



Dr. Roger N. Carlsten's WORD OF MOUTH



Composed to improve your dental health and awareness

Winter 2011/2012

Greetings from the **DENTIST**

This is the season when it seems completely natural to contemplate the year gone by, the one to come, and to count our blessings. My team and I have been doing just that, and we are absolutely in accord about one thing: how very special and important you are to us.

I hope that this is something we've been able to make clear to you over the year. You are all so kind and often express your sincere gratitude to us when you visit. I sometimes wonder if you realize how mutual that feeling is.

With so many wonderful patients, providing care transcends professional obligation and becomes an enjoyable privilege. Coming to work is a genuine pleasure every day, all year. Thank you.

Best wishes for 2012!

*Roger N. Carlsten, DDS
and his wonderful staff!*

How Safe Is Safe?

About x-rays and radiation

Patients sometimes express concern about the amount of radiation they may be exposed to when getting dental x-rays. In part this is because of their general concern about the accumulated effects of medical x-rays.

According to the *American Cancer Society* we are all constantly exposed to background low-level radiation from our environment and from space. Radiation is measured in millisieverts (mSv) and the average person is exposed to about 3 mSv of radiation from natural sources per year, although this can double in higher altitudes.

Dosage estimates can vary a great deal depending on the source, but you might find this chart useful.

Typical Radiation Doses (mSv) American Cancer Society

Mammogram 0.13

Chest x-ray 0.10

Lower GI x-ray series 0.4

Abdominal CT 10.0

Colonoscopy CT 5.0-8.0

Dental x-rays (American Dental Association)

Bitewing Radiographs (Digital) 0.013

Full Mouth Series (Digital) 0.050

You can see that comparatively speaking, dental x-rays are very low-dose, with digital imaging, which our office uses, requiring up to 80% less radiation than traditional film. There is no clear evidence that low-level diagnostic radiation increases your risk of cancer, but as with high-dose cancer therapies, experts believe the benefits usually outweigh potential risk. The benefit of detecting disease that may not otherwise be detected far outweighs the risk of radiation in the small doses used for dental radiography.

As far as low-dose diagnostic imaging goes ... as safe as it is, get only the x-rays you need and ensure that adequate precautions such as lead aprons are provided for you and your family.

Please feel free to discuss any concerns you may have.



These large areas of decay were not visible during clinical examination and the patient had NO pain. The top tooth furthest to the right required root canal therapy because the decay had infected the nerve.

THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!

Don't Be So Sensitive!

Care for sensitive teeth

Do you experience discomfort or a sharp pain when you breathe icy air, when you sip hot, cold, or sweet beverages, or eat foods with extreme temperatures? Even when brushing your teeth? You could have sensitive teeth which can put a damper on the most pleasurable things in life.

What can you do?

- Always visit us for a diagnosis and treatment options.
- Use a toothpaste specially formulated for sensitive teeth. It takes two weeks before the full effect is evident.
- Rinse with a fluoride-based mouthrinse that contains potassium nitrate to reduce sensitivity.

Don't endure sensitivity symptoms. Call us today!

That Jarring Jawbone!

Relief from TMD is here

It may be stress, previous injury or tooth loss, habitual clenching, gum-chewing, or a part of ageing, but for whatever reason, your jaw aches, you're having difficulty chewing, and it affects how you eat. Other possible causes? Restorations such as crowns, fillings, inlays, and onlays that have worn over time and no longer align or function as they need to.

You may be suffering from *temporomandibular disorder* (TMD) – a misalignment of the jawbone where it connects to your skull. Once we diagnose the cause of your TMD, the solution could be as simple as adjusting or replacing one or more restorations or providing you with a nightguard to maximize your jaw position and relieve your discomfort while you sleep.

Until you see us for treatment, you might be able to alleviate symptoms by chewing on both sides of your mouth, de-stressing, not chewing gum, and performing basic jaw-stretching exercises.

Reinforce
the power
of your
smile

PART OF SMART AGEING

Good for you! You're taking better care of yourself so that as you age, you remain in optimum health. You're using the stairs (not the elevator), protecting your skin, and ramping up the fiber, fruits, and vegetables in your diet. Now think about this: if you live longer, your teeth have to function longer too!

Now is the time to consult with us about the benefits of not just rejuvenating the whiteness in your smile, but also the structure and durability of your teeth. Missing or damaged teeth severely compromise your capacity to chew and digest healthy foods ... negatively affecting your overall health. Not to worry... We have solutions!

