

MACEDONIA DENTAL HEALTH

D. TODD RUSSELL, DDS



GREETINGS FROM DR. TODD

Welcome to Macedonia Dental Health's first newsletter. Our goal is to keep you up-to-date on dental health, help you get to know us even better, and offer a variety of specials throughout the year. As of January, 2011, we will have been at our location in Macedonia for 10 years and we think that is something to celebrate. Thank you so much for allowing us to be a part of your lives. We are grateful you have chosen us to be your dental health provider.

NEW YEAR'S RESOLUTIONS FOR BETTER DENTAL HEALTH

In 2011, why not make improved dental health one of your New Year resolutions. There is a strong connection between oral health and your health in general. So here are five tips to help develop good oral health in 2011.

1. Floss every day. Flossing helps prevent gum disease.
2. Brush your teeth two times a day for at least two minutes or, even better, after every meal.
3. Make a dental appointment for a routine cleaning and examination to make sure your teeth and gums are healthy.
4. Change your toothbrush or electric toothbrush head every three to four months to avoid a build up of bacteria.
5. Eat a healthy diet with less sugar and carbonated beverages.



YOUR DENTAL TEAM

Botox Open House

**SATURDAY, MARCH 12TH 2011
10AM - 1PM**

Have you ever wondered whether Botox is right for you? Join us at our Open House to learn more about this simple, non-surgical procedure that can make you look years younger. There will be live demonstrations by Dr. Russell, food, refreshments, and several prizes including a \$150 gift certificate towards a Botox treatment.

Please RSVP by Friday, March 4TH 2011 - Call 330.468.6670

**9769 Valley View Rd. - Macedonia - 330.468.6670
www.DrToddRussell.com**

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TEETH BLEACHING

Make your smile pearly white!

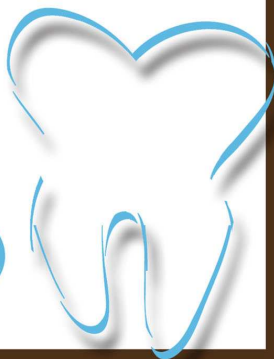
Take home a bleaching kit and one year supply of whitening gel
Only \$195

Offer expires April 30, 2011

SPECIAL PRICING ON LUMINEERS

THE PAINLESS AND SAFE PORCELAIN DENTAL VENEERS

SCHEDULE AN APPOINTMENT TO SEE WHAT WE CAN DO FOR YOU!



THE MOUTH IS A WINDOW TO THE REST OF YOUR BODY'S HEALTH

Dentists can tell a lot about your health by the condition of your teeth. Research shows that the mouth can reveal some of the first symptoms of other health issues such as heart disease and diabetes. While a dentist doesn't actually diagnose the illness, he can find oral symptoms that indicate a potential health problem. Regular dental exams help you maintain good oral health and avoid related health problems.

DIABETES

People with diabetes are at greater risk to develop gum (periodontal) disease and other oral health issues. Why? According to the National Institutes of Health, high blood glucose, which is a direct problem with diabetics, can cause bacteria growth. This means the bacteria inside the mouth can cause the gums to get red, sore, swollen and bleed more easily.

Diabetes can also cause dry mouth, a burning of the mouth or tongue, a fungal infection called thrush that causes painful white patches in your mouth, and tooth loss. Diabetics who are not diagnosed are at a greater risk for infections following dental procedures such as extractions and root canals.

Many people who have diabetes may not know they have it. Diabetics tend to get periodontal disease at a rate three to four times higher than people without diabetes. Your dentist can play an important role in discovering the oral symptoms of diabetes and helping to manage its oral effects.

HEART DISEASE

Heart disease is one of the country's biggest killers and several studies have found links between oral health and heart diseases such as clogged arteries and stroke. Your body works in tandem and a dentist can spot issues that can act as warning signs.

People who have severe periodontal disease, an inflammation of the gums, are more likely to develop cardiovascular disease than those without gum infection. The same holds true for people with a higher amount of cavities and missing teeth.

A study released in February 2005 shows that older adults who have higher proportions of bacteria in their mouths tend to have thicker carotid arteries, a strong predictor of stroke and heart attack. That's because bacteria found in the mouth can make its way into the bloodstream and then to the heart. Brushing and flossing every day will help lower that risk.

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YOUR BODY'S HEALTH CONTINUED

CANCER

Oral cancer is the sixth most common cancer in the U.S. and can be prevented if found and treated if discovered early. About 25 percent of people diagnosed with oral cancer have none of the traditional risk factors associated with the disease, such as the use of tobacco products or drinking alcohol.

In addition, dentists can screen for other cancers of the head and neck including skin cancer, cancer of the jaw bone and thyroid cancer, during routine checkups. Dentists can look for lumps or irregular tissue changes in your neck, head, cheeks and oral cavity, and thoroughly examines the soft tissues in your mouth, specifically looking for any sores or discolored tissues. During your next dental visit, ask for an oral cancer screening. Call for an immediate appointment if you observe:

- any sore that persists longer than two weeks;
- a swelling, growth or lump anywhere in or around the mouth or neck;
- white or red patches in the mouth or on the lips;
- repeated bleeding from the mouth or throat; or
- difficulty swallowing or persistent hoarseness.

HIGH BLOOD PRESSURE

High blood pressure is called the silent killer because, although it contributes to such potential killers as stroke and heart attack, those who suffer from it often have no signs or symptoms. Research shows as many as one third of all dental patients have high blood pressure but, have not been diagnosed as hypertensive.

High blood pressure is defined as 140 over 90 or higher. Blood pressure of 120 over 80 is generally considered ideal. People between these categories are called pre-hypertensive, a category that also requires medical observation. Many people see their dentist more regularly than a physician and can get an early warning about high blood pressure when getting their teeth cleaned or having other dental treatment done. New patients receive an initial blood pressure reading and then readings at each follow-up visit.

THE IMPORTANCE OF GOOD ORAL HEALTH

A regular oral exam allows your dentist to keep your mouth in first-class shape and watch for any changes or signs that may indicate problems elsewhere in the body. In addition to the health issues mentioned earlier, dental exams may also pick up signs of poor nutrition, auto-immune disease, vitamin deficiency, and even the possibility of developing Alzheimers or dementia. Keeping your teeth as healthy as possible has far reaching health benefits. It is recommended that you get a dental check-up every six months.