



FLOSSMOPOLITAN

Molar Information From Gums To Glamour

Thank you to all of our wonderful patients who participated in The Name Our Newsletter contest. There were many great ideas and lots of creativity. A special thank you goes out to Garron Q. from Roseville and Ann D. from Rocklin who were our winners. Combining your brilliant and creative ideas we have come up with the perfect title. Thank you to all those who participated.

Produced to improve your dental health and awareness

Summer 2009

fromthedentist

New Patients Welcome! *Our door is always open*

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.

There's no higher compliment for us than to be given the privilege of meeting and serving the needs of your family, friends, neighbors, and business colleagues. As a way of saying thank you, we will extend a \$25 credit on your account for every new referral who becomes a patient. Just ask them to mention your name when they make their first appointment. Thank you.

Yours in good dental health,

Dr. Matt

turnthepage

Rejuvenate your smile!

What's your *flossophy*?

Defeating diabetes!

A Patient's Guide... To Dental Emergencies

We treat several adults and children each year who suffer from dental trauma or a dental emergency. Some 14% of children will experience a dental emergency of some kind, so it's important to have a proper action plan prepared should an emergency happen. Here are some common emergencies and how you can handle them.

- **Toothache** - The pain of a toothache can be sharp and piercing, or more generalized and throbbing - usually due to tooth decay. Pain will likely become worse instead of better. For temporary relief, hold a warm cloth against your cheek. If the area around the tooth is swollen, you can also use a cool compress intermittently. It is very important that you see a doctor immediately to prevent the onset or advancement of an infection.
- **Chipped Or Broken Tooth** - The best way to manage tooth fractures is to prevent them. For any sport where there's risk of contact with another player, or any surface, everyone should wear a professionally fitted mouthguard. If a tooth does get chipped or broken, use warm water to rinse off as much dirt as possible. Call us immediately.
- **Knocked Out Tooth** - First establish whether or not there are other injuries to the face/body. If needed seek medical assistance at the nearest hospital. Have the patient bite on some gauze or a clean cloth to stop bleeding. Do not allow the tooth to dry. (Allowing a tooth to dry will destroy the cells) If needed submerge the tooth in milk. Do not rinse the tooth with water or scrub the root. It is vital that you do not remove any attached tissue fragments from the tooth. Do not re-insert "baby" teeth. For a permanent tooth, gently rinse it with a mild salt water solution, remove the gauze, and try to place the tooth back in its socket, and call us immediately! Further dental procedures should begin immediately so the tooth will have the greatest chance of being accepted back by the body.

In a dental emergency, it is crucial that you get to our practice as quickly as possible. We can evaluate the extent of the injury, and make necessary repairs quickly and safely. You can reach Dr. Matt by calling our office at 916-315-8830.

Save the Date
Friday, October 2, 2009, 6:00pm
Night Under the Italian Stars
Fall Wine Festival • Whitney Oaks Golf Club • In Celebration of our 5th Anniversary
Invitation to follow... *(Serving Dr. Matt's personal wine collection!)*

An attractive smile makes a lasting impression!



You Can Do It

Discover your inner balance

It's *all* about the balance. Really. A lifestyle that balances work with stress-relieving play and that pays attention to nutrition and diet is a healthy one. That's the *macro* level. At the *micro* level, small imbalances in the pH of your blood, for example, can create changes in the pH of your saliva, altering your mouth's environment. In other words, your oral health can impact and be impacted by your overall health and here's how...

Plaque, the thin film on your teeth, is a biofilm and a bacterial ecosystem within the larger bionetwork of your mouth and body. When the scale tips so that good bacteria are overtaken by those that are harmful, red swollen gums that bleed easily, gum and bone recession, and tooth loss can occur.

Tartar is the conspicuous, cement-like substance that plaque hardens into when you allow it to build up. Tartar can break the natural protective seal that your gums provide, allowing oral bacteria into your bloodstream. Experts believe that toxic bacteria from your gum infection can trigger your immune system into a constant state of alert.

Gum disease has been linked to systemic and inflammatory diseases including heart and stroke, osteoarthritis, diabetes, cancers, and lung diseases.

These complex interactions mean that a *one size fits all* approach to life, health, and your oral health care is no longer sufficient.

Just In Time

You get to decide!

Are you an adherent of the *Before Flossophy* or the *After Flossophy*? People can be surprisingly passionate about when to floss ... before or after they brush. Even dentists can't always agree. In a poll conducted by the *American Academy of Periodontology*, 40% recommend before, 36% after, and 25% don't think it matters. Truthfully, as long as you remember your home care routines and maintain your recare schedule, we will be happy!

So, in no particular order...

- **Floss once** – to clean between your teeth and below the gumline.
- **Brush gently** at least twice a day – to remove food and bacteria from your teeth, gums, and tongue.
- **Rinse often** throughout the day – plain water can keep bacteria at bay when there's no time to brush.

Your oral health can impact and be impacted by your overall health



Weighing In

Fight diabetes!

Did you know that diabetics are more likely to have gum disease than others and that those with gum disease find it more difficult to control blood sugar levels? Or that 90% of people newly diagnosed with Type 2 diabetes are overweight? Weight loss and exercise could go a long way to preventing or managing diabetes – and your oral health!

A regular routine of physical activity is ideal, but still, you can find inventive ways to burn calories!

- Take the stairs instead of the elevator.
- Try hiding the remote. Research shows that thin people get up and move around more, tend to fidget more, and sit less.
- Do some eco-exercise – instead of driving, ride your bicycle when you can. It's important for *everyone* to maintain healthy routines for oral and overall health.

