



FLOSSMOPOLITAN

Molar Information From Gums To Glamour

Produced to improve your dental health and awareness

Fall 2009

fromthedentist

Holiday Greetings!

And all the best!

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,

Dr. Matt

Last Chance Reminder

Please give our office a call today to maximize your 2009 benefits before they expire.

A Night Under The Italian Stars
2009

Thank you to all of our patients, family and friends for making *A Night Under The Italian Stars Fall Wine Tasting Festival of 2009* a great success! It is important to us that we show you our appreciation of your continued support and referrals to our practice. This year's event proved to be the best one yet! With the moon light and beautiful fall weather on our side, we enjoyed good food, wine, music, dancing and a gorgeous sunset together. We are always delighted to see you at your visits to our office and this event provides a relaxing opportunity for you to really enjoy us as well! We always welcome your guests to join us at our event and become patients at our practice. Thank you for making our office your dental home and giving us the opportunity to care for you, your family, and friends.

An attractive smile makes a lasting impression!

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...

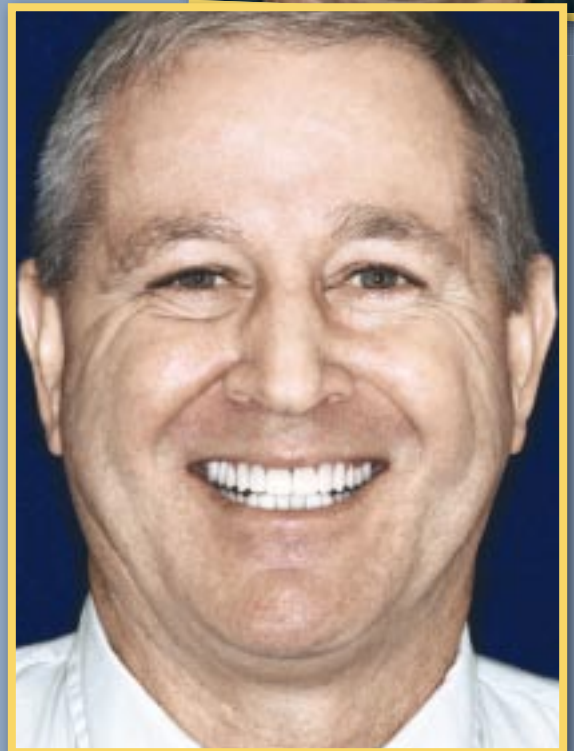
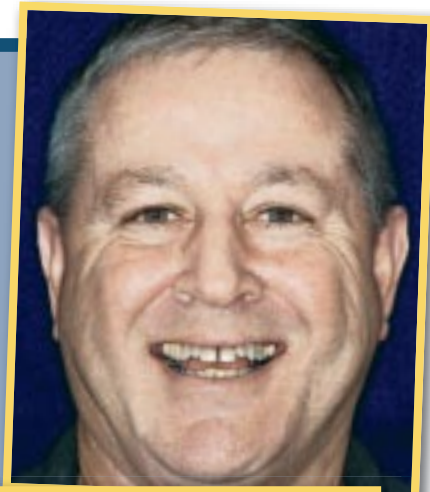
Gingivitis: Although healthy intact gums or gingivae act as a protective barrier against destructive bacteria, once damaged, they lose their effectiveness. Initially you might be symptom-free or experience mild symptoms of infection such as redness, swelling, and slight bleeding during brushing. This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

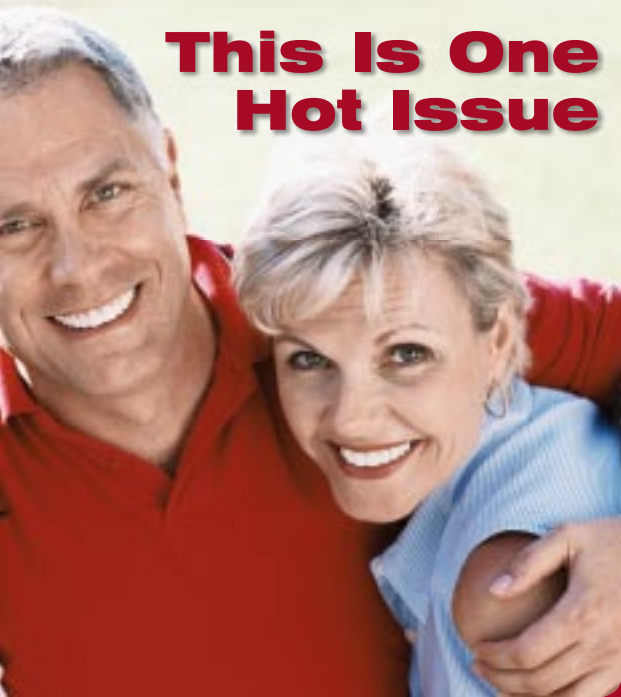
There are known risk factors for periodontal disease...

- **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.

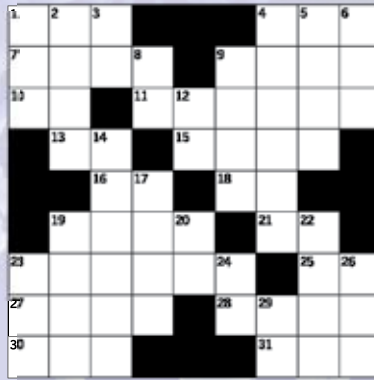
Here are the *American Cancer Society's* recommendations for individual choices:

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.



