

Montana Dental Association Annual Meeting



Our staff took a day away from the office the last Thursday of April to attend the MDA Annual Meeting, held over two days in Missoula. This meeting rotates among several other cities so it is hosted here in town only every few years, and we all took advantage to attend clinical and administrative continuing education courses, a trade show, and connect with colleagues from around the state. Oh yes, other events were a golf tournament, a tour of Paradise Dental Technologies Factory and an interactive evening of entertainment with professional and outstanding amateur singers of the Missoula based Montana Lyric Opera company, producers of Puccini's *Madama Butterfly* this August and of *Opera on Draft* in the Badlander, teaching us to "sing opera in five beers or less".

Courses available touched on aesthetic considerations in restorative dentistry; financial planning; productive postures for continuing good health; best practices and advanced dental disease prevention for young children; and how to best navigate the morass of government supported children's dental health programs.

A favorite course addressed medical and legal issues in dentistry. It focused on what we do every day: be nice to people, treat them the way we'd like to be treated and they'll be nice to us in return.

Dr Jones purchased 3 tickets in a raffle benefiting the Montana Oral Health Foundation and won a wine basket and overnight package in one of several luxury hotels around the state. We all had a good time and look forward to applying what we learned with our patients.

Health Notes

Head and neck (H&N) cancers are among the fastest spreading of all, making early detection vital to treatment and survival.

Our office routinely performs H&N screening at initial and periodic (continuing care) exams. Both Dr Jones and our hygienist use tactile and visual checks along with a brief question or two.

Alcohol and tobacco use increase H&N cancer risk, although those who abstain don't get a free ride and still should be screened regularly.

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There's a lot more to this subject, including the fun words Xylitol and Xerostomia...

In our August, 2009 newsletter (<http://jackiejonesdmd.com/?p=newsletters> if you don't have one squirreled away), we mentioned the no charge Caries Risk Assessment to help identify individual risk for caries, the cavity causing disease resulting from acid produced by oral bacteria. Also, we offer a simple test to provide further information and, if indicated, treatments to reduce that risk for new cavities

Xylitol is a sweet white naturally occurring crystalline substance found in many fruits such as raspberries, strawberries and kiwis, and in other plants too. Xylitol is often used as a sugar substitute in oral health products and for its cavity fighting benefits.

Xylitol is approved to reduce cavities by both the Food and Drug Administration and the American Dental Association. Years of scientific studies have shown that xylitol inhibits some bacteria's ability to adhere to teeth and tissues of the mouth, nose and throat. You'll find out just how xylitol works and why this is a good thing a little later - be patient.

Why is xylitol important for the health of your teeth?

Caries is a disease process caused by bacteria that live in your mouth. If unchecked, caries can lead to tooth decay. When given a chance, these bacteria attach to your teeth, where they consume sugars and cooked starches from the food you eat and soon begin producing acids. These acids penetrate the enamel surfaces of your teeth to dissolve away the minerals calcium and phosphorus. When the protective enamel on your teeth is breached, you have a cavity. Cavities can rapidly lead to infection, pain and possibly tooth loss

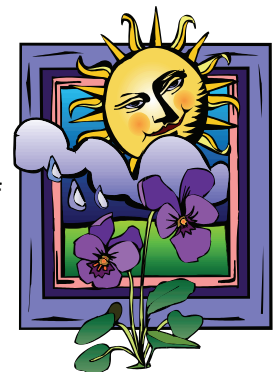
What can and should you do to counter this process?

- ★ If you brush your teeth well and often, you reduce harmful bacteria and less acid is produced.
- ★ Saliva can help repair the damaged enamel by neutralizing the acids and replacing lost minerals. If you experience xerostomia (another fun x-word meaning insufficient saliva production) you lose a lot of saliva's remineralizing and repair capacity and cavities can run rampant. We can steer you toward mouth rinses and sprays to stimulate saliva production or neutralize the acids present.
- ★ Reduce consumption of highly acidic foods and drinks like carbonated sodas, high sugar energy drinks, citrus fruits and juices.
- ★ Rinse your mouth with plain old water soon after consuming acidic foods or drinks and sweets to dilute the acid, whatever its source.
- ★ Monitor snacks during the day. Your mouth remains acidic for at least 30 minutes after eating high sugar and starch foods. Brushing during this time period can cause some loss of enamel unless you have diluted or buffered this acid with water, xylitol gum or rinse first.

