yes!* An extensive study found that women are more prone to get ill from the effects of boredom and die at a younger age. But why is boredom so hazardous to your health?

Boredom creates an unhealthy

lifestyle as it's most often caused by lack of exercise, smoking, excessive drinking, lack of engaging work, loneliness, isolation, and apathy. But there is hope! Getting off the couch and engaging with others can add years to your life! Explore activities that entertain and excite you...

Crown Restorations

You deserve to look and feel your best!

If damaged, discolored, or missing teeth make you hide your smile, crowns will bring back your self-confidence. They're durable, attractive, and ideal for patients of all ages, and they are very easy to care for. Just brush, floss, and have regular checkups with us!

Great options available to suit all needs:

- **Single Crown** – Covers an unattractive or damaged tooth, improving its strength, function, shape, and color.
- **Bridge** – Replaces one or more missing teeth with a natural-looking artificial tooth which alleviates bite stress and helps to maintain face shape.
- **Implant** – Replaces individual or multiple teeth, and as it is placed into the jawbone, it arrests bone loss and provides a very long-lasting attractive non-removable option.

We are here to help you choose the restoration option that is best to improve your oral health and appearance. Call us today to discuss your individual needs. Isn't it time to start enjoying your favorite foods again and living life to the fullest, knowing that you look as fantastic as you feel?



before



after

Enjoy A Decadent Brunch

Rich with superfoods

Consider the following menu...

- *Perfectly Poached Eggs*
- *Cinnamon French Toast with warm Blueberry Preserves*
- *Black Tea with a dash of Buckwheat Honey*

This sounds like an indulgent brunch, yet all elements contain superfoods – extremely nutrient-rich foods which help prevent disease.

Eggs – Rich in vitamin D (strengthens bones and teeth) and high in essential nutrient choline (aids heart and brain health).

Cinnamon – Anti-inflammatory (may reduce risk of gum disease) and helps control insulin levels.

Blueberries – One of the best antioxidant sources and high vitamin C supports healthy gums.

Black Tea – Helps prevent dementia and lowers cholesterol.

Honey – Anti-microbial properties (helps fight mouth and throat infections).

When combined with a varied and balanced diet, these superfoods can help you live a healthier more-delicious life!



and thrive!

- Take classes to stretch your imagination
- Exercise with friends
- Play sports
- Attend spiritual gatherings
- Take up dancing
- Join a club or volunteer

Begin now... Replace bad habits with healthy ones and start enjoying life! You will live longer and be more fulfilled along the way!



DFDC News...



Things are always happening around here and we wanted to make sure our patients are kept abreast of all the news at DFDC. Recently, the Desoto Times Tribune sponsored a *Desoto's Best Contest* and our office was voted "Best Dentist" by

Hot Off The Press!

the readers. Thank you to all of our patients and friends that voted! A special thank you to our wonderful, committed team members who enable us to provide first-rate care.

We also recently participated in the Hernando High School Interact Club's Light It Up Blue event. Light It Up Blue is an event to raise awareness for Autism. Desoto Family Dental Care participated by donating funds as well as changing our lights to blue to support this wonderful cause!

Lastly, this May, the office will travel to Branson, MO to attend

a continuing education seminar focusing on providing patient focused care that meets the needs of our individual patients. We will bring back what we learned to better serve you, our patients. Our goal is to continually improve our patient care.



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



HELPING THOSE IN NEED!

It is *Smiles for Life* fundraising time again! **This March through June, Dr. Seymour, Dr. Parolli and Dr. Trotter will donate all of the proceeds from our Zoom!™ & Nite White® teeth whitening treatments to children's charities.** Fifty percent of the proceeds will go to a national children's charity and the remaining 50% will go to our very own, Palmer Home for Children in Hernando. Last year we raised almost \$12,000! Let's do it again! By participating, you can help brighten a child's life while brightening your smile!

SMILE SEARCH

Smile as you search!

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|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Teeth | <input type="checkbox"/> Translucent |
| <input type="checkbox"/> Whitening | <input type="checkbox"/> Veneers |
| <input type="checkbox"/> Rejuvenates | <input type="checkbox"/> Transform |
| <input type="checkbox"/> Smiles | <input type="checkbox"/> Appearances |
| <input type="checkbox"/> Within | <input type="checkbox"/> Without |
| <input type="checkbox"/> Hours | <input type="checkbox"/> Surgery |

W T T Y R E G R U S H Z T
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