

Our Team

The Doctors

Robert S. Leland, DMD
Barry W. Brodil, DDS

The Hygienists

Peggie Lee Baker, RDH
Sharon Baxter, RDH
Judy Dorner, RDH
Chris Ellis, RDH
Berni LeBeau, RDH

The Assistants

Deborah Clement, CDA
Kelly Dillon
Kerrie Iasi

The Office Team

Rebecca DiCastro
Freda Halverson
Linda Murphy

Office Hours

Monday	7:00 am - 7:30 pm
Tuesday	7:30 am - 5:00 pm
Wednesday	7:30 am - 5:00 pm
Thursday	7:00 am - 4:00 pm

*Please remember to refer
your family and friends with
confidence. We sincerely
appreciate your referrals.*

51 Mill Street, Suite 10
Hanover, MA 02339-1652

(781) 826-8395

LelandDental.com



Treating White Spots After Braces

Chalky white spots often appear on teeth after orthodontic brackets are removed and may mar the appearance of teeth. We are now using a surface treatment for teeth that can eliminate these marks without invasive drilling.

The *ICON*[®] system is what we use for fast and easy cosmetic treatment for these types of white spots. The affected tooth is gently and painlessly prepared with a gel. We then fill the affected area with the *ICON*[®] composite material. White spots take on the appearance of the surrounding healthy enamel, restoring the natural look of the tooth.

No drilling or shots of anesthetic are needed to cosmetically remove white spots with *ICON*[®].

Barry To Retire

Yes, it's true ... Dr. Brodil, who founded our practice more than 35 years ago, is retiring. Barry will be with us for the remainder of 2010.

It is sad to see Dr. Brodil retire but we are going to focus on enjoying our remaining time with Barry here in the office and wish him all the best in his new endeavors.

Many long-time patients have expressed an interest in having Dr. Brodil complete their dental treatment. Please call the office soon so that we may schedule that treatment before the end of the year.

As always, our team will be here to serve your oral health needs beyond 2010 and for many years to come.





Out Of The Woods

The value of paper

Did you know that the North American wood and paper industry plants millions of trees daily and today's forests are about the same size as they were 100 years ago? Not only that, but the carbon impact of paper mail for a typical household per year is only about equal to using a kitchen coffee maker for a year.

You can help make that footprint even smaller...

- Update your address when you move to reduce waste due to undelivered mail.
- Re-purpose retail and shipping boxes to send gifts.
- Send paper materials that can't be re-purposed to the recycling bin to reduce the demand on forests.
- Share this recyclable *Forest Stewardship Council*-certified newsletter and other publications with family and friends.

Sweet Enough For Nature

Healthy enough for you and your smile

For years consumer groups have actively lobbied for more foods that are lower in fat, salt, and sugar. So you'd expect to find more healthy choices in the grocery aisles. On the contrary - our sugar intake alone has doubled in the past thirty years. A sweet temptation - if only there were no obesity, insulin-release, or tooth decay!

The decay which causes *caries* (cavities) is progressive. Oral bacteria, which feed on sugars left in our mouths after eating, produce the acids which demineralize tooth enamel and destroy your teeth - often painfully. The progress of this all-too-common disease can be hastened by the amount of acid-causing sugar and starches in your diet.

Choosing processed foods and understanding labels designed to confuse can become a minefield, but if you want to avoid tooth decay, there is something you can control.

