



Dr. Roger N. Carlsten's WORD OF MOUTH



Produced to improve your dental health and awareness

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fromthedentist

During this past year my "normal, everyday" life outside of the office has simply sped along too quickly-enjoying the company of friends, participating in various athletic activities, relishing Providence's rich cultural and entertainment scene, enjoying time (altogether too little) with my extraordinary wife (who also happens to be an exceptional cook!), and learning much from continuing dental education.

My kids are too far away, but we all make an effort to see each other multiple times a year. It's heartwarming to see my Boulder, Co grandchildren Elijah and Abe. Elijah has just started school this year and is really enjoying it! Near Vancouver, B.C. I marveled at my 11 year old granddaughter Ella's poise and skill when we went rockclimbing and with sewing skills taught by my wife, now she has her own business making and selling sock puppets! During the same visit, I kayaked with my son, Chris, in open water, gorgeous territory, and it was wonderful for both of us. Closer by in N.Y. state, I can be amazed at 4 year old Zachary's vocabulary and articulateness. It is as much fun to take him down a beginner's ski slope as later skiing a double diamond with his dad, Kevin.

Beyond these shores, during ten days in August-September, my wife and I even brought good weather (after their 3 months of rain) to Ireland! It is a wonderful country full of history, beauty, and friendly people.

Aside from my family, my passion for dentistry gives me one of the greatest joys in the world, allowing me to make a positive difference in the lives of my patients. I also appreciate every member of my team and the unique gifts they bring to our practice. But what makes all this possible is you, my patients. Without your loyalty, support, and friendship, the rest wouldn't matter.

So please accept my very special holiday thank you!

May my good fortune and hopefully yours continue into perpetuity. Have a wonderful holiday season.

Best wishes always,

Roger N. Carlsten



Dr. Carlsten on a ferry
"Inishbofin"

*Have A Wonderful
Holiday & Happy
New Year!*



Katie's children Harrison & Hayden



Tracy's son
Christopher
with new
puppy
"Sammy"



Lynn
with her
grandson
Braedon on
Halloween

Is your smile ready for the Holidays? Give us a call today (401) 273-6780

Mix It Up

Find out how to make a real difference!



Dairy Or Non-Dairy You get to pick!

A study published in the *Journal of Periodontology* shows that those who regularly consume dairy products such as milk, cheese, and yogurt had a lower instance of gum disease. But even if you can't tolerate dairy products, science has plenty of good news about nutrition and oral health.

- Linked with longevity, cell growth, and boosting the immune system, vitamin D consumption can:
- **inhibit gingivitis**, the earliest stage of gum disease;
 - **fight inflammation** which has been linked to gum disease;
 - **help prevent tooth loss** by inhibiting bone loss around the tooth roots caused by gum disease.

Healthy gums are an important part of maintaining a healthy body. Calcium- and vitamin D-fortified beverages, and vitamin D-rich foods like salmon, sardines, and egg yolks can lead to better oral and overall health!



Just as what you wear can express your innermost self, your smile speaks silently to others about who you are and what you anticipate from life. A friendly open smile projects self-assurance and positive expectations, and attractive white teeth communicate cleanliness and health. Everyone in the family can benefit from a smile that's their sparkling best - but even better if you're of a certain age - your vivacious smile can help take years off!

Here's some more great news...

You can eliminate darkened or yellowing enamel stains created by everyday smoking, eating, and drinking. Even enamel that has become discolored due to illness, medication, or heredity can be brightened.

How? We can provide two very popular options that can dramatically improve your smile - supervised teeth whitening and cosmetic bonding.

Whitening has become the most-demanded cosmetic procedure for good reason - *it works*. Your teeth can be whitened by up to eight shades ... *very quickly* - and there's no upper age limit!

Bonding tooth-colored materials that match your own enamel to the surface of your teeth masks discoloration while adding strength. These same long-lasting materials can be used to replace old silver-colored (amalgam) fillings and to correct minor chips or gaps between teeth.

In fact, we can mix 'n' match these procedures to enhance your unique smile and incorporate white composite fillings, inlays, onlays, and sophisticated cosmetic veneers to keep you smiling ... whatever your age!



A Right
Way
And A
Wrong
Way

Brushing your teeth using the proper technique is essential for cleaning teeth and gums effectively, yet many patients are unaware of just what exactly the "proper methods" are. Correct brushing takes a little patience and a little more time than you might think. It's just not enough to slap on the toothpaste and scrub away in a haphazard and random fashion. You can easily miss whole areas of your mouth and actually do some damage at the same time. Here are some helpful toothbrushing tips to get the job done properly.

Brushing tips...



7 Smile Savers

See how you can count on us!

Everyone wants to keep their natural teeth for life. But it isn't all about the teeth, you know. When your gums are pink and healthy, they harmonize beautifully with your lovely white teeth enamel and truly make your smile sing. But their real job is to provide protection and support for your teeth. You can see why preventive care is the key to a great-looking smile.

