

BURTON DENTAL CENTER, PC

Dr. Robert "Tony" Comini's

SMILE • PERFECTION

• NEWSLETTER •

Fall 2009

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

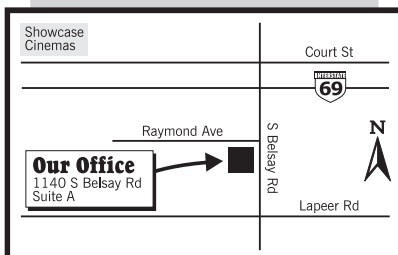
more costly repairs.

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 smiles!**



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Office Hours

Monday 8:00 am – 6:00 pm
Tuesday 8:00 am – 6:00 pm
Wednesday 8:00 am – 4:00 pm
Thursday 8:00 am – 5:00 pm
Friday by appointment only

Email burtodont@sbcglobal.net

Our Services Include:

- ❖ Family & Cosmetic Dentistry
- ❖ Tooth Whitening
- ❖ Orthodontic Treatment
- ❖ Dental Implants
- ❖ Nitrous Oxide
- ❖ Cosmetic Veneers
- ❖ Tooth Colored Fillings
- ❖ Crown & Bridge
- ❖ Most insurance plans accepted



We welcome you to visit us online at
www.burtondentalcenter.com

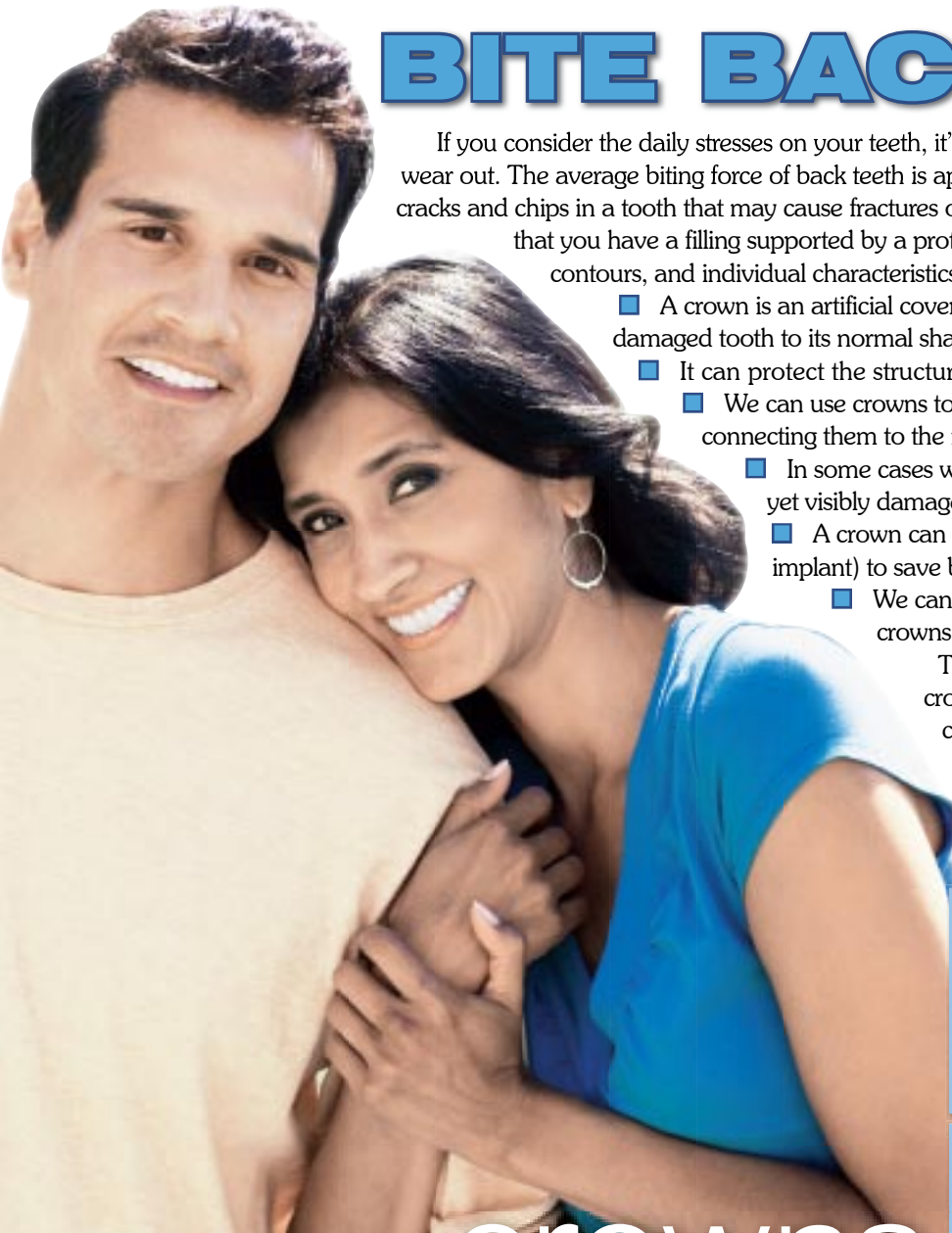
As of October 1st, 2009 we are Cigna PPO providers

