



William J. Moore, DMD

Moore & Pascarella  
a Dental Corporation creating great smiles



Jon Pascarella, DDS

# Tooth Talk

Produced to improve your dental health and awareness

Spring 2010

## from the dentists

### Smile For The Camera



There are a few upcoming events on our calendar that we're excited about, and we're sure you also have something on your calendar that you're eagerly awaiting. In anticipation, we'd like you to make a mental shift. Here's how.

When you think "dentist," you probably think fillings and cleanings. We want you to take that one step further... How you feel can be greatly influenced by how you look. Your smile is the very first thing that people notice, and judge, when they meet you. So right now, go to the mirror and smile. What do you want to change before "the big event"? Whitening? Smoothing that chip? Masking a gap? If so, call us, we want to ensure you smile your brightest and feel your best ... and have a wonderful time!

*Yours in good dental health,*

*Dr. William J. Moore*

*Dr. Jon Pascarella*

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## Results You Can See...

### Before undergoing a single procedure

We've found that one of the biggest reasons for hesitation when deciding on a smile makeover is that, it may sound good ... but how can you know for sure how it will look. We completely understand, especially when you're investing money, of any amount, on cosmetic dentistry. Thankfully, now we can help. At our office we have some brand new software that we'd love to introduce you to, which will allow us to show you what your teeth will look like after your smile makeover is complete - and it's free!

The process to seeing your completed smile makeover is easy! We will take a digital picture of your teeth as they are, upload it to our computer, and then using our impressive software we can redesign your smile in just minutes. Then we can print

out a picture of what your smile could look like so you can see a side-by-side comparison and we can even give you a copy to take home with you so you can show your family. This procedure is so quick that it can be completed during your regular appointment.

Investing in your smile is a great idea and with our software you can see your beautiful new smile without one single treatment, and without spending a dime ...until you're sure.



*If you're  
interested  
in seeing your  
dream smile in  
just moments...  
ask us today.*

*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.

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

## 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.



## 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.

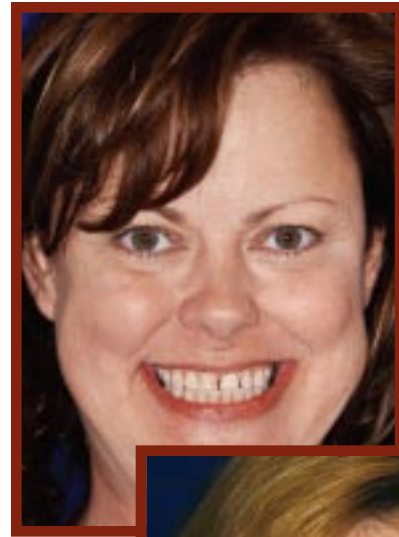
### You're health conscious

- 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.

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

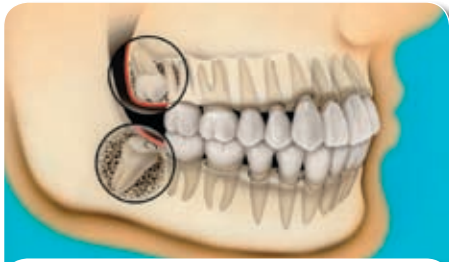
# Make The Wise Choice

## Wisdom teeth can do more harm than good

Wisdom does come with age – particularly for teeth. Your wisdom teeth, also called third molars, are the last teeth to erupt and may not begin to emerge until your late teens or early twenties. Most people get four, one in each corner of the mouth.

The arrival of these late-breaking teeth can cause trouble. Our jaws are a lot smaller than those of our early human ancestors, so wisdom teeth can do more harm than good and we often recommend their removal.

Cramped for room, impacted



Wisdom teeth can often become impacted in the jaw, or grow into adjacent teeth.

wisdom teeth can grow out at odd angles or remain trapped below the gumline. Adjacent teeth can become prone to decay because of the unfavorable position of the wisdom teeth. You may not even notice the harmful effects until you experience sudden and severe discomfort.

That's why it's important to come in for regular dental visits. By looking at your medical history, examining your teeth and taking x-rays, we're better able to predict if your wisdom teeth may cause future distress. We generally remove wisdom teeth in our office, but in some cases a referral to a specialist or outpatient hospital treatment is required.

Not all wisdom teeth need to be removed. Medication, close monitoring, and special cleaning techniques are sometimes enough. The only way you will know for sure is to have an examination done at our dental office as early as possible.



## Stressed Out?

### Call us!

Did you ever think that a dental visit could help you to deal with symptoms of stress? People who are under a lot of pressure grind their teeth, bite their cheeks, and neglect their usual oral health routines like home care and dental visits. Research shows that stress weakens your body's immune system, creating a gateway for an oral bacterial infection that can lead to inflammation of the gums, bleeding gums, and eventually, even to loss of teeth and supporting bone.

There is no single, all-purpose solution to handling tension, but besides booking a dental appointment, here are a few suggestions that could help...

- Don't rely on your memory... write it down.
- Break large tasks into bite size portions.
- Set priorities in your life.
- Get enough sleep.
- SMILE!



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