



Brushing Up

On Dental Health

by Dr. Betsy Disharoon



Produced for the Patients of Dr. Betsy Disharoon

Winter 2009/2010

from the dentist



Time For Reflection

Remember what matters during holidays

The holiday season is a special time of year. It carries with it hustle and bustle, yet at the same time, a moment to slow down and think about all the wonderful things in our lives that we are grateful for. I, for one, enjoy these opportunities to examine my own life and what's important to me.

Aside from my family, my passion for dentistry gives me one of the greatest joys in the world, allowing me to make a positive difference in the lives of my patients. I also appreciate every member of my team and the unique gifts they bring to our practice. But what makes all this possible is *you*, my patients. Without your loyalty, support, and friendship, the rest wouldn't matter.

So please accept my very special holiday thank you!

Yours in good dental health,

Dr. Betsy Disharoon

Smiles For The Holidays



All of the staff sends smiles and sincere wishes of health and happiness for the new year but these two smiles from Donna and Cheryl are extra big for a reason. They have both undergone clear braces treatment to straighten their teeth. The office was trained in the Invisalign techniques initially 3 ½ years ago with several update courses since that time and many of our patients are now flashing their beautiful smiles because of clear braces. Donna's new smile has recently been unveiled and Cheryl's is still in the works as she continues her treatment. Yes, she has her braces on in this picture. Can you tell? If you have had Cheryl clean your teeth during the last 1 ½ years she had them on then, too. They are that invisible!

Thank you for all your referrals. We appreciate them!



Not For Women Only

6 perio facts

1 Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.

2 Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.

3 Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.

4 Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.

5 Tobacco and alcohol should be avoided, especially in combination.

6 Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

Healthy You

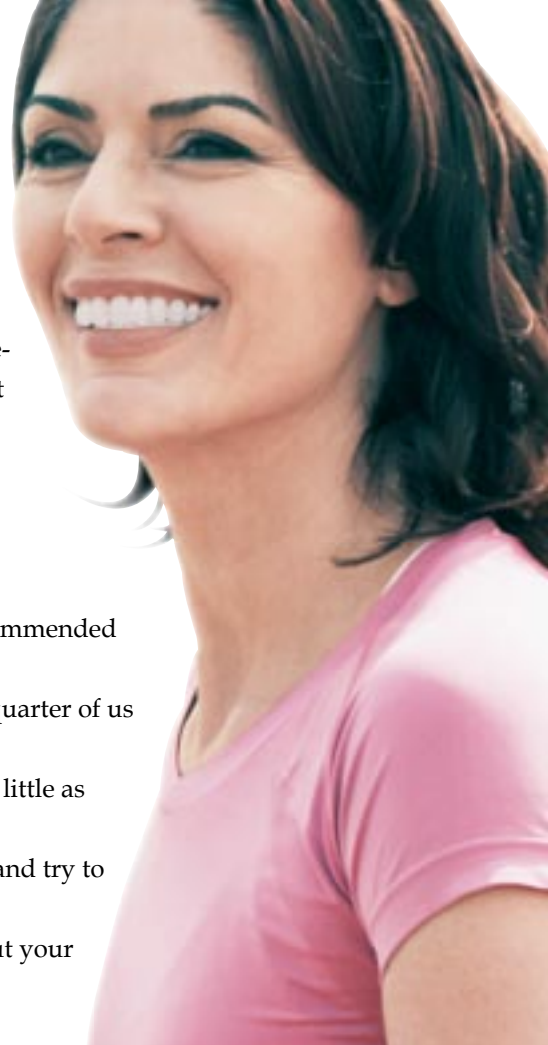
Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

Did you know...?

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



Wish No Longer

Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

Cosmetic veneers could give you your dream smile if...

You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

You are unhappy with the shape and proportion of your teeth.

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

A Little Or A Lot

You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCOLOR



IDEALIZE

TEMPT YOUR TASTEBUDS

TRY WHITE TEA

The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.

People With Passion

“Education Gives A Child Wings”

Written by Cheryl Opper, Founder for School on Wheels of Massachusetts



Five years ago I picked up the November issue of *Family Circle* magazine to find a new recipe for pumpkin cheesecake and instead I read an article that would forever change my life and the lives of hundreds of children experiencing homelessness in Massachusetts. The article I read was titled “Lessons in Love.” It was about a retired teacher

who saw children on the streets during school hours and wondered why they weren’t in school. She stopped her old station wagon and talked to the homeless parents and children she saw on the streets and decided to do something to help them. Agnes Stevens started **School on Wheels** in 1993 in Los Angeles to provide a quality education for homeless children. After reading “Lessons in Love” I contacted Agnes and started School on Wheels of Massachusetts in 2004.

Our program serves children in grades pre-K through 12 by providing one-on-one mentoring. We also provide each student with a new backpack filled with school supplies. Since starting School on Wheels I have learned that the greatest gift you can give to a child is a quality education that gives them wings to soar.

This fall I had the honor of moving Lamar, our first college student into his dorm room at Newbury College. Lamar is studying Culinary Arts. Our staff took him shopping and helped him pick out his dorm supplies, ordered his college books and chef uniforms and helped him with his financial aid package. Lamar was living in a men’s homeless shelter last April and now he is in college pursuing his dream of becoming a chef.

I am humbled and honored to be doing God’s work to help students like Lamar reach their full potential through their education. Betsy and her wonderful staff welcomed Lamar into their hearts and into their practice this summer, and to show his gratitude he made them a delicious cheesecake. This Thanksgiving Lamar will be sitting at our table and guess who is bringing the pumpkin cheesecake.

office information

Dr. Betsy Disharoon
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Office Hours (October - April)

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

(May 1 - Sept. 30)

Thursday 7:00 am – 3:00 pm

Contact Information

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Office Staff

Jane, Cheryl..... Hygienists
Diane, Donna, Cari-lyn... Dental Assistants
Dorey Office Manager
Sheila..... Patient Relations

Please pass this newsletter on to someone else who cares about their oral health

Inspired

By your referrals

This is the perfect time to look around and appreciate all that we have received. We think it’s important to let you know that one of the things we are most grateful for, aside from your patronage, is your continual referrals to our practice. When you encourage your friends and family to visit us, it shows that you are confident, trusting, and supportive of the care and services we provide to you. Nothing could ever really top that compliment – and it keeps us striving to offer the high-quality dental care and professional service you have come to expect from our team.

We hope that you will continue to benefit from our services and send your thoughtful referrals our way.

We look forward to seeing you throughout the new year!

Pumpkin Cookies

- 1 cup butter
- 1 cup sugar
- 1 cup pumpkin
- 1 egg
- 1 tsp vanilla
- 2 cups flour
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tbsp cinnamon
- ½ tsp allspice
- 1 cup nuts, chopped
- 1 cup raisins or chocolate chips



Cream butter and sugar. Add pumpkin, egg, and vanilla and mix well. Add flour, baking powder, soda, and spices and mix well. Stir in nuts and raisins or chips. Drop onto well greased sheet and bake at 375 degrees for 15 minutes.

Cookies are light and puffy.