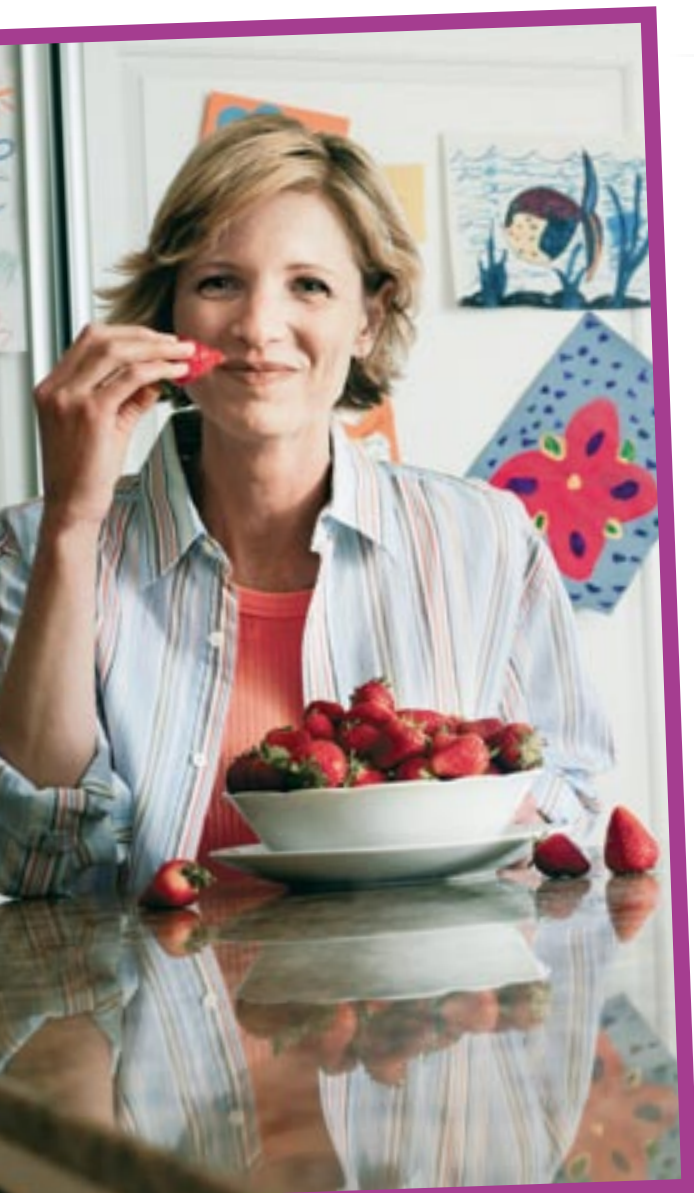
Eat five servings a day of fruits and vegetables.

Many fruits that are low in naturally occurring sugar are some of the highest in nutritional value, including antioxidants and other phytonutrients. These include **strawberries, papaya, watermelon, peaches, nectarines, blueberries, cantaloupes, honeydew melons, apples, guavas, and apricots.**

What vegetables are low in sugar?

Too many to list here - almost everything, really. You may also enjoy these good-for-you but naturally sugary **beets, carrots, corn, parsnips, peas, plantains, potatoes, and winter squashes.** But you might want to take an extra minute to brush and rinse.

Enjoy your 5-a-day the natural way!