Here are 7 preventive smile-saving supports our team can provide...

- 1 **Cleaning and scaling** your teeth to remove plaque, yellowing tartar, and surface stains;
- 2 Protective **fluoride treatments** and pit and fissure **sealants**;
- 3 **Remineralization treatments** to restore thinning enamel;
- 4 **Polishing** for teeth and restorations;
- 5 Protective **mouthguards**, custom-made for children and adults;
- 6 Preventive **nightguards** to stop grinding, clenching, and sensitive worn-down teeth that can age your appearance;
- 7 **Rely on us** to help you with as many preventive measures as possible. All you have to do is keep your appointments!

Recycle Your Bicycle

Again & again!

Have you ever wondered why cycling is becoming so popular? Here are four reasons you'll want to consider this family-friendly sport. Cycling is...

FUN

- Pump up your mood, reduce depression and stress, and boost your self-esteem!

GOOD FOR YOU

- Improve your overall and oral health.
- Shrink your waistline. Burn extra calories.
- Reduce your risk of serious conditions such as heart disease, high blood pressure, obesity, and diabetes.

SOCIABLE

- Enjoy the great outdoors with friends and family of all ages. People of most fitness levels can cycle, slowly and gently if necessary.

SUSTAINABLE

- Focus on the moment and on your environment. Join your family in reducing its carbon footprint with reduced vehicle usage.

No wonder cycling is one of the fastest-growing leisure activities in North America.

1

Place bristles along the gumline at a 45° angle so that they contact both the tooth surface and the gumline.

2

Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush using a rolling motion.

3

Tilt the brush vertically behind the front teeth. Brush up and down using the front tip of the brush.

4

For the biting surface of the teeth, brush gently with a back and forth motion. Don't forget to softly brush the tongue to remove odor-producing bacteria.



Defend And Rebuild

Our teeth are under attack every single day. Acids in the mouth and in what we eat and drink cause enamel to lose valuable minerals in a process called demineralization. Our teeth are covered in plaque that is home to a variety of bacteria. It is when some of these bacteria start breaking down sugars in the food we eat, that this erosive acid forms. As this acid remains in your mouth it starts to attack the enamel of your teeth causing demineralization, with the loss of important calcium and phosphate. This process weakens teeth, causing sensitivity to hot and cold, and can also lead to the development of cavities.

It is possible, however, to RE-mineralize your teeth. Remineralization is defined as a repair process for dental hard tissues that occurs when the intra-oral pH rises and calcium and phosphate from the saliva join together with fluoride to help replace the lost minerals. The normally occurring level of fluoride in our saliva is not sufficient to accomplish this alone, so we may be recommending topical fluoride therapy (home and/or office based) to enhance the remineralization.

If you suffer from temperature hypersensitivity, gum recession or thinning enamel, fluoride therapy may be the treatment for you. We can discuss it at your next visit.

office information

Advanced Dental Care
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Office Hours

Monday 8:00 am – 5:00 pm
 Tuesday 8:00 am – 5:00 pm
 Wednesday 10:00 am – 6:00 pm
 Thursday 8:00 am – 4:00 pm

Contact Information

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Office Staff

Renee Office Manager
 Lynn Office Coordinator
 Katie
 .. Dental Assistant/Treatment Coordinator
 Kerianne Dental Assistant
 Tracy, Diane, Lucille Hygienists

Your appointment times are reserved specifically for you and our operatories are set up to meet the unique requirements of each appointment. If you can't keep your appointments, please give us 24 hours notice.

Give A Big Smile... Give a gift certificate!

Do you know someone who'll soon be making an important appearance? Someone who is being married? Going to a graduation? Attending a special event? Now you can give them the gift of looking and feeling their best!

We are pleased to offer a terrific gift idea: our very own Gift Certificates which can be purchased by anyone ... for anyone ... for any dollar amount.

These certificates can be used for any dental service that we offer, from an introductory visit or cleaning, to cosmetic and natural-looking restorative procedures like teeth whitening, veneers, and implants.

Call us today to purchase a Gift Certificate for someone you care about. And please tell your friends, family, and business colleagues about this service. Then ... just watch them smile!

Welcome New Patients!

Welcome referrals!

I hope you have enjoyed your visits to our office and are pleased with our care, treatment and commitment to your good oral health. I would like to take this opportunity to thank you for referring friends and other family members in the past. We really appreciate your vote of confidence!

We are currently welcoming new patients, so if you know of co-workers, friends, or family members who are looking for dental care, by all means give them our office number.

Everyone on our staff is committed to providing quality care in a comfortable environment and we are happy to welcome new patients. We will ensure that they receive the same professional care you enjoy from our office as well as access to the latest in advanced technology and research.