- One option is a **bridge**. It replaces a missing tooth by securing a new replacement tooth to the adjacent healthy teeth. Bridges look natural, are easy to clean, and because they're fixed in place, they're stable.
- A **crown** completely covers or "caps" an existing tooth that has a serviceable root but is damaged above the gumline. It improves the tooth's strength and appearance, and extends its lifetime.

As part of your healthy lifestyle team, we will advise you on the best, most cost-effective way to improve your smile. Dental enhancements like bridges and crowns are a great self-investment. You'll look terrific, enjoy a confident smile, and situate yourself wisely to benefit wholly in both oral and overall health!



BEFORE



AFTER

3 Ways To Age Your Smile

Learn the secret to keeping it youthful

In 1900, the average life expectancy was only about 49 and few people anticipated keeping their teeth that long. Today, many mature adults have maintained their teeth, yet have developed potentially serious problems with the *gingivae* (gums) that surround them. This is very important, because when gums are damaged, the gates are literally opened to a host of problems.

FIRST Receding gums. When bacteria is allowed to build up in the mouth and is left untreated, damaged gums become progressively more inflamed. Initially the infection can be painless with no visible signs or symptoms that you would notice during routine home care. Gum disease is the top cause of tooth loss in adults and has been linked to cardiovascular diseases, diabetes, arthritis, Alzheimer's, hearing loss, and cancers.

SECOND Root cavities. Some natural gum recession occurs as you age, but too-vigorous brushing can dramatically speed up the process and expose the roots of your teeth. This is unattractive, but more importantly it can expose your roots to bacteria and cavities. Experts suggest that those taking anti-hypertensives, antidepressants, and analgesics are already at an increased risk of caries (cavities).

THIRD Tooth sensitivity. Receding gums and exposed roots can be painful and eventually, if over-brushing continues, the entire tooth enamel will be affected.

Although we can provide solutions like bonding, veneers, and desensitizers to restore function and appearance, we prefer prevention. Regular examinations and learning proper home care will keep both your gums and teeth healthy.



IN PRAISE OF Olive Oil

Reason to smile

Olive oil, a key component of a Mediterranean-style diet, has provided health benefits for millennia. Mono-unsaturated fat gives olive oil anti-oxidant properties, lowering the risk of colon cancer, incidence of heart disease, and type-2 diabetes.

Because ingesting olive oil enriches skin and soft tissues, and is an anti-inflammatory, it also helps in treating gum disease which, due to the correlation between oral and whole-body health, improves your overall well-being.

Extra virgin olive oil is highest in anti-oxidants because it's less processed. And because of its flavor, processing method, and beneficial properties, it is the only variety of vegetable oil that nutritionists suggest be ingested as is (without being cooked). Only two tablespoons per day will help you look after your whole health while we take care of your oral health!



Sugar Consumption On The Rise

Putting the brakes on childhood obesity

Childhood obesity is on the rise, and many experts are pointing the finger at sugar-sweetened beverages as a major contributor. The facts are difficult to ignore.

Increasing numbers of small children, especially those in the 1 - 5 age group, are becoming regular consumers of high-sugar drinks. Non-diet soft drinks, flavored fruit drinks, sport drinks, and energy drinks are loaded with sugary calories, and apart from contributing to obesity, are the cause of tooth decay, type 2 diabetes and heart disease. And since 70% of this sugary intake occurs at home, Mom's and Dad's (and grandparents too!) hold the key. Keep a jug of iced water in the fridge, adding fresh lemon to change it up, send water with lunches, encourage daily physical activity, and put the brakes on obesity.

For more information, see The Nutrition Source: <http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/>

