



# Smile Write

from  
Dr. Mitchell Strumpf



Produced to improve your dental health and awareness

Winter 2010/2011



## from the dentist

Mrs. Virginia Logan was my high school World History teacher. She stressed current events and was very proud of how advanced and educated we were in this country. Likening knowledge of the news of the day to the need to always being "in touch" she'd equate it to jobs, vocations, or how professionals nurture personal growth by always learning as human beings to be the best.

This teacher took the opportunity of using the Industrial Revolution to show how third world countries get further behind while strides in technology grow exponentially in advancing cultures.

So what does this have to do with dentistry and in particular this office? Some dentists get stuck in the time warp of the year they graduated dental school and will never embrace growth. Just walk into their offices and you'll know how long they've been practicing by looking at the equipment and furniture. Some will only attend the Florida licensure requirement of thirty hours of continuing education every two years. And some won't invest in new technologies to provide improvements to patient care.

Mrs. Logan wouldn't let any of those students graduate high school! This past year alone I attended over 120 hours of class time around the country (Atlanta, Boston, Rochester, Las Vegas, Dallas and Chicago) to grow my dental knowledge and skills.

As a result you'll be seeing us introduce you to CAMBRA (Caries Management by Risk Assessment) when we electronically screen your plaque indicating cavity potential as you age and oral conditions change; or you may be a patient needing the use of the T-Scan® III. This is a new piece of equipment in the office where we'll be able to evaluate your bite three dimensionally over time on the computer. You'll bite on a wafer with sensors to create a movie of your dental bite. We'll be able to accurately make adjustments to help relieve jaw joint pain, muscle imbalance, and dentally induced stress.

We strive for excellence and that's why for over thirty years we've been setting the bar. Thanks Mrs. Logan wherever you are.

*Yours in good dental health,*

*Dr. Mitchell M. Strumpf*

*Thank you for all your referrals - we appreciate them!*



## Out Of The Woods

### The value of paper

Did you know that the North American wood and paper industry plants millions of trees daily and today's forests are about the same size as they were 100 years ago? Not only that, but the carbon impact of paper mail for a typical household per year is only about equal to using a kitchen coffee maker for a year.

### You can help make that footprint even smaller...

- Update your address when you move to reduce waste due to undelivered mail.
- Re-purpose retail and shipping boxes to send gifts.
- Send paper materials that can't be re-purposed to the recycling bin to reduce the demand on forests.
- Share this recyclable *Forest Stewardship Council*-certified newsletter and other publications with family and friends.

## Sweet Enough For Nature

Healthy enough for you and your smile

For years consumer groups have actively lobbied for more foods that are lower in fat, salt, and sugar. So you'd expect to find more healthy choices in the grocery aisles. On the contrary - our sugar intake alone has doubled in the past thirty years. A sweet temptation - if only there were no obesity, insulin-release, or tooth decay!

The decay which causes *caries* (cavities) is progressive. Oral bacteria, which feed on sugars left in our mouths after eating, produce the acids which demineralize tooth enamel and destroy your teeth - often painfully. The progress of this all-too-common disease can be hastened by the amount of acid-causing sugar and starches in your diet.

Choosing processed foods and understanding labels designed to confuse can become a minefield, but if you want to avoid tooth decay, there is something you can control.

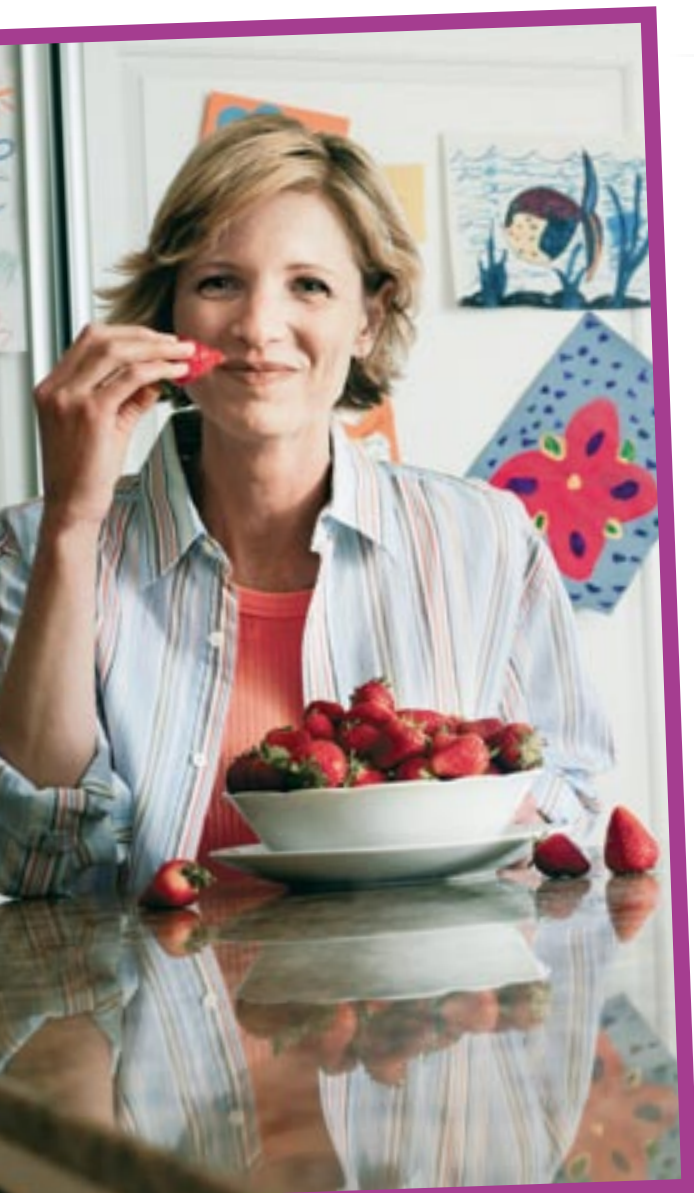
### Eat five servings a day of fruits and vegetables.