An **Inflammatory** Topic

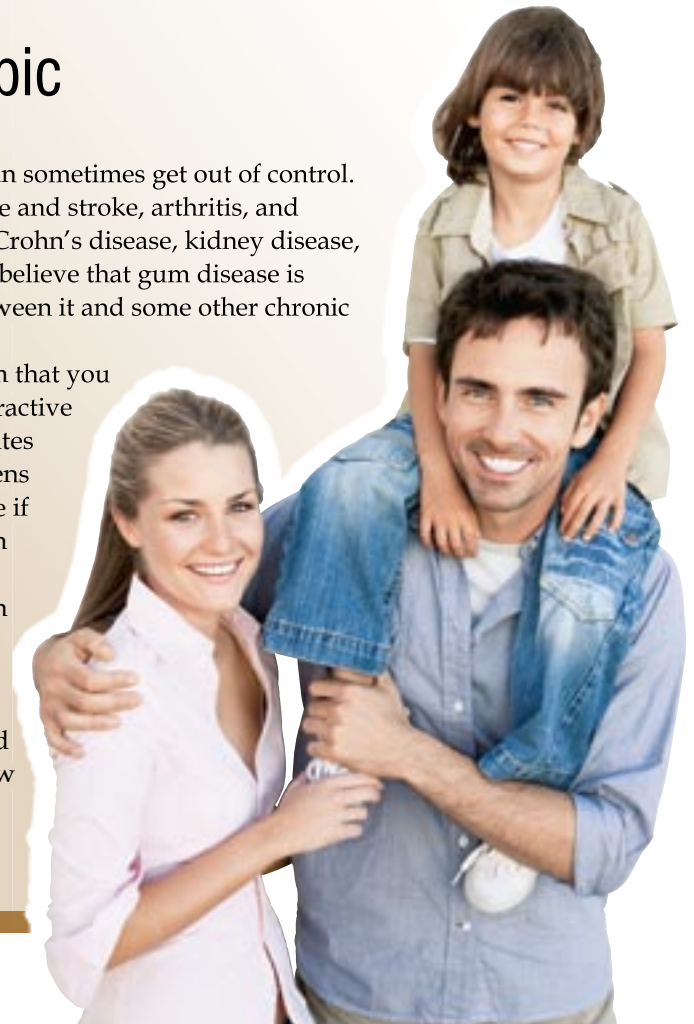
Your oral health could be the key

Inflammation, so essential in your body's fight against infection, can sometimes get out of control. When it does, it contributes to many chronic diseases like heart disease and stroke, arthritis, and diabetes ... and some which may surprise you. How about psoriasis, Crohn's disease, kidney disease, and cancers among others? One thing we do know is that researchers believe that gum disease is essentially inflammatory in nature and that there is a relationship between it and some other chronic inflammatory diseases.

Gum disease is caused when plaque, the soft invisible bacterial film that you can feel on your teeth, hardens into tartar, a hard yellowish and unattractive deposit. Also known as calculus, it causes gum inflammation and creates pockets in your gums where toxic bacteria can thrive. Once this happens it can only be removed by a professional dental cleaning. The outcome if it isn't removed? Infection and inflammation that scientists believe can negatively affect other parts of your body.

Molecular and systems biology, computational simulations, human and animal studies, and nano-technologies are all being applied by scientists who are designing novel ways to treat inflammation. But you can do your part too.

We recommend a low-tech solution - brush at least twice a day and floss daily to remove plaque from between your teeth, especially below the gumline. We are happy to contribute to your plaque- and tartar-fighting program during your regular checkups!



While They Sleep

3 kid facts

1. The rate of **bruxism** (the grinding or clenching of teeth) during sleep seems to be highest in children. About 15% of children brux and about one third continue to do so as adults.
2. About 10% of kids **snore** and although some think it's cute, it could be connected to more serious problems like sleep apnea.
3. 10% of children who snore have **obstructive sleep apnea** which can cause a pause in breathing, reducing oxygen intake.

Of course, just as the majority of children outgrow bruxing, most who snore are completely normal and don't show any signs of ill health. A child may normally and occasionally snore, for example, due to a bad sleeping position.

It's *your* experience that counts. If you're concerned, set your mind at ease - talk to us and your medical professional.

Invisible Strategies

Visible results

Can an invisible procedure improve your looks with results that everyone will notice? Absolutely....

White fillings can be matched precisely to your tooth enamel making your smile brighter and more naturally healthy looking. They won't discolor surrounding tooth enamel or neighboring teeth as silver-colored amalgam sometimes does.

Enamel-colored sealants offer an unsung cosmetic advantage. By preventing the invasion of cavity-causing bacteria, they work invisibly to keep your smile immaculate. They take only a few moments to apply, accommodating your family's busy schedule.

Invisible orthodontics are available in several types: clear aligners, lingual, and clear ceramic.

White bonding material is so strong and beautiful, it can be used as veneers to disguise flaws.

We can help you access these options which are available for every age and every budget!