BITE BACK! **Strong beautiful crowns will restore your smile**

If you consider the daily stresses on your teeth, it's not surprising that both natural teeth and fillings wear out. The average biting force of back teeth is approximately 170 lbs. of pressure which can put tiny cracks and chips in a tooth that may cause fractures over time. When that time comes, we may suggest that you have a filling supported by a protective porcelain crown that will match the shade, contours, and individual characteristics of your other teeth.

- A crown is an artificial cover for a tooth and is used to restore a decayed or damaged tooth to its normal shape and size.
- It can protect the structure of a tooth that is cracked or broken.
- We can use crowns to stabilize teeth loosened by gum disease by connecting them to the neighboring teeth.
- In some cases we may even suggest a crown for a tooth that is not yet visibly damaged, to keep it from harm.
- A crown can be attached to an artificial root (permanent dental implant) to save bone and prevent other teeth from drifting.
- We can replace old matte-finish crowns with new porcelain crowns for ultimate esthetic improvement.

The esthetic and oral health benefits of crowns, crowns and bridges, and dental implants are considerable, and include stability and security, durability and longevity, and teeth that look and feel completely natural. To explore how we can help your smile, please ask for a consultation!



crowns

stability ... security ... durability ... longevity



Sweet
Magnolia

Fight bad breath & tooth decay

Sometimes you can't tell if you have bad breath. But then again ... sometimes you – or others – can. That's why there's such a wealth of aromatic therapies on the market. Mints and florals are especially popular.

So you'd think scientists would focus on the fragrant blossoms of the sweet magnolia for their effects on bad breath. Uh uh. It's the bark extract. Apparently, within thirty minutes, it can kill most oral bacteria that cause bad breath and tooth decay!

Unlike flavored chewing gum and mints that can only mask the odor of bad breath for a limited time, mints and chewing gum containing magnolia bark extract offer more promise. In fact, they're so effective against bacteria you might want to keep them handy for when you just can't brush.

Healthy Mouth, Healthy Body

Run towards your healthy future

Did you know that science has linked gum disease with heart disease and stroke, kidney disease, respiratory diseases, cancers, diabetes, arthritis, and complications of pregnancy?

You can protect yourself with good home care. Brush twice a day and floss once a day at home to remove oral bacteria. An invisible microbial film called plaque builds up on your teeth 24/7. If allowed to proliferate, it will alter the bacterial balance in your mouth and allow harmful bacteria to cause caries and gum disease.

Keep regular dental appointments. Once plaque hardens into a yellowish substance called tartar, professional cleaning in the dental office is the only way to remove these damaging hard deposits from your teeth. Left untreated, chances are it will lead to gum disease.

The US Surgeon General said: The mouth is the gateway to the body ... and provides health care providers and individuals with an invaluable window to their general health status. You cannot be healthy without oral health. We must recognize that oral and general health are inseparable.