Many fruits that are low in naturally occurring sugar are some of the highest in nutritional value, including antioxidants and other phytonutrients. These include **strawberries, papaya, watermelon, peaches, nectarines, blueberries, cantaloupes, honeydew melons, apples, guavas, and apricots.**

### What vegetables are low in sugar?

Too many to list here - almost everything, really. You may also enjoy these good-for-you but naturally sugary **beets, carrots, corn, parsnips, peas, plantains, potatoes, and winter squashes.** But you might want to take an extra minute to brush and rinse.

Enjoy your 5-a-day the natural way!



# An **Inflammatory** Topic

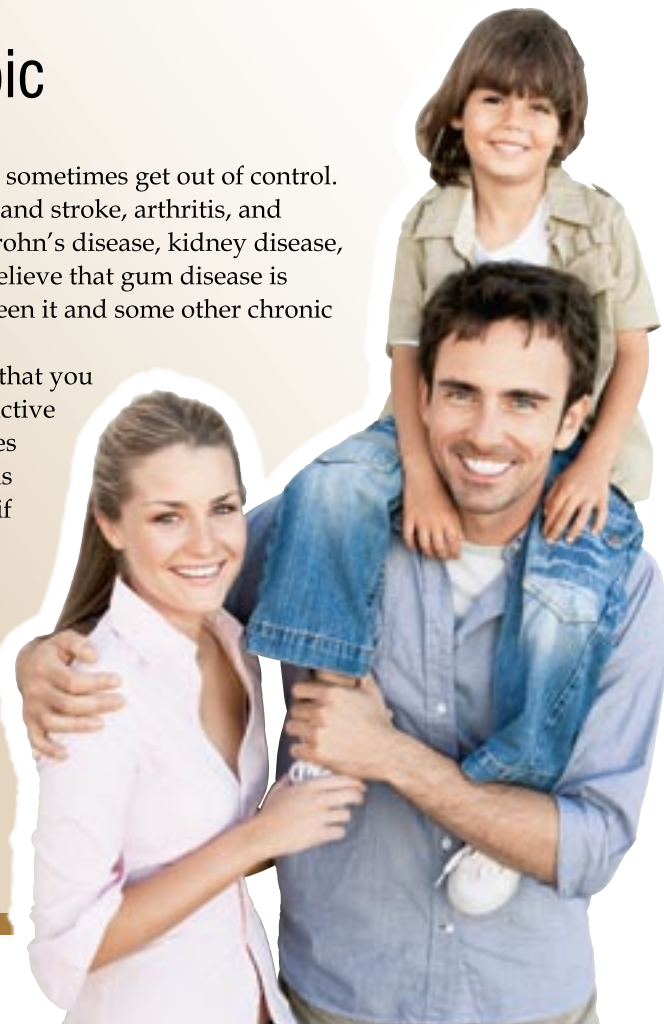
## Your oral health could be the key

Inflammation, so essential in your body's fight against infection, can sometimes get out of control. When it does, it contributes to many chronic diseases like heart disease and stroke, arthritis, and diabetes ... and some which may surprise you. How about psoriasis, Crohn's disease, kidney disease, and cancers among others? One thing we do know is that researchers believe that gum disease is essentially inflammatory in nature and that there is a relationship between it and some other chronic inflammatory diseases.

Gum disease is caused when plaque, the soft invisible bacterial film that you can feel on your teeth, hardens into tartar, a hard yellowish and unattractive deposit. Also known as calculus, it causes gum inflammation and creates pockets in your gums where toxic bacteria can thrive. Once this happens it can only be removed by a professional dental cleaning. The outcome if it isn't removed? Infection and inflammation that scientists believe can negatively affect other parts of your body.

