



If you enjoy this newsletter and want to receive more please let us know by calling 542-3305. Thanks!!!

What's new with us

\$Signs of the times\$

We're all feeling effects of the current financial downturn, thinking more about how and where we use our money to best advantage and may ask, "*(Your name here)*, is health care for myself or my family an area where it's beneficial to cut back on spending?"

Hmm... A better question to ask is, "*(Your name, again)*, how can I use health care dollars most effectively?" Some easy steps are:

- Take better care of yourself; eat better, exercise regularly, don't smoke, keep yourself and your mouth healthy and pay attention early on if your body tells you something may be wrong.
- Approach health care proactively by having regular checkups with your providers to catch problems while they are small, easier and less expensive to treat.



It's tempting to ignore or put off regular dental checkups and cleanings, which Dr Jones recommends twice a year after obvious problems are treated but... This interval has been shown to be effective in catching tooth or periodontal (gum) problems early, while they are easier and less costly to treat. Note that our office offers fluoride application with a regular cleaning and checkup to patients who are current and on schedule at no charge.

Periodontal disease can quickly affect your whole body – bacteria-filled plaque accumulates on your teeth and in areas between your teeth and gums. Brushing and flossing help, but won't effectively remove it all; only regular professional cleanings can keep plaque and bacteria under control in your mouth. Researchers have found links between bacteria caused gum disease and tooth loss, and with conditions that affect your whole body. Heart disease, stroke, diabetes, cancer and lung problems can be linked to periodontal disease; a relationship between gum disease and rheumatoid arthritis has been found.

So, be smart, take care of yourself most effectively.



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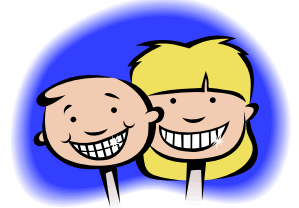


Your Child's "Dental Home"

Do you know that 20 primary teeth are present in a baby's jawbones at birth, already helping to shape the baby's face as it grows? Dr Jones recommends wiping a new baby's mouth regularly with a wet gauze pad or clean washcloth to remove residual food and plaque. This helps children become accustomed to having their mouth checked and, later on, to tooth brushing.

She also suggests establishing a "dental home" in our office at age 1, much like a well baby checkup with a physician. At this time we can review your child's medical history and identify ways to promote a lifetime of good dental health.

Equally important, a dental exam (while supported in a parents' lap) at age 1 provides a positive introduction to dental visits and a lifetime of dental care. Children today can grow up with positive attitudes toward dental visits, which are often missing in their parents' lives.



ACETAMINOPHEN - *What you need to know*

From time to time, we all experience minor aches and pains, or fever, when we've caught a bug, and welcome the relief available from over the counter (OTC) medications. The U S

Food and Drug Administration now cautions consumers about possibilities of serious liver damage due to unintentionally taking too much acetaminophen. It is sold under brand names such as Tylenol, and also in an ingredient in many OTC cough and cold products, sleep aids and many prescription pain medications.

Acetaminophen is a safe and effective pain reliever and fever reducer when used properly and in safe doses.

However, because it is a widespread ingredient in so many effective, useful products, there is always the potential for unintentional overuse.



DR JONES SUGGESTS:

- Read the ingredients listed on the label of any OTC or prescription medication you or your children take and always follow all dosage recommendations and cautions.
- Know that taking more than the recommended dose won't provide more relief.
- If you are taking a prescription pain medication, consult your healthcare provider or a pharmacist before taking OTC acetaminophen.

Be especially careful giving acetaminophen to children. For instance infant's drop formulation is more concentrated than children's suspension.



"Why did the donut go to the dentist???"

"I don't know why?"

"To get a chocolate filling!!!!!"

The five state Research Network Called Northwest PRECEDENT

(Practice-based REsearch Collaborative in Evidence-based DENTistry)

Thanks! To the 60 patients who have agreed to participate in one of the Northwest PRECEDENT studies on the practical issues facing dentists and their patients we've conducted in our office. We plan to continue as one of more than 150 practices throughout Washington, Oregon, Idaho, Montana and Utah by asking some of our patients to participate in PRECEDENT studies. Should you be asked and agree to participate, you will become one of thousands helping improve the way we and many other offices practice dentistry.



THE GOOD STUFF!

Cavities are caused by acid producing bacteria on your teeth. These bacteria can be passed between individuals and often affect entire families. Brushing, flossing and an effective diet can help, but are not always enough.





The good news: products to test for and treat cavity causing bacterial infections in your mouth are now available in our office. We offer and encourage the no charge Caries Risk Assessment as an effective first step toward eliminating cavities in your and your family's life.



“Come ‘ere boy”



MANY OF US ENJOY PETS IN OUR LIVES AND WANT TO PROVIDE THEM THE BEST OF CARE. MATERIALS FROM OKLAHOMA STATE UNIVERSITY ON RECENT PET HEALTH STUDIES OF EFFECTS OF SECONDHAND SMOKE FOR HOUSEHOLD PETS WARN THAT:

-  DOGS INHALING SECONDHAND SMOKE ARE THREE TIMES MORE LIKELY TO DEVELOP LUNG OR NASAL CANCER THAN DOGS LIVING IN A SMOKE-FREE ENVIRONMENT
-  CATS LIVING IN A HOUSEHOLD WITH SECONDHAND SMOKE ARE AT HIGHER RISK OF ORAL CANCER AND LYMPHOMA, POSSIBLY DUE TO LICKING THEIR FUR WHILE GROOMING
-  PET BIRDS EXPERIENCE RESPIRATORY PROBLEMS FROM SECONDHAND SMOKE
-  CIGARETTE BUTT CONSUMPTION CAN BE DEADLY, ESPECIALLY FOR PUPPIES

“What time is it when you NEED to go to the dentist?”

“Tooth hurty!”

The highest compliment our patients can give is the referral of their friends and family.

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All Because of you!

Patient referrals of family, friends, co-workers and acquaintances has always been our favorite means to maintain and grow our practice. It demonstrates your trust in us and satisfaction with the care we are able to provide, and that you feel comfortable in our office and with our staff.

We always welcome new patients and families to our practice and greatly appreciate your telling them about us. Thank You!



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