



Smile Write

from
Dr. Mitchell Strumpf



We Create Beautiful Smiles

Winter 2009/2010

fromthedentist

The Answer Is Yes!

My interest in your oral health is never-ending ... for many reasons. For example, I want you to know that scientists have found oral bacteria – the kind that causes gum infections – in arterial plaque. This means that the bacteria you are not removing from your mouth can access and damage other parts of your body. This sentence from the *US Surgeon General's Report on Oral Health in America* comes to mind: You cannot be healthy without oral health, and that oral and general health are inseparable. Please keep this in mind when you ask yourself, "Do I really need to floss?"

Out of sight is definitely not out of mind. Please enjoy each newsletter issue – it allows me to share important information with you in between your visits to our practice.

Yours in good dental health,

Dr. Mitchell M. Strumpf

turnthepage

Get your sizzle back!

Keep oral cancer at bay!

Healthy gums: facts & tips!

An Ounce Of Prevention

Good oral health will save you money

There's an old adage that a penny saved is a penny earned and in the current economy, that saying is truer than ever. Saving money *is* hard work and it does happen one penny at a time. But like most apparently simple observations, this one has its complications. Sometimes cutting back to save money just means paying out more of your hard-earned dollars down the road.

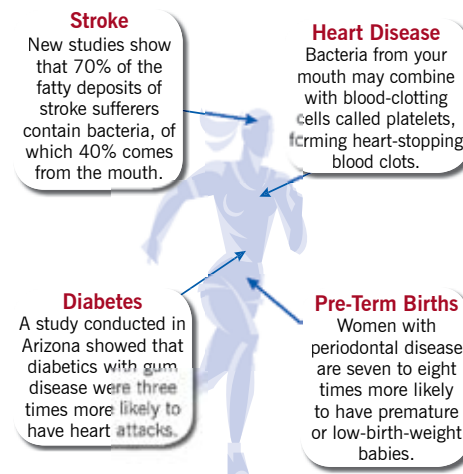
Concern about potential costs creates an extra layer of worry, especially if you already avoid dental visits because of anxiety. Millions of people postpone dental visits, but waiting until the harm is done doesn't save money. Quite the contrary. Dental disease is progressive, so if you delay, there's a good chance you'll incur even more costly repairs.

Gum disease, for example, can lead to tooth extractions and a bridge, partial denture, crowns, or implants. Yet caught early, it is easy to treat,



reversible, and definitely more affordable. Not only that, but the links to gum disease and systemic illnesses are strong and may include heart disease, diabetes, respiratory diseases, cancers, and a host of inflammatory disorders including arthritis.

Whether you're thinking about putting off your dental appointment because of the economy or because you're fearful about visiting the dentist, we're here to listen and to help you. The choices you make today will save your money, your smile, and more importantly, your health.



We welcome new patients. Please pass our phone number to friends and family.

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...

