

Dr. Rodney Burton's
SMILE • PERFECTION
• NEWSLETTER •



Providing you with information for your dental & overall health and well-being.

Winter 2008-2009



Season's Greetings

With best wishes

In the spirit of this festive season we would like to extend our sincerest thanks to all of our patients for making this year one of our very best. For us, it's the little things that count. We know that attention to detail can make a big difference in your dental visit. This is our opportunity to thank you for making the little things count.

Your ongoing loyalty, cancellation notification, referrals, and each and every kept appointment go a long way toward making this practice run smoothly and efficiently.

We're looking forward to using this newsletter to present you with new dental technologies and esthetic improvements. If anything catches your eye, or if it's time for a checkup, just give us a call ... we'd like to thank you in person!

– Dr. Rodney Burton & Staff

More Than A Cleaning

Your hygienist & ally

If you take good care of your teeth, you'll probably spend less time getting fillings and more time with our hygienist. Most patients refer to this time as a cleaning, but oral hygiene appointments can include the following preventive services.

- screening for oral cancer;
- applying fluoride and pit and fissure sealants;
- cleaning and scaling teeth to remove plaque, tartar, and surface stains;
- polishing teeth and restorations.

Hygienists are also responsible for relaying educational information...

- brushing and flossing instruction;
- nutrition counseling,

- explanations of dental treatments, and
- discussing future treatment.

So there's no such thing as just a cleaning. Hygiene services begin here,

but they must always be followed by proper brushing, flossing, and healthy eating at home. If you're not sure how, ask your hygienist!





Dental Trivia

- Not long ago, dentures were common wedding gifts in the British Isles because many people expected to eventually lose all their teeth and expedited the process by having them extracted at an early age.
- Paul Revere, in addition to earning a living as a silversmith and copperplate engraver, also worked as a dentist.
- Not only is tooth decay the most common and widely occurring disease of humankind, it is the oldest. Skulls of prehistoric humans have been examined and evidence of tooth decay has been found.
- In ancient Egyptian times, you were more likely to suffer from toothache if you were well-to-do. This was because those who could afford it ate sweets (such as honey), while the workers ate onions.

9 Risk Factors

Could you lose teeth to gum disease?

Periodontal disease is the leading cause of tooth loss and it has been linked to systemic diseases as well as toxemia and premature births. Gum 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. If you fit any of these nine risk indicators identified by dental experts, you could be susceptible to gum disease and the tooth loss associated with it.

- Are you older than 35?
- Are you male?
- Have you never received – or avoided – dental care?
- Have you never – or only irregularly – used dental floss?
- Do you smoke? Have you ever?
- Do you have diabetes?
- Do you have high blood pressure?
- Do you have rheumatoid arthritis?
- Do you have gum disease around your front teeth?

These findings make perfect sense.

We know that gum disease occurs when oral hygiene is neglected. We also know that men tend to be less conscientious about oral health care. Gum disease has been linked in studies with diabetes, cardiovascular diseases, and arthritis. But if you don't fit these categories, don't be smug. No one is immune! Teenagers can get periodontal disease and virtually all adults will experience it at some point. What can you do? A lot! Brush, floss, and rinse, and maintain your regular dental visits!



Seal Out Tooth Decay

Ounce of prevention ... pound of cure!

Studies have shown that more than 50% of kids' cavities develop on the chewing surfaces of the teeth. Food gets trapped in pits that are formed naturally by the crossing of deep grooves called fissures. We now have a way to cover these surfaces with a protective material so decay never has an opportunity to set in. It's called dental sealant.

In just a matter of minutes this plastic tooth-colored material can be permanently applied directly to the cavity-prone surfaces of teeth. The sealant creates an impenetrable barrier to bacteria and decay for up to fifteen years. There's no discomfort in the application of sealant and the benefits can last a lifetime.

Recent studies have shown that sealants are one of the main contributing factors to the decline in the number of cavities in children. That's a lot of teeth that won't have to be drilled and filled. Sealants can work extremely well for many adults too, so the next time you're in for a visit, ask us about it. An ounce of prevention is worth a pound of cure!

Recontouring!

Which lengthening option is for you?

