

Donald R. Rozema, D.D.S., PC



Produced for the Patients and Friends of Dr. Donald R. Rozema

Winter 2010

fromthedentist

Thanks To You All

It was a great holiday and we've returned renewed, rejuvenated, and looking forward to 2010. We hope you had a terrific holiday season with friends and family helping to make it special.

As this new year dawns, we'd like to take the opportunity to thank each of you for the opportunity of providing your dental care in the past year. Your loyalty and continued confidence in our ability to provide you with excellent dental care meant a lot to us, and we'd like you to know we appreciate it.

The new year is always full of promise, and this year it brings new life to our practice, as Mary Elizabeth will give birth to her first child (our first grandchild) in April. She and Will are expecting a baby boy, Louie Franklin Sprague, and we will all begin a new chapter in our lives. Here's to a Happy New Year, and once again, thank you for your loyalty and your friendship.

Yours in good dental health,

turnthepage

Get your sizzle back!

Keep oral cancer at bay!

Healthy gums: facts & tips!

Weight Loss Or Tooth Loss

Many of you may not be aware of the hazards that prolonged dieting can pose to your teeth and gums. For example, many weight-loss plans are deficient in minerals and vitamins. Dairy-restricted diets limit calcium and vitamin D, essential elements for proper nutrition.

Using diet suppressants to control weight have also proven to be particularly hard on gums and teeth. One side effect of these pills is decreased saliva flow, especially in middle-aged patients. Saliva is our natural defense against cavities and gum disease as foods adhere to our teeth much longer when saliva levels are reduced. If you're taking diet pills, increase your tooth brushing time and floss at least twice a day. This will keep your teeth clean from food and plaque. Drinking lots of water will help retain moisture in your mouth.

When watching your weight, try to include calcium in your diet. Good dietary sources include skim milk, low-fat yogurt, low-fat cheese, and leafy green vegetables such as broccoli. If you are on a special diet, talk to us. We have a comprehensive background in nutrition and can tell you which foods and diets may be hazardous to your teeth and gums.



cheese

Adding Cheddar, Swiss, Brie, Gouda, Monterey Jack, or Mozzarella to meals and snacks can help reduce tooth decay. Cheese has a buffering effect on saliva and lessens the acidic conditions in the mouth.

A healthy smile will last a lifetime!

4 STEPS ... *In 3 minutes!*

Flossing for three minutes once a day is essential to clean between your teeth and at the gumline where gum disease can take root. Choose a regular time, like bedtime, and a floss that works best for you – thick or thin, flavored or unflavored, waxed or unwaxed.

Floss each tooth thoroughly with a clean section of floss...

- Wind 18" of floss around the middle fingers of each hand. Pinch 1-2" of floss between your thumbs and index fingers.
- Use thumbs to direct floss between upper then lower teeth.
- Gently guide floss between your teeth by using a zigzag motion.
- Contour floss around the side of each tooth. Gently slide it up and down against each tooth surface and under the gumline until your teeth are "squeaky" clean.



Are You Progressing?

Why the answer just might surprise you!

Periodontal disease. The name has kind of a high falutin' ring to it. That's true of most Latin-based medical names. Believe us when we say that there's nothing grandiose about pain, bleeding, tooth loss, and bone loss due to inflammatory gum disease. This disease develops gradually over time if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria.

Periodontal disease is progressive...

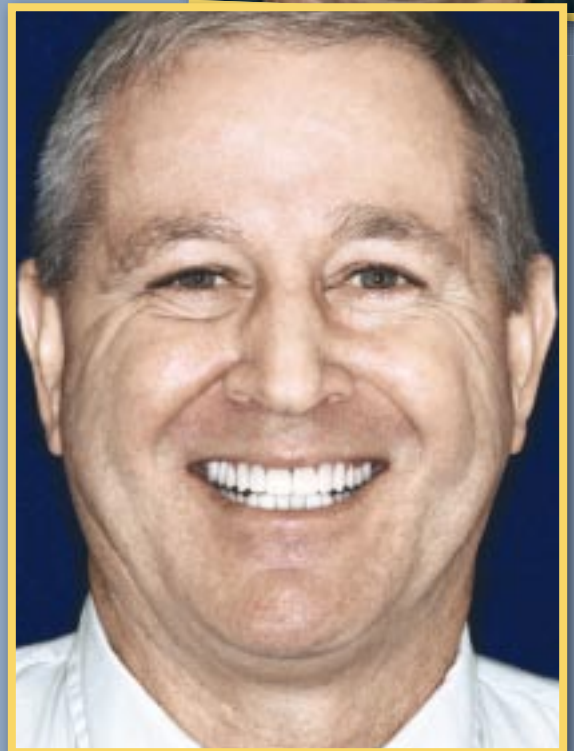
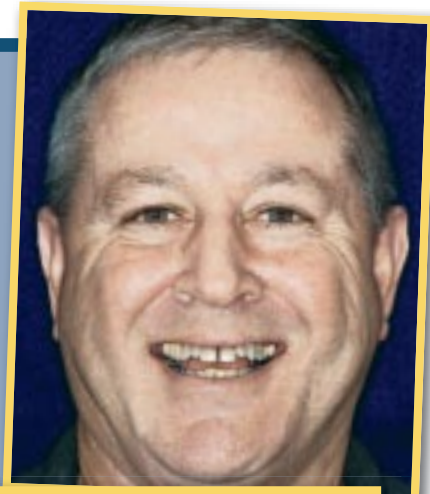
Gingivitis: Although healthy intact gums or gingivae act as a protective barrier against destructive bacteria, once damaged, they lose their effectiveness. Initially you might be symptom-free or experience mild symptoms of infection such as redness, swelling, and slight bleeding during brushing. This stage is relatively simple to treat and reverse.