Christmas Crossword Puzzle

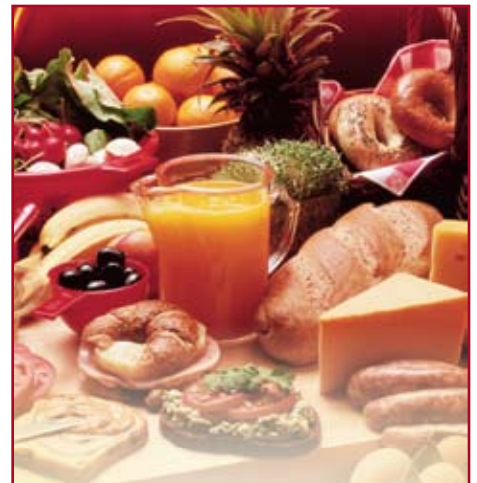


ACROSS

- 1 _____ nog
- 4 For your information (abbr.)
- 7 Use to slide on top of snow
- 9 Opposite of false
- 10 In the direction of
- 11 Christmas songs
- 13 Warner Brothers (abbr.)
- 15 The *Three _____ Men*
- 16 What you say when you don't know what to say
- 18 Montana (abbr.)
- 19 *The _____ of Bethlehem*
- 21 Year (abbr.)
- 23 Wear on hand to keep warm
- 25 American Airlines (abbr.)
- 27 You hope you get this many presents for Christmas
- 28 What you send for a Christmas greeting
- 30 Short for yonder
- 31 Where one sleeps

DOWN

- 1 Eastern Standard Time (abbr.)
- 2 Shine warmly like a fire
- 3 General Electric (abbr.)
- 4 _____ *The Snowman*
- 5 Christmas log
- 6 What you put at the end of berry to make it plural
- 8 Comes after Washington
- 9 Decorate a Christmas tree
- 12 What you say about something sad
- 14 Shirt fastener
- 17 Short for Matthew
- 19 Where grain goes
- 20 Prefix meaning again
- 22 Very uncommon
- 23 Spring month
- 24 North Carolina (abbr.)
- 26 Put numbers together
- 29 First two letters in the alphabet



Susan's (Tabitha's Mother-In-Law) Thanksgiving Cranberry

Orange-Pineapple Sauce

- 1 whole navel orange with peel
- 1 small (4-6oz) can crushed pineapple preferably in own juice
- 1 small (4-6oz) can mandarin orange segments preferably in own juice
- 12-16 oz fresh or fresh-frozen whole cranberries washed and trimmed of stems and leaves (a bag of cranberries usually has 12oz. I buy several bags during the holidays and freeze to have them the rest of the year)
- 1 cup sugar (use more or less to taste)
 - 1. Put orange in cuisinart or food processor chopper with metal blade and process till coarsely chopped.
 - 2. Add cranberries to food processor and pulse or chop till coarsely chopped (if cranberries are still frozen, this will make a lot of noise).
 - 3. Empty into a container that can be covered and refrigerated.
 - 4. Drain cans of orange segments and crushed pineapple and put aside juices for some other use. Stir canned fruit into cranberries. Add sugar to taste. Flavor will improve while the relish chills. (When my mother first showed me how to make this, she used to use 2 whole cups of sugar but now she just uses 1 cup)
 - 5. Refrigerate. Yum Yum Enjoy!!

officeinformation

Comfort Dental Care
Matthew R. Comfort, DDS
 3101 Sunset Boulevard, Suite 7E
 Rocklin, CA 95677-0370

Office Hours

Monday 8:00 am – 4:30 pm
 Tuesday 8:00 am – 4:30 pm
 Wednesday 8:00 am – 4:30 pm
 Thursday 8:00 am – 4:30 pm

Office closed daily from 1pm-2pm for lunch

Contact Information

Office (916) 315-8830
 Fax (916) 315-8776
 Email admin@mattcomfortdds.com
 Web site www.mattcomfortdds.com

Office Staff

Kelly.....Registered Dental Hygienist
 Liz.....Registered Dental Assistant
 Lacie.....Dental Assistant
 Megan, Tabitha.....Business Assistants



Stay Healthy Through Cold and Flu Season

The cold and flu season is upon us once again. This year brings with it an additional concern with the uncertainty of the H1N1 virus (Swine Flu). Our patient's health and well being is always our number one priority. We want to remind you how to help keep yourself and your family healthy during this year's cold and flu season.

- Hand wash often with soap and water
- Cover your mouth when you cough or sneeze with a tissue or your arm instead of your bare hand
- Use alcohol based hand sanitizer
- Take your vitamins
- Exercise regularly
- Eat healthy foods
- Get your annual flu vaccine and the H1N1 vaccine if it becomes available to you
- Stay home when you feel ill (Yes, even if that means rescheduling your dental visits!)
- Stay home for at least 24 hours after your fever is gone with no medication
- Avoid touching your eyes, nose and mouth
- Change your toothbrush at least every 3 months (more often if you have been ill)
- Stay informed