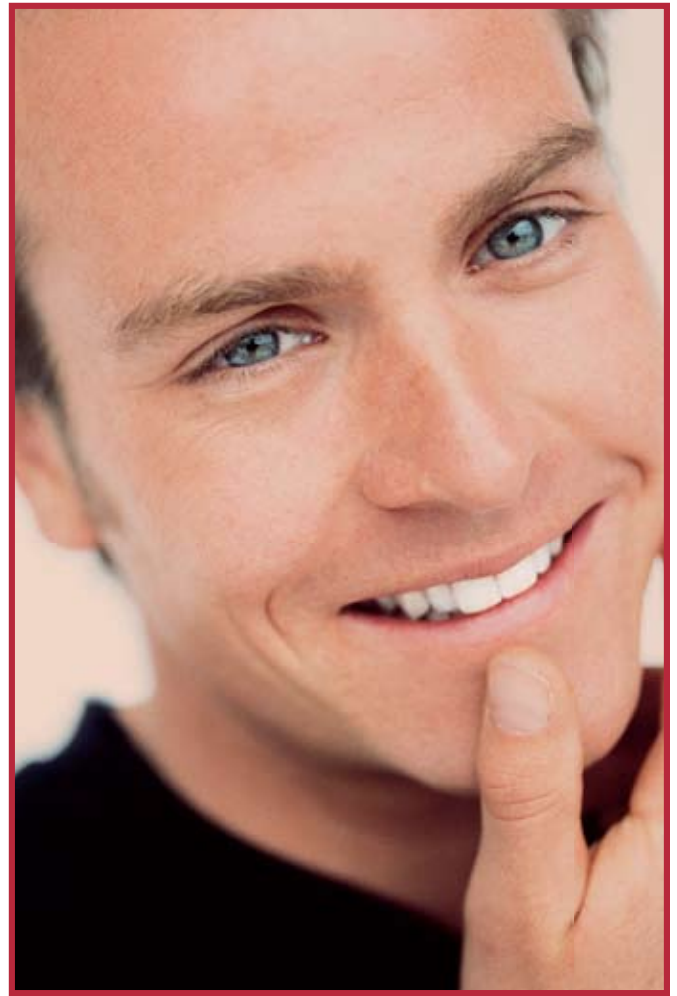
You may be most familiar with descriptions of crown lengthening when it's used cosmetically to improve a too gummy smile. This is when excess gum tissue is removed to improve appearance by revealing more tooth, often called gum contouring or gum recontouring.

Crown lengthening is also a wonderful option to restore function. Here are two examples where crown lengthening can help by reshaping the gum and supporting tissues to expose more of the tooth...

■ When a tooth is broken or decayed below the gum, we need to see it to fix it. As well, if we place a filling or a restoration cap in an area below the gumline, you need to be able to reach it during home care to eliminate the risk of periodontal disease from bacteria that isn't being regularly cleared away. Crown lengthening eliminates both concerns.

■ When there is insufficient tooth structure to support a filling, we may need to place a crown or bridge. Revealing more tooth structure from under the gums to support the restoration may be necessary.

Crown lengthening is such a successful and predictable procedure that many consider it routine today. Whether you want crown lengthening to balance the appearance of your smile or you need it to improve your ability to retain your teeth or to help you eat and speak, you will likely benefit from a more attractive smile and improved health.



The Esthetics Of Veneers

A beautiful marriage of artistry, skill, & technology

It's no accident that cosmetic veneers look so natural that they reflect light like natural tooth enamel while masking flaws and rejuvenating smiles.

