

SMILE LINES

For the Patients of Dr. Rob Leland, Dr. Barry Brodil, & Team

Spring 2009

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 Bennett
Lin Johnson
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

CreatingUltimateSmiles.com

Striving To Be Our Best For You

Our team recently spent several days working with Rhonda Savage, DDS, LLM&A, a renown consultant on dental practice management.

Dr. Savage and the team will continue to work together over the next twelve months to incorporate new ideas with existing skills so that we can continue to provide top-notch dental care for our patients while making the practice a more efficient and satisfying work environment for our team members.

We are able to further hone our current systems in order to better provide for our patients. Our goal has always been and will continue to be to deliver the finest quality dental care in the region in a comfortable and hospitable environment. This

training and team building workshop with continued follow-up will allow us to constantly improve our care.

As always, I strive to provide our team with the best possible work environment. The team and I will work with Dr. Savage throughout the next year to make our practice both a professional and comfortable environment to provide optimum dental care.

We are always working to improve and grow within our practice in keeping with our core goals and values. We look forward to continuing to provide you with the highest quality of dental care available.

- Rob Leland, DMD



Our newsletter to help our families and friends live happier, healthier lives.



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.

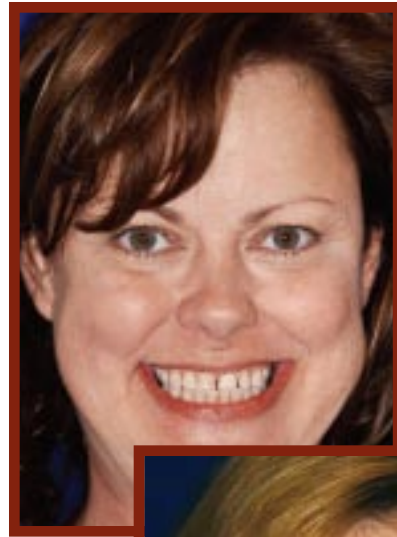
You're health conscious

- 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

It's Not Just About Fluoride Anymore!

We want to let you know that new products and protocols are now available that prevent decay, while strengthening tooth enamel.

For many years we have known that decay is formed on the surface of teeth from acids produced by bacteria in plaque after ingestion of sugar. Caries (decay) is a transmittable bacterial infection. Demineralization (breakdown) of the enamel is caused by the acids that are given off by bacteria in plaque.

Re-mineralization (rebuilding) of the enamel is a repair process which needs calcium, phosphate and fluoride. This re-mineralization process makes the tooth more resistant to decay. Patients who have decay usually have other areas of demineralization throughout their mouths.

Recent studies have shown that creating a more alkaline environment (less acidic) will reduce the likelihood of decay. Fluoride added to water supplies, toothpastes, and mouth rinses as part of preventive treatment in a dental office has greatly reduced the incidence of decay over the years. New research reveals that adding xylitol and calcium phosphate, in addition to fluoride, will not only re-mineralize the surface of a tooth where decay has begun, but can actually reverse early signs of decay.

We are very excited to have new and different products and techniques to help you control and in many cases reverse early dental decay! Ask us about fluoride varnishes which strengthen weakened tooth enamel, *Recaldent™ - MI Paste™* with calcium phosphate to strengthen enamel and in some cases decrease root sensitivity and xylitol, a sweetener made from wood pulp that actually kills the bacteria that cause decay by starving them. We are happy to provide you with all of the latest research information and help you to decide what products may be right for you.

Yankee Dental Conference

Our team prides itself with keeping up with new techniques, products and education. In January, Sharon, Deborah, Judy, Chris, Lin Johnson, and Berni attended the Yankee Dental Conference in Boston.

The topics covered in the courses we took included oral pathology, breakthroughs in remineralization of enamel and reversal of decay (see adjoining article), nutrition, eating well/aging well and dermatology.

We look forward to sharing this knowledge with you.



Please help us welcome Kelly Dillon. Her smiling face and warm personality has been a great addition to our team! Kelly has been working with Dr. Leland and Dr. Brodil as a dental assistant. Kelly has an Associates Degree in Business from *Massasoit Community College* and also has a photography certificate. Kelly loves photography and even has her own website www.kellydillonphotography.com.

In her spare time Kelly also enjoys traveling and outside activities such as hiking in Vermont.

Get Ready For Spring!

Be prepared and smile for the camera-with confidence! Will you be attending a graduation, wedding or a special event?

Treat yourself and welcome Spring with a bright white beautiful smile. We know the health and well-being of your wonderful bright smile is important to your lifestyle, self esteem and professional success.

Whitening is a safe, simple, and convenient process that lightens discoloration caused by food, coffee, tobacco and ageing. Teeth whitening can take as little as one visit or a few weeks in the privacy of your home and make a remarkable difference in the impression you make.

Call us to schedule your appointment today! Gift Certificates are available.

Smile Of The Month

This patient was dissatisfied with her smile. Her upper teeth were uneven, discolored, and some older bondings were chipping and staining. There was some rotation of the eye teeth as well. The color and tooth position made her front and eye teeth stand out too much. We were able to correct the color, create a smoother flow to her smile line, and correct the rotation of her eye teeth with veneers on her six front teeth.

If you have been dissatisfied with your smile we'd be happy to discuss options that can help you achieve the look that you would like. Please contact us for an appointment.

