

Your Newsletter Title Here

Did you know...?

Dental Facts:

- ◆ 32% of Americans cite bad breath as their least attractive trait of their co-workers.
- ◆ 38.5 total days = an American spends brushing his teeth in a lifetime.
- ◆ 73% of Americans would rather go grocery shopping than floss.
- ◆ 60% of people don't know that a sore jaw, combined with chest pain, can signal a heart attack- especially in women.
- ◆ A toothpick is the object most often choked on by Americans.
- ◆ Every year, kids in North America spend close to a half a billion dollars on chewing gum.
- ◆ More people use blue toothbrushes than red ones.
- ◆ Like fingerprints, everyone's tongue print is different.

Source: Starsmilez.com

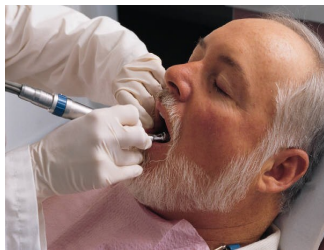
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Antibiotics: Your Heart and Joints

Patients with certain heart conditions and those with artificial joints will take antibiotics before certain dental treatments. These people will be at risk for developing an infection in the heart or at the site of the joint replacement. This process of taking the antibiotics before these treatments are called antibiotic prophylaxis.

Dentists have followed the guidelines from the American Heart Association (AHA) and the American Academy of Orthopedic Surgeons (AAOS).



In the past, it was believed that a number of conditions put patients at risk for infective endocarditis (an infection of the lining inside the heart or heart valves). Recent research has shown that the number of conditions that place people at risk are now fewer than previously believed.

The current recommendations for use of preventive antibiotics before dental treatments are as follows:

- ◆ artificial heart valves

- ◆ history of Infective Endocarditis
- ◆ a cardiac transplant that develops a heart valve problem
- ◆ the following congenital (present from birth) heart conditions:*

-unrepaired or incompletely repaired cyanotic congenital heart disease, including those with palliative shunts and conduits

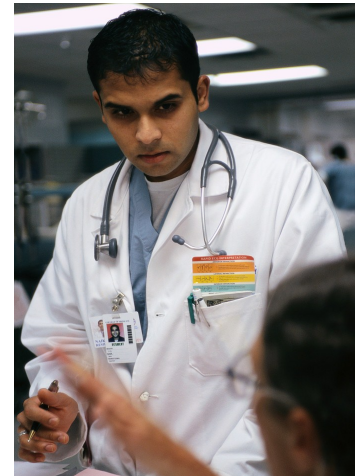
-a completely repaired congenital heart defect with prosthetic material or device, whether placed by surgery or by catheter intervention, during the first six months after the procedure

-any repaired congenital heart defect with residual defect at the site or adjacent to the site of a prosthetic patch or a prosthetic device.

*Check with your cardiologist if you're not sure whether or not you fall into one of these categories.

People who took prophylactic antibiotics in the past but no longer need them include those with:

- mitral valve prolapse
- rheumatic heart disease
- bicuspid valve disease
- calcified aortic stenosis
- congenital (present from birth) heart conditions such as ventricular septal defect, atrial septal defect and hypertrophic cardiomyopathy.



Talk to your dentist about how these recommendations might apply to you.

The American Academy of Orthopedic Surgeons (AAOS) recommends that patients discuss with their doctors and dentists how each procedure may affect them. This applies to people who have total joint replacements. Patients who have pins, plates or other orthopedic hardware are not affected.

Source: www.ada.org

SAMPLE

Dental Anxiety

Do you ever get nervous when you have to visit your dentist? You are not alone. Just thinking about “going to the dentist” makes many people nervous. Most of these fears are unfounded since the dental industry now has many advances. Diagnosis and treatments get more sophisticated and comfortable all the time.

The best approach is to share your anxiety with the dentist and the dental staff. They can assist you in your comfort and adjust the procedures accordingly. Choose an appointment time in which you will not feel time constraints. If the sound of the drill makes you nervous, then bring a headset with your choice of music. Many dentist offices now have television screens above the chairs and music in the background. Most dentists understand your anxiety and have made accommodations to fit their patients needs.

Your business name here offers a very comfortable atmosphere with an individual television screen and a view of nature. Relax and watch the wildlife outside the window while having your procedures completed.



To ease your anxiety ☺
←
&
To provide you with a hearty laugh
→



Healthy Recipe Corner: Recommended for your Teeth and Bones

Strawberry-Kiwi Smoothie

Refreshing and easy to make, one serving provides almost twice the amount of vitamin C you need for an entire day! This smoothie also provides tooth-strengthening calcium and vitamin D. from the milk . . . and all for only 155 calories.

INGREDIENTS

- 1 1/2 cup(s) milk, fat-free
- 1 cup strawberries, hulled and quartered
- 2 kiwi, peeled and quartered (about 1/2 cup)
- 2 tablespoons mint, fresh, chopped, plus two sprigs for garnish
- 1 tablespoon sugar, granulated, or sugar substitute
- 1 cup ice cubes, crushed

PREPARATION

In a blender or food processor, combine the milk, strawberries, kiwis, chopped mint, sugar or sugar substitute, and ice. Blend until smooth. Garnish with fresh mint sprigs.



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*Believe in yourself!
Have faith in your abilities!
Without a humble but reasonable confidence in your own powers you cannot be successful or happy.*

-Norman Vincent Peale