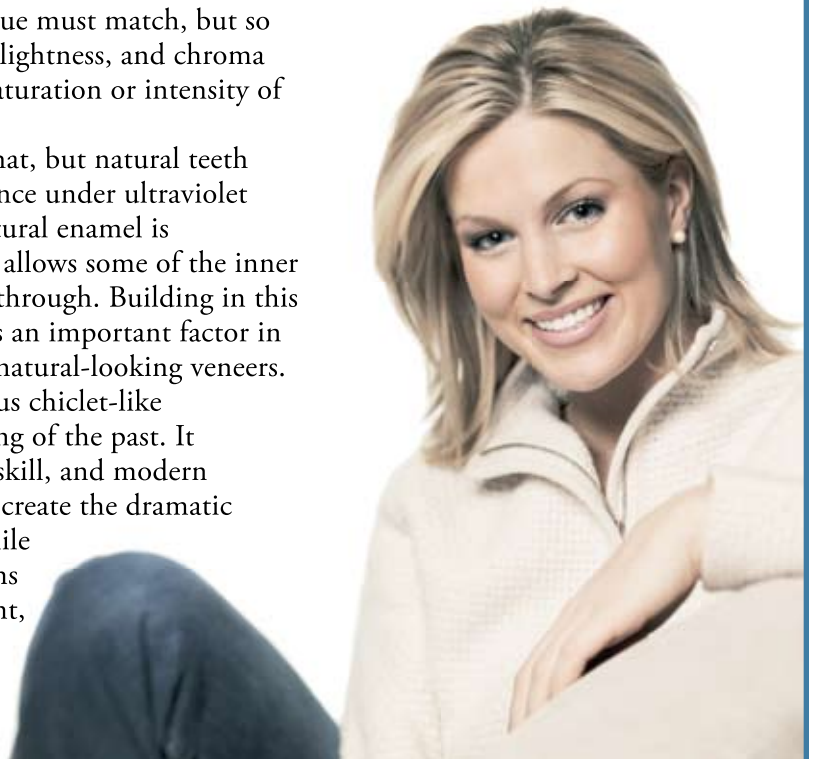
Veneers are very strong, thin, porcelain shells that are permanently bonded to your natural teeth. They can be used to repair major chips and cover unattractive stains and fillings. Veneers can also be shaped to close gaps between teeth and, as an alternative to braces, correct the appearance of crowded or overlapped teeth.

All of this takes quite a bit of artistry, and so we work hand-in-hand with skilled lab technicians to ensure your new smile is natural looking. There are three indices which determine a perfect match for your smile: hue, value, and chroma.

The color or hue must match, but so must value or lightness, and chroma which is the saturation or intensity of color.

Not only that, but natural teeth emit fluorescence under ultraviolet rays. Since natural enamel is translucent, it allows some of the inner light to shine through. Building in this translucence is an important factor in creating your natural-looking veneers.

Conspicuous chiclet-like teeth are a thing of the past. It takes artistry, skill, and modern technology to create the dramatic and lasting smile transformations that translucent, sculpted, cosmetic veneers offer.



Whiter Teeth ... Safely

We customize for your individual needs

It's never been easier to find products that promise to deliver that great-looking smile in record time. Off-the-shelf whitening kits are now available from the local mall for completely unsupervised home whitening. Patients must be aware that there are real and important problems with whitening your teeth without proper supervision by your dentist.

There can be many dangers in home whitening kits. One independent wellness newsletter states that these kits may contain ingredients that can injure gums and other soft tissue in the mouth and throat, or make you ill if ingested. It's much safer – and more effective – for us to whiten your teeth in the office, or to supervise an in-home treatment.

When we prescribe a whitening

system for you, we make absolutely certain that the whitening ingredients are appropriate (correct type and concentration) for your individual teeth and gums. We also provide you with a custom-made whitening tray that only a dental professional can properly customize to fit. An ill-fitting tray can cause damage to your gums and existing dental work, gagging, and even serious choking.

We want your smile to be the best it can be! But please ... let us help you achieve your goals safely,

quickly, and efficiently. There are many professional whitening systems available only through your dentist. Please call us for a consultation – so that you don't compromise your precious oral health.



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Green Tea, Good Tea

Add boiling water, sit back ... and smile

In Asian societies green tea is consumed in about the same quantities as coffee is in North America. Which is to say *a lot*. The Chinese have believed in its benign qualities for centuries. Now scientists have confirmed that green tea not only halts the growth of new oral cancer cells but it actually breaks down and kills existing oral cancer cells without harming the host cell.

The secret is that green tea is loaded

with polyphenols which have about 100 times the antioxidant effect of Vitamin C and work against oxidants, or free radicals, in oral cells that cause mutation of genes that can lead to cancer growth.

Our mouths, oxygen-rich environments closely connected to our blood vessels, provide an ideal habitat for the growth and rapid proliferation of cancer cells. This is why we examine your mouth closely on each visit to determine any changes in texture or color that might indicate the presence of oral cancers. This early screening is just one more reason to make sure you don't miss your regular checkup.

And just how much green tea should we be drinking? At least four to six cups a day ... or simply use it regularly as a mouthwash.

More than 30,000 patients are diagnosed with oral cancers each year. Please make sure you see us for your regular checkup!

