

Creating Beautiful Smiles



with
Hudsonville Dental Associates



Produced for the Patients of Dr. Bradley A. Dykstra

Winter 2008/2009

fromthedentist



*Come visit
us in our
newly rebuilt,
remodeled office!*

Wow, What A Year 2008 Has Been!

Our office fire on April 11th was certainly the most memorable event of our year, as it destroyed the entire contents of the office with the exception of the patient records, including the x-rays and photos. They have been in a digital format for several years and our backup system worked well, so all of your information is intact. Although the rebuilding of our office is taking much longer than we had anticipated, we are very grateful that the process is nearing completion and are eager to leave our temporary quarters and move back in. All of us want to express our sincere gratitude for your patience, understanding, and support while we were in our temporary office.

The rebuilt office will be equipped with the latest in diagnostic and treatment technologies which allows us to diagnose problems in their early stages and treat them in the most conservative and cost effective way, which saves you both time and money. The technology we use in our office actually ends up costing you less!

What many of you may not know is that 2008 marked the 30th anniversary of my practice here in Hudsonville. Some of you probably remember visiting my old office on Kelly Street many years ago, while some of you visited us for the first time in our temporary office. No matter how long you have been coming to see us here at Hudsonville Dental, we want you to know that we appreciate each and every one of you.

The economy is on the forefront of everyone's minds these days. While it may be tempting to postpone needed dental treatment, I would encourage you to protect and maintain your dental health by keeping your hygiene appointments and by scheduling any treatment recommended for you. Thirty years of experience has taught me that small problems, when left untreated, will eventually turn into large, more extensive ones.

In the interest of better oral health,

Bradley A. Dykstra

turnthepage

Fight bacteria now!

Oral tips for life!

Whitening that works!

A healthy smile will last a lifetime!



You'll like it!

Look At That

Ugli fruits are named after their greenish-yellow appearance, odd shape, and lumpy, bumpy skin. Imagine a *really* ugly grapefruit.

Tasty Treat

This mandarin hybrid has a very sweet citrus taste and is said to combine the best qualities of Seville oranges, tangerines, and grapefruit. Ugli fruits are sweetest from their native tropical West Indies and Asia, though they have been grown in the sub-tropical United States since the 1930s. Nearly seedless, uglis peel easily for quick snacks or as an unusual feature in salads, stir fries, or stews.

For Your Oral And Overall Health

Ugli fruit is an excellent source of vitamin C, an antioxidant which promotes healthy gums and fights cardiovascular disease, plus it's a good source of fiber as well as folate which is an important B vitamin that promotes oral health.

Prevention Is Better

Two things you don't want to share!

We all host bacteria in our mouths so everyone is potentially vulnerable to decay and gum disease. Here are some facts you may not know...

■ Bacterial Infections

In **caries** (decay), *Streptococcus mutans*, is the major bacterium that uses sugar to produce acids that dissolve dental enamel, creating cavities.

In **gum disease**, plaque – the soft thin film you feel on your teeth – is a *biofilm* which hosts many different bacteria.

■ Transmissible

You can pass on **gum disease** and **caries** bacteria to the people you care about – even babies whose teeth have yet to erupt – by kissing, blowing on food, or sharing utensils.

■ Preventable

You can minimize your risk for **caries** by avoiding sugary carbohydrates and keeping saliva flowing. Saliva is your natural buffer against acid. Daily removal of soft plaque by brushing and flossing keeps it from building up then turning into hard tartar or calculus, promoting **gum disease**.

■ Reversible

In the earliest stages when **caries** are white patches, remineralization (assisted by our saliva) can reverse the process. As the caries progressively become darker in color, treatment becomes more complex and invasive.

Gum disease can appear silently and we can reverse it with prompt treatment before it progresses to produce swollen, tender, bleeding gums, and deep pockets of infection that can lead to tooth loss.

We have many effective strategies to prevent and treat these two diseases, so please – keep your regular appointments.



The Flossing Question

Ever too young?

As soon as two teeth touch, between six months and one year, kids need daily flossing to avoid gum disease. Only flossing can remove the biofilm and food particles that build up between their teeth and below the gumline where a toothbrush can't reach. Here's how to floss your child's teeth...

First, wrap an 18-inch strand of floss around your middle fingers just as you would for yourself, and hold a one-inch section tightly.

Then, gently ease floss between each of your child's teeth, unwinding clean floss as you proceed.

Too squirmy? Consider colorful, flavored, kid-friendly floss sticks that can change colors and come in favorite character shapes.

