



# DR. JANE L. DODSON'S smile update

Produced to improve your dental health and awareness

Summer 2011

from the dentist

## Exciting times

This spring we had our first *Girl's Day Out*. Thanks to Bill Blocksom, who gave massages, and Sue, who ensured we had delicious snacks. A relaxing time was had by all.

On the practice front, our laser has improved the success of decreasing or shrinking gum numbers in diseased periodontal pockets. It is similar to surgery in effectiveness – but it is so painless, it requires no anesthetic!

The newest item in our arsenal for handling gum disease is *Oral DNA™*. This salivary swish identifies which bacteria are causing the gum disease and helps us develop the best treatment.

Implants are another exciting new asset in our office. If you would like secure dentures, just ask!

*Yours in dental health,*

*Dr. Jane L. Dodson*

## turn the page

Are your prevention efforts effective?

6 ways to an ageless smile!

Teach your kids well!

## Secure Denture *Open House*



Secure dentures are a must if you want to eat pain free and talk without teeth slipping. It's embarrassing when you're talking to someone and your teeth almost fall out or if you hide your smile for a picture. If this sounds familiar, a life changing solution is now available. **Come to our office on June 23, 2011**

**between 6:30 pm – 8:00 pm, Dr. Dodson is hosting a free *Secure Denture Open House*.** We will be serving light refreshments, explaining new technology, and giving you hope. ALL of your questions will be answered. We'd love to help you regain your confidence.

*Space is limited, please call Sue 440-439-2230.*

## Dentistry In Haiti

In the fall, Anne and Sue are planning to head to Haiti to perform dentistry on the Haitians, at a remote hospital. Proper Equipment is sparse, so treatment will be emergency removals and cleanings only. We're raising funds to purchase a portable dental unit which costs \$18,000. If you would like to make a tax deductible donation, please send a check to us, made out to *Church of the Saviour*. We will keep you updated as the trip gets closer.

## Meet Our New Hire

Melissa is our newest addition to our team. She comes to us with 23 years of dental experience. She is a great asset to our office. You'll hear her laughter coming from any room she's in! When she's not at work, you'll find her in the MetroParks!



We're on Facebook & Twitter!



Check us out!

*Thank you for all your referrals. We appreciate them!*

# 5 TOP TIPS

## 4 Prevention

### Here's a menu to keep you smiling!

Online or off, the digital world can present some risks to the unwary. For example, research suggests that young teenagers tend to consume more sugary snacks during prolonged gaming, which in turn can increase the likelihood of tooth decay. As well, teeth whitening products which are accessible online may not be a safe choice at any age, because they could harm gums and damage teeth enamel. When it comes to good oral health, trust your dental team.

#### Here are 5 tips for every member of your family:

- See us first to make sure your mouth, teeth, and gums are healthy before starting any whitening program.
- Choose one of our supervised whitening options for safety and the maximum results only we, your dental care team, can provide.
- Stick with your maintenance schedule to keep your smile bright. No whitening is permanent and regular professional cleaning is essential to remove stains and the tartar that can cause gum disease.
- Keep sweet food, desserts, and drinks to mealtimes and brush thoroughly afterwards. It's consumption over extended time periods that heightens the risk of decay.
- Acidic food and drinks can be just as harmful to your teeth as sugar. The acid erodes tooth enamel and can make your teeth sensitive, more vulnerable to cavities, and unattractive.

Virtual reality can be a great place to visit at any age, however real-time brushing and flossing combined with dental visits are still the best for problem prevention to safeguard smiles.



## INSIDIOUS INFILTRATORS

**Fact:** Gum disease is linked to, and may impact, other serious health issues including type-2 diabetes.

Both of these diseases affect millions – children and seniors as well as those in the prime of life. Just as approximately half of type-2 diabetes sufferers have no symptoms, in the earliest stage of gum disease (called *gingivitis*), you might not even realize you have it.

#### WATCH FOR WARNING SIGNS:

- red or tender gums
- bleeding when brushing or flossing
- chronic bad breath
- receding gums
- loose teeth

Regular recare visits help us monitor developing oral health conditions that have the potential to adversely affect your overall body health. If you don't know you have a disease, you can't treat it ... but we can detect gum disease and treat it right away!

# A GREAT GRIN IS *Ageless*

## Restorations will give you reason to smile

Studies show that people in cultures that do not focus on oral health often suffer a litany of related and progressive health problems. Gum disease and tooth loss have been correlated with cognitive decline as well as hearing loss in later years, for example. Because of this, it is vitally important to ensure lost or damaged teeth are replaced or restored promptly to insure you can eat and speak properly, avoid further damage, feel good about your appearance, and maintain your positive outlook.