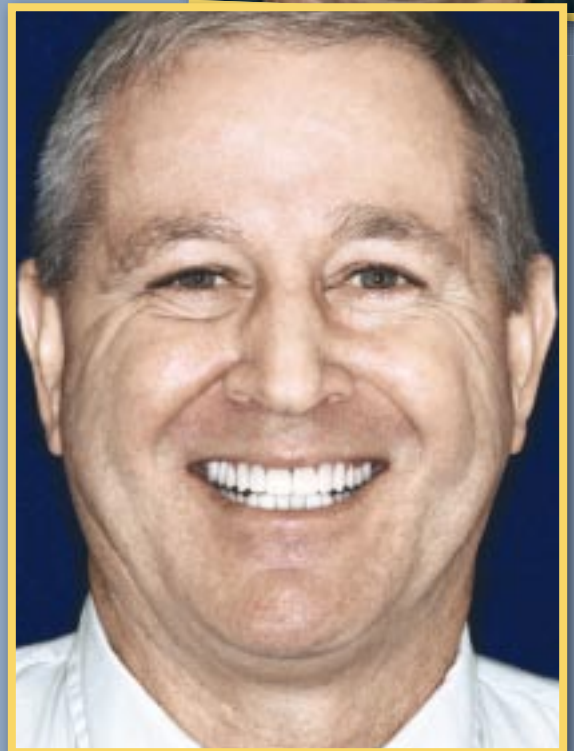
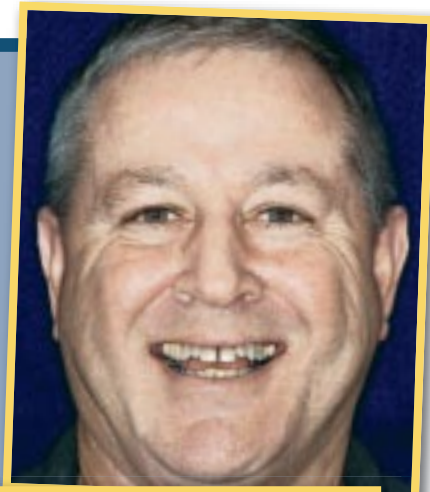
Gingivitis: Although healthy intact gums or gingivae act as a protective barrier against destructive bacteria, once damaged, they lose their effectiveness. Initially you might be symptom-free or experience mild symptoms of infection such as redness, swelling, and slight bleeding during brushing. This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

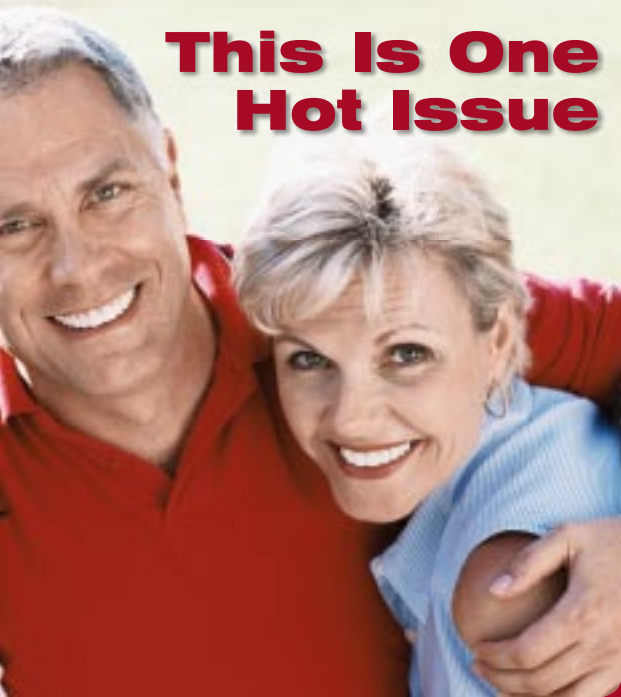
There are known risk factors for periodontal disease...

- **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.