Prime Attraction

Get what you need

Is 50 really the new 40? It seems so. Men and women today feel and act ten years younger than their biological age. Midlife is a strong, powerful time of life in every way and you can see the influence you command in the number of products tailored just for you. A prime example is the number of esthetic innovations created to enhance your smile, like beautiful natural-looking crown and implant restorations.

You'll like them because...

You're an experienced and savvy consumer

- Long-lasting natural-looking materials resist chipping, staining, and cracks.
- Improvements in options and technology have made procedures more time-efficient and patient-friendly.

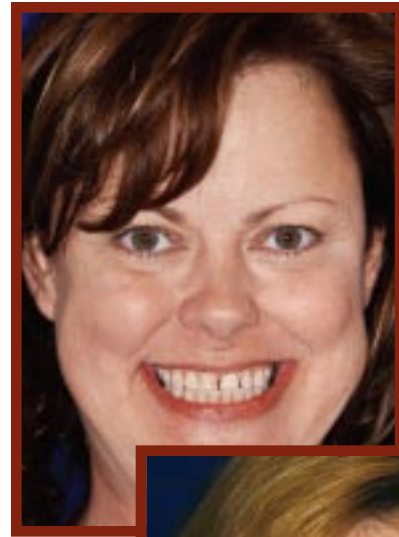
You're health conscious

- Your damaged or discolored tooth can be covered, protected, and strengthened with a single crown.
- Bone loss can be prevented by anchoring a permanent new tooth into the jawbone by combining a single crown with a dental implant.
- Missing teeth can be replaced with several replacement teeth attached to a secure crown or implant bridge restoration to prevent your other teeth from drifting and altering your ability to eat, speak, and socialize.

You love to look great

- Crowns made of natural-looking translucent porcelain are beautiful and designed to blend in so well with neighboring teeth that no one can tell that you have them.

Don't let your smile give away your age. Let us give you a midlife smile with style! Call us to schedule a consultation.



Before

After



7 Tips For A Tiptop Smile

Which would you choose?

Improving the color, shape, or position of your teeth can improve the way you feel about yourself. Here at a glance are seven tips for a tiptop smile that looks completely natural.

Teeth Whitening	Instantly brighten your smile
White Fillings of Composite or Porcelain	Make tell-tale dark fillings a thing of the past
Tooth-Colored Bonding	Cover deep-rooted stains, repair small cracks or chips, fill in gaps, and recontour teeth
Cosmetic Veneers	Conceal spaces, crooked, chipped, or discolored teeth
Crown Restorations	Restore severely damaged or broken teeth
Dental Implants	Restore appearance and function
Crown/Implant & Bridge Restorations	Replace missing teeth and prevent further damage to your smile

Confident Smiles

Whether you're missing one or all of your teeth, there's now an exciting option that will help you smile with confidence again. Thousands of people are flashing smiles that have been enhanced by dental implants, a fabulous tooth replacement technique that can be performed right here in our office.

Implants are made of special biomaterials that are surgically placed in the jawbone under your gumline. After a few months the implant becomes anchored to the surrounding bone. A natural-looking replacement tooth is then attached to the implant to replace the form and function of a real tooth. Implants can be used to stabilize dentures and bridges, replace just one tooth or to rebuild an entire jaw of missing teeth. The best part is that they look and feel just like natural teeth.

Dental implants are more reliable than bridge work and do not require drilling healthy teeth. Patients have retained them for more than twenty years with a better than 90% success rate. Most patients can receive implant treatments right in our office. We would like to offer a complimentary consultation to discuss the benefits of replacing missing teeth. Your dental health is of the highest importance to us and we want to be able to offer you the latest in contemporary advances for treatment.

Dental implants have helped thousands of people to eat, smile and speak with renewed self-confidence. Patients who practice good oral home care and regular dental checkups can enjoy implants that last a lifetime.



Dental Insurance

Get the most from your benefits

The end of the year will soon be upon us and more than 90% of dental plan compensation is based on a calendar year; therefore the end of summer marks your opportunity to maximize this year's benefits. If you do not use the benefits you are entitled to, they are gone as of December 31st. In most cases your benefits are not carried forward into the next year.

We want your teeth to last your entire lifetime. That's why we like to see most of our patients at least once every six months. If you are thinking about getting dental care, now's the time. Many procedures can take weeks to complete once treatment options are sorted out and insurance considerations are determined. That's why it's especially important to come in for a visit to get things on the go as soon as possible, before your 2009 dental insurance expires. Please give us a call if you have any questions on your status with pending treatment needs or insurance.

Now add half the chocolate chips to each dough. Mix well, adding a little flour if the dough becomes too soft. Shape the dough into 2 balls and flatten to about 2 inches/5 cm high. Dust heavily with flour and score diagonal lines across the top to form diamond shapes. Place on the baking sheet and let the dough rest for 1 hour.

Preheat the oven to 400 F/200 C. Bake bread for 20-25 minutes, then transfer to a wire rack to cool.

officeinformation

Comfort Dental Care
Matthew R. Comfort, DDS
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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

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Office Staff

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

Chocolate And Sour Cherry Bread

4 cups white bread flour, plus extra for dusting

2 teaspoons salt

2 tablespoons olive oil

½ oz / 15 g yeast

Warm water to mix

6 oz / 175 g canned black cherries, drained

7 oz / 200 g packages chocolate chips

Makes 2 loaves

Put the flour into a bowl with the salt, olive oil, and yeast. Slowly add the warm water and mix by hand until the dough is pliable.

Tip the dough out onto a lightly floured counter and knead for 4-7 minutes. Put the dough back in the bowl and let rest for 1 hour.

Line a baking sheet. Divide the dough into two pieces and add half the cherries to each one. (you may need to add more flour if the mixture becomes too sloppy).