Periodontitis: This is a more advanced infection, damaging the underlying ligaments and bone. Without intervention, your gums will shrivel away and expose your tooth roots, leading eventually to tooth loss.

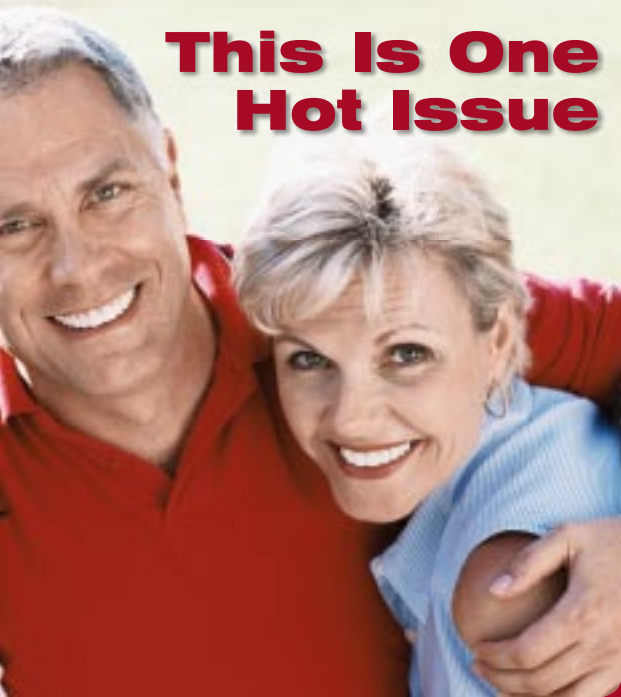
There are known risk factors for periodontal disease...

- **Tobacco consumption.**
- **Hormonal changes** during adolescence, pregnancy, mid-life.
- **Challenges to the immune system** including poor nutrition, stress, and systemic diseases like diabetes, cardiovascular disease, and arthritis.
- **Side effects from some medications.**
- **Clenching or grinding your teeth.**
- **Heredity.**
- **Barriers to good oral hygiene** include crowded teeth, ageing fillings and restorations, inconsistent home care routines, and missed recare appointments to remove plaque buildup and prevent gum disease.

Call us for an appointment – any time!



This Is One Hot Issue



Find out why you need to know about it

Scientists believe that chronic inflammation may be at the root of many debilitating illnesses. Imagine how much suffering could be relieved with a single magic-bullet solution that would cure or prevent inflammatory illnesses like heart disease, arthritis, cancers ...and gum disease.

Inflammation is your body's reaction to threatening pathogens. When the enemy has been destroyed,

inflammation should retreat until the next battle. That's called transitory inflammation. When the process stalls out and inflammation continues instead, the body attacks healthy cells in the absence of an invader. Scientists speculate that a long-running bacterial infection like gum disease can actually tip your body's balance toward chronic inflammation.

Gum disease has been associated with inflammatory diseases that include...

Osteoarthritis and **rheumatoid arthritis**

Diabetes

Cardiovascular diseases

Lung infections

Gum disease has also been associated with some **cancers**, complications of **pregnancy** and delivery, **osteoporosis**, and **kidney diseases** among other **systemic illnesses**. Monitoring of oral health is essential for everyone, but particularly if you suffer from a chronic inflammatory or systemic disease. Please keep us up to date so that we can optimize your oral care.

Practice Makes Perfect

Word to the wise!

