

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.

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LelandDental.com

Leland Dental Is Getting Even "Greener"



As we noted in our last newsletter, we are making strides to make the office more eco-friendly. Our goal is to eliminate any unnecessary paper products, use recycled paper for our letterhead, etc.. The next step we've taken is to fully convert to digital radiographs (x-rays) for diagnosis. This allows us to take images of teeth and bone, while eliminating the need for processing chemicals and the film, all of which are not easily recycled.

For digital images, we place a small sensor in the mouth, in the same manner as traditional films, and the images instantly pop up on a computer screen in the exam room. The digital images, which look similar to traditional x-rays, can then be enlarged and manipulated, which actually gives us a better feel for what's going on inside a patient's mouth.

This technique also allows us to better display your films. Patients are able to easily understand a treatment recommendation, as they get a good look at the problem "blown up" on the screen in front of them, rather than having to squint at a postage-stamp-size x-ray held up to the light.

As an added patient benefit, the x-ray sensors include a material that essentially magnifies the x-rays, which may allow for a lower dose of radiation to be used to produce an image. Exposure from dental x-rays throughout recent history has never been a problem, but now radiation exposure is even less.

"Going digital" is also part of a move in the health-care industry to create electronic health records that can be stored on computers and emailed to insurers and other practitioners. We have long used computers for scheduling, billing and filing insurance claims and we are currently adding more software to create electronic charts for our patients. Soon, no more paper charts, another means by which we can be more environmentally friendly! The new digital x-ray technologies can be combined with these systems, allowing us to swiftly send x-rays to an oral surgeon, for example, or to a dentist in another city if a patient has an emergency while traveling — or to file an electronic insurance claim for further treatment.



When You Lose You Win

What you need to know about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it's different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

And it's getting more complicated...

Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

How's that?

Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

How will you know?

Initially you probably won't because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

Is there any good news?

Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there's more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn't show weight loss!



Many challenges? We have many ways to beautify a smile!



Oral Cancer Bites

Start early & win!

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the *human papilloma virus* (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

A Check your tongue, lips, cheek lining, and gums.

B Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

C Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancer can be cured.

Reality Checks

We can tell you why it is what it is!

We're happy to say that most dental problems can be treated successfully ... but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here's why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, color, and feel of your tissues;
- early signs of lip cancer and tumors in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!



LIKE NIGHT & DAY

What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle *and* reducing your carbon footprint.

- ◆ If you take really long showers, you could save more water and energy by soaking in the tub until you're clean, relaxed, and ready for bed. If you don't like baths, use a timer or energy-saver shower head.
- ◆ Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- ◆ A slightly cooler bedroom temperature can improve sleep, conserve energy, and save dollars, so lower your thermostat, open a window, or install an energy-efficient fan.

Monkey See...

Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don't go to the zoo ... come see us for a demo!

Dental-Damaging Drink

Consume sports beverages in moderation

As you and your children engage in physical activities, you may find yourself reaching for a sports drink. This is something we would like to caution you about, as recent studies have been investigating the negative effects that some beverages can have on teeth ... sports drinks being a significant culprit.

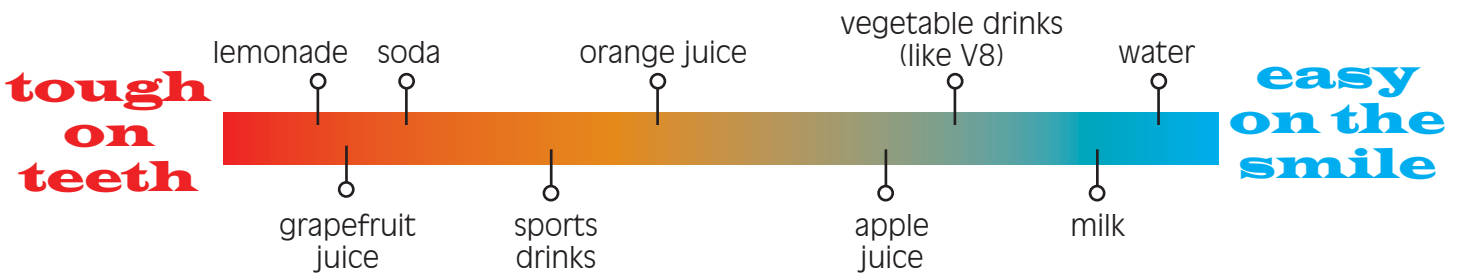
One 8 ounce serving of a sports drink can contain 15-18 grams of sugar, that's not even a full bottle - which is usually 12 oz! The effects of this sugar, not to mention the acids that are added to prolong shelf life, are immediate.

So you may be wondering, **what if teeth are brushed immediately after consuming a sports drink, won't that help?** Absolutely NOT! In fact, even more damage could

be done if teeth are brushed right away. Sports drinks soften enamel and toothpaste can be abrasive to this weakened surface, stripping away even more surface structure. The best practice is to rinse with water and wait at least half an hour after consumption of an acidic beverage, then brush.

What drinks are worst for teeth? Here is a list, ranked in order from least harmful to most harmful: water, milk, vegetable drinks (like V8), apple juice, orange juice, sports drinks, soda, grapefruit juice, and lemonade.

Now although there are beverages that are worse for teeth than sports drinks, that doesn't mean they are all okay. Damage done to teeth is serious. Please consume these harmful beverages in moderation.



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Please check-out our evolving website www.LelandDental.com for all the latest information about our practice and what's new in dentistry. Dr. Leland has a blog from the website in order to highlight new technologies available for dental treatment.

You can also join us on **Facebook®** and follow Dr. Leland on **Twitter®** @DrLeland.

Obesity And Gum Disease

According to a recent study by the Harvard University School of Public Health, carrying extra weight around your mid-section is not only harmful to your heart but also your gums. Obese adults (BMI over 30) are at higher risk of periodontal disease than normal-weight individuals. Obesity was associated with a 29 percent increased risk of gum disease over a 16 year period. Periodontal experts attribute the connection to inflammation. Individuals with inflammation (e.g. excess weight) are more likely to have gum inflammation - periodontal disease.



Healthy Gums



Periodontitis

Utilize All Your Benefits

The calendar year is coming to a close and you may have remaining dental benefits or flexible health savings account dollars to use by the end of the year; give us a call to find out what benefits you may have remaining and if there are any dental procedures you may want to complete to take advantage of those benefits.