Leland Dental Is Getting Greener

From our own Judy Dorner, RDH

In January the team attended the New England Region *Yankee Dental Congress* in Boston. We have always strived to learn and grow in order to provide you, our patients, with the latest and greatest dentistry. There are literally hundreds of courses offered. Some very technical, some motivational, some involving personal growth, communication, exercise, nutrition, and so on.

I decided to take a course that mirrored my personal passion of creating a more sustainable world. "Greening Your Dental Practice" was right up my alley!

After hearing the startling statistics of material use and waste, we broke down our office into departments to see how we could best save resources, reduce waste and save money while still maintaining our high level of quality care and sterilization practices for you, our patients.

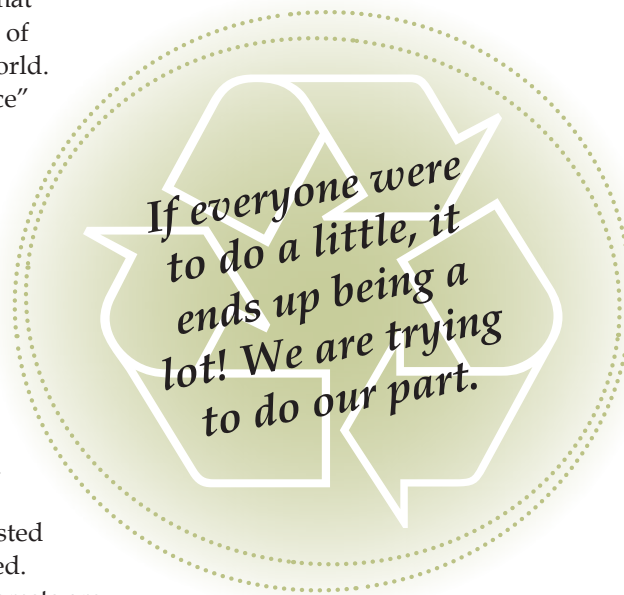
First some statistics:

- 100 million trees are forested every year- not all are replanted.
- One half of the world's forests are gone.
- 25 countries have no forest left at all.

We started our "greening" efforts with our paper consumption. We only buy office paper with a minimum of 30% recycled content. When purchasing paper, we look for the highest recycled content possible. Instead of buying paper for interoffice notes, we cut up sheets of used paper, use it again and then recycle that! We also recycle all catalogs, magazines and paper scraps.

We also discontinued using paper covers on instrument trays and countertops. Previously, after each patient we just threw away the paper and sterilized the trays. We save about 70 sheets of paper a day and now wonder why we ever used the covers in the first place!

We recycle all of our empty glove boxes as well as the other boxes supplies come in. We must use 10 boxes of gloves a day. Previously, these were going in the regular trash. We also recycle all the corrugated cardboard boxes used to ship us our supplies. Most weeks we receive 10-20 boxes. Previously when I went to throw something in our dumpster, it was full of just cardboard boxes.



AbitibiBowater, Inc. collects recyclable materials in many communities with its Paper Retriever® dumpsters and makes many products with the recycled paper and different community organizations get some income. We use the Paper Retriever at the YMCA adjacent to our office.

Even our newsletters are printed on Forest Stewardship Council (FSC) paper from managed forests and are printed with vegetable ink.

The sheer volume of materials our office uses is staggering. By recycling at the level we do, the cost savings in trash removal and landfill space is significant.

(Our office complex does not provide recycling, so several team members take our recyclables home where we have recycling pickup).

Most people don't even think about what happens to trash (or items that can be recycled) when they are disposing of materials from their home or office. Out of sight, out of mind! We are making every effort to combat this mind-set, while still providing our patients with top-level care.

Judy & Chris

While we are sad to see Dr. Brodil leave at the end of the year, we are happy to celebrate 25 years of top quality dental care provided by Chris Ellis and Judy Dorner. Judy and Chris joined Dr. Brodil's team within six months of each other and have remained close colleagues and friends. Congratulations and thanks to both for 25 years of the best dental care with a warm and caring touch.

25 YEARS OF EXCELLENCE