Wise people practiced green fashion long before it became environmentally chic. Investing in classic quality pieces has always been the quintessential way to avoid unnecessary waste and expense. Same with your smile! When you invest in your oral health, two things happen. First, you avoid a lifetime of increasingly extensive and expensive dental work. And second, there's a bonus ... you can choose cosmetic procedures – dental or otherwise – with confidence.

Think about it. What is the point of cosmetically rejuvenating your face only to reveal puffy receding gums, or discolored, crooked, chipped or fractured teeth?

If you've never liked the look of your smile, or if your sizzle has aged into a sputter, we can provide cosmetic enhancements like teeth whitening, bonding, porcelain veneers, and gum sculpting. With oral health, the choice is yours.

Your healthy smile – it's sustainable – and empowering!

Live Life Well

Fight oral cancer

Knowing that the *lifestyle choices* you make can affect your risk for oral cancer is an important step toward its prevention. Although people who smoke or use smokeless tobacco remain at highest risk, for the great majority of those who do not use tobacco, dietary choices and physical activity are the most important modifiable factors of cancer risk.

Here are the *American Cancer Society's* recommendations for individual choices:

1. Eat a variety of *healthful foods*, with an emphasis on plant sources.
2. Adopt a *physically active* lifestyle.
3. Maintain a *healthful weight* throughout life.
4. If you drink alcoholic beverages, *limit consumption*. Alcohol combined with tobacco increases the risk of oral cancers.

Your other most important step? Regular dental exams. Oral cancer can be caught early, even as a pre-cancer.





Did You Know...

Oral cancer affects an estimated 30,000 to 40,000 North Americans each year and kills 8,000 to 9,000 annually. Recent statistics published by the American Cancer Society indicate that while the incidence and death rates for cancers overall has decreased, the incidence for oral cancer has increased by 5.5% and the death rate has

increased by 1.5%. The death rate in the United States for oral cancer is higher than that of cervical cancer, Hodgkin's disease, cancer of the brain, liver, kidney or ovaries.

It is now confirmed that in younger age groups, the human papilloma virus (HPV), particularly version 16, is conclusively implicated in the increasing incidence of young non-smoking oral cancer patients. This is the same virus that is the causative agent in more than 90% of all cervical cancers. Based on peer reviewed published data in the last few years, in people under the age of 50 HPV may even be replacing tobacco as the primary causative agent in the initiation of the oral cancer disease process.

Some of the better known oral cancer victims may surprise you.

- Babe Ruth
- Sigmund Freud
- Jack Klugman
- Aaron Spelling
- Alan King
- Humphrey Bogart

- Lana Turner
- Eddie Van Halen
- Rod Stewart
- Bill Blass
- Burl Ives
- Sammy Davis, Jr.
- John Prine
- Jim Thorpe
- Mary Wells
- George Harrison

Because of the statistics listed above, we perform a thorough oral cancer examination on all of our adult patients at each recall visit and are continually looking for ways to improve our ability to diagnose suspicious areas early.

office information

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Office Hours

Monday	7:30 am	–	4:00 pm
Tuesday	7:30 am	–	4:00 pm
Wednesday	7:30 am	–	4:00 pm
Thursday	7:30 am	–	1:30 pm

Contact Information

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Dental Team

Jean	Patient Coordinator
Mary Elizabeth	Office Manager
Cathay	Clinical Assistant
Amanda	Dental Hygienist



Waste Not, Want Not

Benefit now!

We just love it when we get to be the bearers of good tidings! This is our chance to remind you that for most people, January signifies renewal time for insurance benefits. That means you get to begin the year with a clean slate and a fresh start for your smiling future.

Early in the new year is an excellent time for an examination so that we can monitor your oral health and review your home care regime. It's a great opportunity to consider cosmetic or orthodontic procedures you might have been postponing. Once we've assessed your oral health, we'll be happy to sit down with you to help map out your personal treatment options.

Make *this* your year to have a healthy, happy, fabulous smile. Don't waste a minute of it!



Child Dental Care

First visit: Within six months of the eruption of their first tooth and no later than age one. The American Dental Association and American Academy of Pediatric Dentistry have recently changed this recommendation, due to an increase in the incidents of decay in children.

Brushing: When they can walk, they can try brushing. Use a pea-sized amount of mild-tasting toothpaste for at least three minutes. Try making it a game.

Sealants: Plastic tooth-colored material will protect molar surfaces from cavities, without discomfort, for up to fifteen years.

Emergencies: Some 14% of children will experience a toothache, a chipped or broken tooth, or a knocked out tooth – so prepare an action plan. It is crucial that your child gets to a dentist as quickly as possible for evaluation and treatment. Please keep our phone number handy!

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