The connection between oral and overall health, particularly the potential for links with systemic and inflammatory diseases has been demonstrated, although study must continue. Let us help you to make choices that will keep you and your family healthy and happy. Our practice is always pleased to welcome new patients.

the *mouthbody* link



Oral Cancer
An association may exist between gum disease and pre-cancerous lesions and oral tumors.

Heart & Stroke
People with gum disease are more likely to suffer from coronary artery disease, and gum disease may aggravate existing conditions such as endocarditis.

Respiratory
Gum disease may be linked to pneumonia, bronchitis, emphysema, and chronic obstructive pulmonary disease, particularly in the elderly.

Bones
Women with osteoporosis may be at higher risk for gum disease, and people with gum disease may be at a higher risk of underlying osteoporosis.

Keep This Newsletter

Be prepared

The most common type of dental emergencies usually involve a chipped or broken tooth, or a knocked-out tooth. Immediate treatment is vital to reduce discomfort and to save the tooth, if possible. Bring the patient to our dental practice or go to a hospital for an evaluation and treatment. It's always wise to be ready ahead of time for the unforeseen.

Here are our suggestions for an emergency dental care kit:

- Emergency phone numbers
- Saline solution and small container with lid to transport a knocked-out tooth
- Handkerchief or tea towel
- Gauze
- Tweezers
- Sterile cotton
- Small mirror
- Ibuprofen – *not Aspirin*[®], acetylsalicylic acid, ASA.

Many mouth injuries can be prevented. Feel free to ask us about custom-fitted mouthguards that we can make for you right here at our practice. Yours could save your smile!



Cyberchondria

Or cyber smart?

Eight out of ten Internet users have looked online for health information on various topics, and more than seven million Americans go online every day to research health or medical information. No wonder *cyberchondria* has entered the lexicon.

Originally coined exclusively for a group of individuals totally focused on checking their symptoms on the Internet, many of us generalize the term to describe most self-directed health research.

What's the trick to staying cyber-informed without feeling overwhelmed by incendiary headlines and unconfirmed data? No trick. No unnecessary anxiety. You can rely on us – your personal smile-consulting team.

The Internet is a valuable tool, but it's not your only resource. We will be happy to answer your questions and discuss your oral care options with you. Call our practice today.

Take A Look!

Take advantage!

We're really serious when we say we welcome you to join our practice. And to show you that we really mean it, we're offering you two specials that we hope will encourage you to give us a try! Seriously!

New Patients Welcome!

Receive a FREE take home whitening kit upon completion of your New Patient exam, cleaning and full series x-rays!

For Our Valued Patients

For each referral you send our way who becomes a patient of record, you will also receive a FREE take home whitening kit.

**Call
(810) 744-0433**

**to set up your
consultation
appointment!**



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It's True!

Sedation dentistry: comfort, relaxation, & control

Dentists have worked long and hard to diminish or eliminate patient pain. Anxious and even phobic patients often discover that sedation dentistry can offer the perfect, relaxing solution for maintaining good dental health. In one study, 90% of the patients who experienced fearfulness about dentistry felt more comfortable with sedation ... and you are no different. We can make *your* next visit a lot more comfortable. And of course, prior to administering any anesthesia, we'll discuss your needs, your medical history, and your current health with you.

Nitrous oxide, commonly referred to as *laughing gas*, is an effective anesthetic with many benefits. This type of sedation dentistry is appropriate for those individuals who are dental phobic, people with a sensitive gag reflex, and people who require surgery, or who require extended and complex treatments.

Oral sedation (pills) are used for many of our patients who are needle-phobic. Since with oral sedation patients can often undergo treatment for longer at one sitting, multiple procedures can be completed in fewer visits. Like Nitrous oxide, oral sedation is also very safe, but it lasts for several hours after the appointment. You will need an escort home.

Dental sedation is a safe and effective way to reduce the stress and anxiety associated with your dental appointment. If you're apprehensive about dental visits, the first step is to call. We will work with you to eliminate this barrier to better oral health.

Benefits Of Sedation Dentistry Include:
Elimination of fear
Reduction of anxiety
Increased comfort levels
Heightened relaxation
Increased sense of control



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