Between the ages of 5-10, most children can floss their own teeth. And thanks to your perseverance and great example, they'll want to!



Evaluate Your Family Dental Values

At every stage of life, your oral health and attractive smile are invaluable assets

LIFE STAGE

FOCUS

HOW WE CAN HELP

Infants & Children



- Healthy gums and teeth
- Proper spacing and bite alignment
- Protection against sports and play injuries

- Prevention and monitoring with regular dental visits starting when teeth erupt
- Early orthodontic assessment
- Oral hygiene instruction
- Custom-fitted mouthguard
- Emergency care

Teenagers



- Greater awareness of social value of nice smile and fresh breath
- Greater susceptibility to gum disease, enamel erosion

- Positively reinforce importance of nutrition, regular oral care routines, and professional oral care for an attractive smile
- Provide strategies for fresh breath and a whiter, brighter, straighter smile

Young Adults
20s & 30s



- Greater maturity and awareness of mouth-body link
- Continued interest in appearance and lifestyle issues like teeth staining from coffee, wine, and tobacco

- Regular preventive and maintenance visits to maintain healthy teeth and gums
- Cosmetic consultations for teeth whitening and other procedures

Mid-life Adults
40s & 50s



- Continued interest in appearance
- Increased risk of oral cancer
- Risk of receding gums, root caries, and loose teeth as hormonal levels decline, bone mass decreases, and teeth become worn and stained

- Regular oral health exams
- Natural-looking restorative treatments including crowns, bridges, implants, and veneers, plus cosmetic whitening

8 Is Great!

Boost your smile!

A jolt of morning java might boost your day, but over time it could take supervised teeth whitening to jumpstart your smile again! Red wine, tobacco, dark fruits and juices, and some medicines can also trigger staining.

What can affect your whitening outcome?

Your Age

Whitening is the most in-demand cosmetic procedure and although we recommend teens wait 'til after age 14, there's no upper age limit. If thinning tooth enamel is a consideration, cosmetic bonding and veneers are excellent whitening alternatives.

Your Dental Team - That's Us!

We make absolutely certain that the whitening ingredients we prescribe for you are safe, reliable, and appropriate. Stains caused by illness or medications can only be removed by a dentist.

Your Foundation

Teeth may be whitened up to an average of eight shades lighter than the color you start with!

Where does your smile rate on our whiteness scale?



Recent Research You Need To Know About!

Over the past twenty years, dental scientists have proved beyond doubt that periodontal disease has a direct and dramatic effect on people's overall health. Put simply, gum disease can greatly increase patients' risk of heart attacks, strokes, and even have a serious impact on pregnant

women and their unborn babies.

Recent scientific studies have now shown that periodontal disease can be linked to an increased risk of respiratory diseases such as pneumonia and chronic obstructive pulmonary disease (COPD). The studies also indicate that when a higher standard of oral health care is introduced, the incidence of pneumonia, for example, decreases.

COPD, including chronic bronchitis, is the sixth leading cause of death worldwide. Poor oral hygiene and the bacteria associated with gum disease are factors as well in COPD. There are many routes by which bacteria from infected gums travel into our lungs and compromise our respiratory health. But one thing's certain: regular brushing and flossing with anti-bacterial toothpaste can help prevent this transference.



This is especially true in vulnerable patients, such as our elderly or those in hospitals.

We want to ensure that your oral health is your first defense against respiratory disease. Please make an appointment soon for a full consultation. Together we can defeat periodontal disease, and by doing so, improve and maintain your overall good health and lifestyle.

Stroke
New studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% comes from the mouth.

Heart Disease
Bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.

Diabetes
A study conducted in Arizona showed that diabetics with gum disease were three times more likely to have heart attacks.

Pre-Term Births
Women with periodontal disease are seven to eight times more likely to have premature or low-birth-weight babies.

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Holiday Greetings!

The holiday season is here, and with it a chance for all of us to give all of you a heartfelt thanks for your loyalty and friendship during the past year.

As the New Year draws closer, many of us are inspired by our anticipation of everything a new beginning can offer. This is the time of year when each of us considers how we can make the coming year the best that it can be.

We intend to make this New Year our personal and professional best by continuing to provide you with leading-edge dental care in an atmosphere that is as warm, relaxed, and as welcoming as we can make it.

Our entire practice team hopes your holidays are happy, healthy, and filled with family and friends.

Have a wonderful holiday!

New Patients Welcome!

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients – the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.

Information included is not dental or medical advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.

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