Calories, Grams of Sugar, and Teaspoons of Sugar in 12 Ounces of Each Beverage

	CAL	G (TSF)		CAL	G (TSF)		
Carbonated Soft Drinks							
Asahi® Bud Beer	180	47	11	Minute Maid® Lemonade	150	42	10
Blue Bird® Natural Orange Soda	140	91	23	Newman's Own® Lightly Sweetened Lemonade	120	30	7
Coca-Cola® Classic	140	41	10	Sports Drinks and Energy Drinks			
Fanta® Orange	140	45	11	Captain Jack® Sport™ Sports Drink Lemon-Lime	120	26	7
Mountain Dew®	170	46	11	Full Throttle® Original	167	44	11
Peppi® Cola	150	41	10	Hi-C® Orange	90	22	5
Schweppes® Ginger Ale	120	34	8	Sport Swisher	53	14	3
Schweppes® Tonic Wine	130	35	9	Obiwan® Serious Fruit™ Apple Raspberry	205	48	12
100% Juice							
Apple and Cider® Naturally Carbonated 100% Juice	175	46	11	Red Bull®	160	40	10
Low Sodium Mt Dew® 100% Vegetable Juice	75	12	3	Sub1® Adrenaline Rush	195	51	12
Minute Maid® Orange Juice	165	41	10	Yum!	129	48	11
Minute Maid® Fruit Flavored Apple Juice	175	46	11	Iced Tea			
Nature's Own® 100% Fruit Flavored Strawberry	225	54	13	Asahi® Green Tea with Citrus and Honey	105	27	7
PGM WonderL® 100% Fruit Flavored Juice	240	60	14	Asahi® Spring Green Tea Raspberry	105	27	7
Wells® 100% Orange Juice	270	67	17	Homemade Iced Green Tea with 1 Tsp of Sugar	16	4	1
Sporting Juices and Sparkling Water							
Fruit Flavored® Pineapple Cherry	120	31	7	Homemade Iced Iced Tea Unsweetened	0	0	0
IZIE® Sparkling Citrus Fruit Juice	120	31	7	Homest Tea™ Lemon Lime	65	12	3
IZIE® Sparkling Lemon Lime	120	28	7	Lipton® Iced Tea Green	130	34	8
Polar® Sparkling® Natural Sparkling Water	0	0	0	Lipton® Sweetened Lemon Iced Tea	125	35	8
Polar® Sparkling® with Vanilla	0	0	0	Sprite® Iced Tea Black Tea	135	32	8
Sweetened Water and Flavored Water							
Berry Blast® Cooled Water	40	10	2	Sprite® Iced Tea Peach	135	35	8
Dasani® Cooled Water	48	18	4	Tea™ Naturally Sweet Mango Citrus	140	34	8
Dasani® Vitamin Water® Electro	75	20	5	Coffee Drinks			
Homest® Original Juice with 100% Fruit Flavored	95	23	5	Full Throttle® Coffee + Energy Mix-Up	222	41	10
Homest® Iced Water	0	0	0	Kind Coffee with 1 Teaspoon Sugar	16	4	1
Mountain Dew® Fruit	15	3	0	Philly Blend® Frozen Drink Caramel	435	42	15
Mountain Dew® Fruit	75	20	5	Philly Blend® Frozen Drink Raspberry	360	37	14
Fruit Punch and Fruit Drinks							
Captain Jack® Juice Drink Strawberry Lime	125	34	8	Sweetened and Flavored Milk			
Hansen Pure® Fruit Juice Red	180	45	11	Homemade Fruit Cakes	18	4	1
Obiwan® Strawberry Citrus™	240	57	14	Minute Juice® Mango Peach Tappet™	575	65	15
Orange® Fruit Punch Juice Drink	165	41	10	Minute Juice® Peach Zest™ Banana Chocolate	560	64	14
SunnyD® Tangy Citrus Style	160	44	10	Minute Juice® Ready-to-Drink Chocolate Milk, Reduced Fat	300	48	11
				Obiwan® Original Super Protein™	295	51	12
				Obiwan® Chocolate Soy Milk	210	50	8
				Obiwan® Vanilla™ Soybean Chocolate Blend	270	26	7
				Starbucks® Vanilla™ Raspberry Chocolate Blend	276	47	11

*Some yellow-colored beverages listed in this chart have slightly more than 12 g sugar in 12 oz; they have been included because they are close to the 12g guideline.

office information

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Office Hours

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

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Office Staff

Lynn Office Manager
 Patti Office Coordinator
 Katie Dental Assistant
 /Treatment Coordinator
 Kerianne Dental Assistant
 Tracy, Diane, Crystal 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.



For the month of January we are pleased to offer our patients of record a \$75.00 discount on our "at-home" teeth whitening procedure. We may recommend that you have your teeth cleaned first if it's been a while, as this will improve your results. Please call now, this offer expires January 31, 2012.

Happy New Year!

YOUR REFERRALS MATTER

Thank you!

One of the things that our patients do – something that makes us feel great and confirms that you think we're doing a great job – is referring friends, family, and colleagues. A thriving practice allows us to re-invest in new technologies and continuing education.

There is no more powerful promotion than a good word, so it is our goal that everyone leaves eager to tell friends and family about the caliber of treatment received at *Advanced Dental Care*.

We consider it an honor every time you express your trust in us by sending someone to us for their oral health care.

Thank you for all of your past referrals, and a special thank you in advance for your future referrals.

Please pass along the enclosed referral cards to spread the word!

Referral Gift!

Share us with a friend and we will be pleased to present you with a gift certificate to your choice of several restaurants within the Newport Restaurant Group, which includes *Hemenway's* and the *Waterman Grille*.