Molecular and systems biology, computational simulations, human and animal studies, and nano-technologies are all being applied by scientists who are designing novel ways to treat inflammation. But you can do your part too.

We recommend a low-tech solution - brush at least twice a day and floss daily to remove plaque from between your teeth, especially below the gumline. We are happy to contribute to your plaque- and tartar-fighting program during your regular checkups!



## **While They Sleep**

### 3 kid facts

1. The rate of **bruxism** (the grinding or clenching of teeth) during sleep seems to be highest in children. About 15% of children brux and about one third continue to do so as adults.
2. About 10% of kids **snore** and although some think it's cute, it could be connected to more serious problems like sleep apnea.
3. 10% of children who snore have **obstructive sleep apnea** which can cause a pause in breathing, reducing oxygen intake.

Of course, just as the majority of children outgrow bruxing, most who snore are completely normal and don't show any signs of ill health. A child may normally and occasionally snore, for example, due to a bad sleeping position.

It's *your* experience that counts. If you're concerned, set your mind at ease - talk to us and your medical professional.

## **Invisible Strategies**

### Visible results

Can an invisible procedure improve your looks with results that everyone will notice? Absolutely....

**White fillings** can be matched precisely to your tooth enamel making your smile brighter and more naturally healthy looking. They won't discolor surrounding tooth enamel or neighboring teeth as silver-colored amalgam sometimes does.

**Enamel-colored sealants** offer an unsung cosmetic advantage. By preventing the invasion of cavity-causing bacteria, they work invisibly to keep your smile immaculate. They take only a few moments to apply, accommodating your family's busy schedule.

**Invisible orthodontics** are available in several types: clear aligners, lingual, and clear ceramic.

**White bonding** material is so strong and beautiful, it can be used as veneers to disguise flaws.

We can help you access these options which are available for every age and every budget!





# You Can Be CariFree

Determine your risk for cavities early

What if you could know how likely you are to get a cavity? Until now, unless you had a crystal ball, determining your risk for cavities was pretty much hit or miss. Sure, we could tell you what factors contribute to the development of caries (cavities), but to actually measure your likelihood was impossible. Today, we are happy to let you know that we can, by using *CariFree*®!

The CariFree system uses a simple screening device to test a swabbed sample of your plaque, measuring the levels of bad bacteria on your teeth. The test is painless, takes less than one minute to perform, and will help us to make a diagnoses as to whether or not the caries infection is present in your mouth. This caries infecting bacteria is known to cause cavities, so once we know it's there we can take steps to prevent decay. This screening test is part of an overall Caries Risk Assessment that we will perform. Throughout the process we will provide you with homecare recommendations, dietary counseling, and treatment for the existing caries infection. The goal of this course of action is to lower your incidence of decay and create more predictable results for long lasting dentistry. This assessment and screening provides us with valuable information we can use to reduce your time and money spent in the dental chair!



## office information

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Your Dental Care Specialists  
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### Office Hours

Monday 8:00 am – 5:00 pm  
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Wednesday 8:00 am – 5:00 pm  
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### Contact Information

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### Office Staff

Claire, Ann ..... Hygienists  
Georgia, Sandra, Wendy .....  
..... Dental Assistants  
Lori, Liz ..... Receptionists  
Linda ..... Office Manager

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## Feedback Requested!

How are we doing?

You, our valued patient, are the lifeblood of our practice. Each decision we make is with your care in mind. Because of this, we invite you to let us know what you think about our practice, our team, and our services.

When you give us your email address and/or cell phone number, you will be sent a survey after your dental visits. It will take approximately three minutes. Please rate various aspects of our practice and where you think we could make positive changes. You may remain anonymous, or put your name to your thoughts. The important thing is that we hear your voice through the answers you give.

Dentistry is about caring relationships and it's about ensuring that your dental experiences are exemplary. We promise, that with your feedback, we'll do everything we can to meet your needs and earn your smile.

## Fight That Cold With a new brush

We recommend our patients change their toothbrushes every three months, with the seasons, and even sooner if you've recently had an infection such as sinusitis, pneumonia, or upset stomach. A study demonstrated that these bacteria can stay on the toothbrush, and remain there for up to a month!

Make sure to buy a soft-bristled replacement toothbrush with round-ended bristles which are easier on your enamel and gums. Hard, worn, or frayed bristles can actually damage your gum tissue. Powered toothbrushes are more effective at removing plaque, and are ideal for people with arthritis or other health conditions.

We already know that regularly replacing your toothbrush is good for the health of your teeth and gums – fighting infection is just one more reason to invest in a new toothbrush!