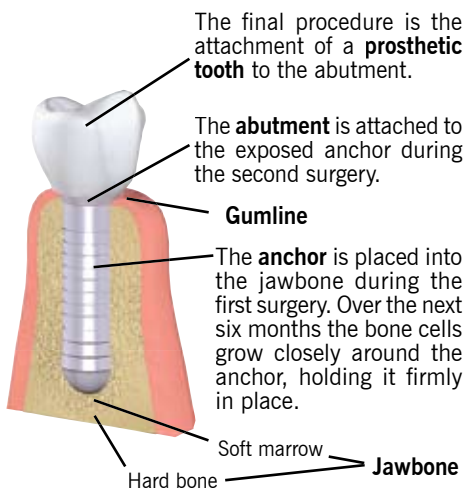


Dental Implants

Serendipity and your smile

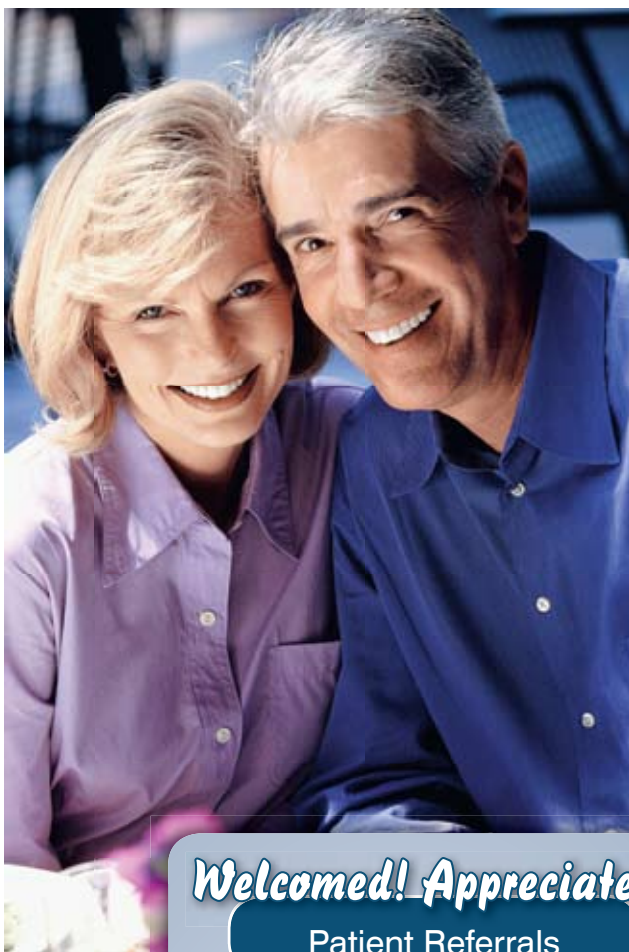
This could be one of the most serendipitous articles you've ever read. That is, you are about to discover something delightful where you least expected to find it. What is it? Dental implants are more than restorative... They can help you to look great!

Teeth that are lost to gum disease, cavities, or trauma from an accident



can be permanently replaced by dental implants – artificial teeth permanently anchored in the jawbone. This is important. Bone loss will *always* follow the loss of a tooth. And if bone is lost even from only one tooth, the surrounding teeth will shift. This can affect your appearance, speech, ability to enjoy food, and your self-esteem.

Let us help you decide whether dental implants are for you. Like any other cosmetic restoration, we'll take into account your health, where the implant is needed, the best implant design, and its suitability for your lifestyle.



Welcomed! Appreciated!

Patient Referrals

Some of our patients assume that our dental practice is closed to new patients. The truth is that we always accept new patients, particularly if they come to us as referrals from you. If you know someone who you think would benefit from our state-of-the-art dental practice, we would very much appreciate you referring them to us.

When you refer new patients, they will receive the same courteous, skilled, professional, and friendly service that you receive. In addition, as a welcome, we'll offer them a \$25 discount at their first appointment. To show our appreciation for *your* trust and belief in *us*, we will be delighted to present you with a \$25 credit for each new patient referred. In order to receive your credit **please use the enclosed referral cards** and write your name on the attached card before giving it to your friend or colleague. When they come in for their appointment you will be issued your \$25 credit. Thank you for keeping us in mind.

office information

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Office Hours

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Office Staff

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Georgia, Sandra, Wendy
..... Dental Assistants
Lori, Tammy Receptionists
Linda Office Manager

ChaseHealthAdvanceSM
FINANCING OPTIONS



It's All About Time

Thank you for understanding

Your appointment times are reserved specifically for you and our operatories are set up to meet your unique requirements. We'd like to let you know what a last-minute cancellation or a "no show" means to us all as these are the two greatest sources of stress and expense in running our dental practice.

It takes hours to realign our timetable, but more importantly, there is usually insufficient time to schedule other patient(s) who could really benefit from the now-available appointment. Plus, un-kept appointments can adversely affect your health, either by delaying necessary treatment or interrupting a series of treatments which jeopardizes the ultimate outcome.

Please keep your appointments. If you absolutely cannot, then please give us as much notice as possible.

Thank you!