Ensuring healthy gums and teeth that last a lifetime begins with good oral care in childhood, but sometimes teeth can become damaged, broken, or lost. We can restore and replace teeth with beautiful esthetics at any stage of your life...

- **Inlays** are tooth-colored fillings for the biting surfaces of molars.
- **Onlays**, also tooth-colored restorations, sit on the biting surfaces and wrap over one or more cusps of molars.
- **Veneers** offer beautifully shaped straight white teeth while hiding small imperfections.
- **Crowns** cap individual teeth, lending support to compromised structure.
- **Bridges** effectively replace a lost tooth with a replacement tooth, using adjacent teeth as anchors.
- **Implants** are a secure permanent way to replace one or more missing teeth.

Call today to book your consultation to discuss solutions designed for your individual presentation, preference, and budget. Don't wait to restore your smile... Your good health depends on it.

*Call us  
today for  
solutions  
to your  
ageless  
smile!*



## **“Ascared” Of The Dentist?**

### **Not your kid!**

Kids' fear of “going to the dentist” is usually anticipatory and unfounded. Here are a few tips to help eradicate the potential for life-time dental anxiety by ensuring positive dental experiences throughout childhood.

**Show no fear.** Even if you experience anxiety, do not communicate this to your child.

#### **Set the bar high.**

Demonstrate excellent home care and encourage your child to practice at an age-appropriate level. Pitch in when necessary.

**Start early.** Call us to discuss the best time to start your child's dental visits, beginning with a get-to-know-us appointment, and if we complete an oral exam, you will be right by your child's side. Afterwards, make the day even more special by going out to lunch or catching a movie together.

**Instill pride.** Praise your child for taking good care of their smile ...not for their bravery.

## **Ice Cream Owww!**

### **Icy incidents**

How fast can you say *sphenopalatine ganglioneuralgia*? It's the scientific name for “brain freeze.” It happens when you eat something very cold very quickly. You can try pressing your tongue to the roof of your mouth to warm it, but it's best to eat things like ice cream slowly to avoid the discomfort which, weirdly, you feel in your forehead.

That's because when the affected blood vessels signal the largest cranial nerve, your brain interprets the pain as a headache. The trigeminal nerve is also the culprit behind many head, neck, and face aches that are actually generated by the temporomandibular jaw joint. It's no wonder that some sufferers of Temporomandibular Joint Disorder (TMD), a dysfunction of the jaw, don't think to ask their dentist.

**Ask us. We'll inform your brain, not freeze it!**



# SPRING IS HERE!

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At your next appointment...

Enter to  
**Win A Gift Card**  
– for the restaurant of your choice.

**Congrats Denise! Winner of  
the \$100 Gift Card to Jeckyl's!**



## officeinformation

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### Office Hours

Mon/Tue/Thu/Fri 8:00 am – 5:00 pm  
Wednesday 9:00 am – 6:00 pm  
Sat (1 per mth.) 9:00 am – 12:00 pm

### Contact Information

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### Office Staff

Sue ..... Office Coordinator  
Ronnie..... Office Staff  
Tiffany..... EFDA  
Melissa..... EFDA  
Anne ..... Hygienist  
Ashley ..... *Helps Everywhere!*

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Information included is not dental or medical advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.

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## Win A Kindle™

The person who refers the most wins... a Kindle. Also, for every referral, you will qualify for the Care to Share Program - \$50 off your next visit.

We grow from your referrals. So start referring friends and family.

## Play The Referral Game!

## Summer Sports

The summer sport season will soon be here. Children and adults that play high impact sports should wear a *sports mouthguard*. These dental appliances can help protect the hard and soft tissues of the mouth from damage caused by traumatic blows and collisions. The *American Dental Association* has estimated that over 200,000 sports-related oral injuries are prevented each year by the use of mouthguards. Mouthguards, much like air bags, cushion the force of a blow to the jaw.

Some studies have suggested that wearing a mouthguard can help to reduce the incidence or severity of concussions. Forces delivered to the jaw bones will be transmitted on to the skull bones that surround a person's brain, thus producing the potential for concussion. A mouthguard can buffer these transmissions by way of partially absorbing and then also dispersing them. The theory is that this effect can lessen the intensity of the forces of the blow and therefore the likelihood that concussion will occur.

We invite you to make an appointment at our office to evaluate you and your child's needs.



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