Now for the fun stuff!

- ★ Chew gum sweetened 100% with xylitol between meals. (The 100% is important; a little xylitol doesn't count). Remember that xylitol inhibits bacteria's ability to adhere to teeth and mouth tissues. It also cannot be converted to acids by bacteria, increases salivary flow and aids in remineralization of damaged enamel.
- ★ We like Spry brand xylitol gum. Pick up free samples in our office and information on where to purchase your own supply.
- ★ Consider using Xylitol toothpaste, it tastes good and is available, along with lots of other good information on tooth care at <http://www.myxylitol.com/vmchk.html>.

Tooth decay is a preventable bacterial disease. Let's try to eliminate cavities.



TALK ABOUT MULTI-TASKING...

Paul Revere worked as a silversmith, a copper plate engraver, a dentist, and still found time to warn the countryside when the Brits were coming.

'Spouse he had sparkling white perfect teeth?



A NEW FACE



Timmye Wilkinson has joined our staff as a dental assistant. She is a native Montanan, born in Missoula. Timmye and her children are completing a move back to Missoula from Superior. She has worked as a dental assistant for 8 years, says she is easygoing and likes to make people laugh- we agree! Hiking, fishing and working the barbecue are favorite spare time activities.

WORKING VACATION

Ummm boy...hush puppies and crawfish! Dr Jones is thrilled to be riding the iconic *CITY OF NEW ORLEANS* passenger train to attend the Academy of General Dentistry 2010 meeting July 7-11 in New Orleans. Other staff members plan to take vacations at the same time, so our office will be closed



from Monday, July 5 through Wednesday, July 14. We'll check phone messages to the office regularly and return calls. 3 local dentists will be available for emergencies, if necessary.

SHOULD WE? OR SHOULDN'T WE?

A new dental product called OraVerse has recently come to our attention. We'd like your input on whether or not it might appeal to you to offer as an option in our office.

You've probably experienced the peculiar "numb, fat lip" feeling remaining for several hours after a local anesthetic. This after effect can result in drooling, difficulty speaking clearly and inadvertent tissue trauma, not to mention social embarrassment. Time, patience and physical activity increase circulation and can speed up your return to normalcy, but this can still take several hours.

OraVerse is a local anesthesia reversal agent for those age 6 years and older wanting a quicker return to normal sensation and function. Once the dental procedure is complete, OraVerse is administered via a secondary injection at the already numb site of the anesthetic application

Average soft tissue reversal time with OraVerse is one hour, compared with 3-4 hours without. The fee for OraVerse in our office would be around \$25.

If speedier than normal reversal of post anesthetic numbness with OraVerse appeals to you, please let us know:

- Call us at 542-3305
- Email us through the contact page at jackiejonesdmd.com
- Or, just let us know at your next visit.

You could receive a prize for your response! We'll randomly select a winner to receive a complimentary exam at his or her next continuing care appointment.

Thank you! Your response will help us evaluate services our patients would value.

You Could Be a Winner!

Our past month winners of the monthly drawing are Lynn Blotzke was a winner of an Arbonne Spa Soak Set, Helen Kelly was selected for an Applebee's gift card, Kathy Mehring received a VISA gift card and CarolAnn Durnford was the winner of a Starbuck's gift card.

Don't forget to sign up at each visit!

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

Jackie S Jones DMD

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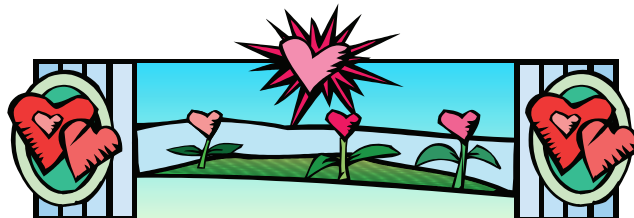
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We like you!

We like you! We constantly remind ourselves to treat each patient who comes in our door or calls for an appointment just as we would like to be treated ourselves. Hopefully, you like how we treat you and are willing to share your experience with your family, friends, co-workers and acquaintances.



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