



# SMILE • PERFECTION

• WITH DR. ALAN FOSTER •

Produced to improve your dental health and awareness

Winter 2010

## fromthedentist

### Exceeding Expectations Our daily pledge

It's a matter of great personal and professional pride to me and to my team that we provide you and your family with personal, customized attention and the highest quality of care. Do you know how we decide what constitutes excellence in care for you? Every time you return to our practice, give us your positive feedback, and refer someone you know to us, you're telling us that we're continually raising the bar.

Your support motivates us to work hard to provide the services you want ... and to keep them up to the superior standards you expect. In turn, our commitment to continuing education and leading-edge dentistry keeps our practice unique.

Thank you, from all of us, for your wonderful feedback, your loyalty, and your ongoing referrals.

*Yours in good dental health,*

**Dr. Alan Foster**

## turnthepage

Get your sizzle back!

Keep oral cancer at bay!

Healthy gums: facts & tips!

## Smiling With Implants

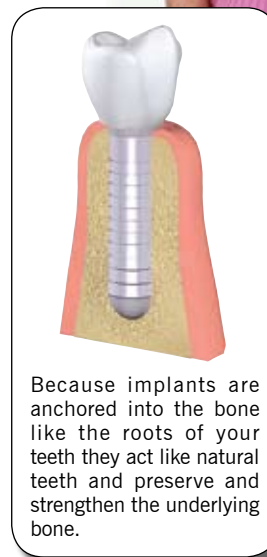
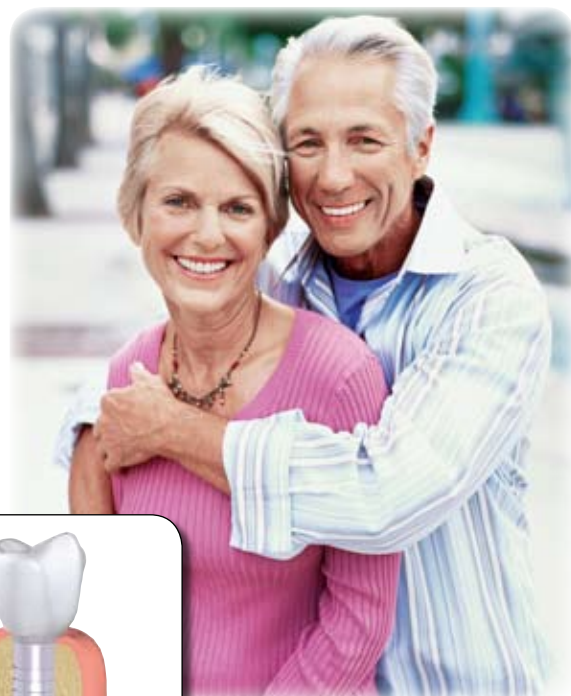
**They won't know if you don't tell!**

Who wouldn't want to look better, speak better, eat better ...and smile more? Dental implants are now the treatment of choice for many people who need to replace missing teeth.

Interestingly, implants are considered by many dentists to be a more conservative intervention than traditional bridges or fixed partial dentures. They require only normal brushing and flossing to maintain oral health, unlike bridges that may make cleaning awkward. Because implants are anchored into the bone like the roots of your teeth, they act like natural teeth and preserve and strengthen the underlying bone. There is no need to shape adjacent healthy teeth, and there are no plates to affect comfort and fit.

An implant has two parts: a root made of biocompatible metal, and a custom-made tooth crown which is attached to it. Most implants are made of titanium, an inert metal proven effective at fusing with living bone.

In one survey, patients who had their prosthetic appliances replaced with implants rated them nine out of ten – second only to natural teeth, and far



Because implants are anchored into the bone like the roots of your teeth they act like natural teeth and preserve and strengthen the underlying bone.

above the two out of ten for their prosthetics! If you're worrying about your age ... *don't!* The oldest known implant patient is 88; the youngest 15.

Call us for a consultation. With implants, your friends won't know how you're looking so good – but you'll feel so great, you might just want to tell them!

### Win an iPod Nano!

See Brushing Tips  
Contest on the back page  
on how to win.



*Thank you for all your referrals – we appreciate them!*

## 4 STEPS ... In 3 minutes!

Flossing for three minutes once a day is essential to clean between your teeth and at the gumline where gum disease can take root. Choose a regular time, like bedtime, and a floss that works best for you – thick or thin, flavored or unflavored, waxed or unwaxed.

*Floss each tooth thoroughly with a clean section of floss...*

- Wind 18" of floss around the middle fingers of each hand. Pinch 1-2" of floss between your thumbs and index fingers.
- Use thumbs to direct floss between upper then lower teeth.
- Gently guide floss between your teeth by using a zigzag motion.
- Contour floss around the side of each tooth. Gently slide it up and down against each tooth surface and under the gumline until your teeth are "squeaky" clean.



## Are You Progressing?

Why the answer just might surprise you!

**Periodontal disease.** The name has kind of a high falutin' ring to it. That's true of most Latin-based medical names. Believe us when we say that there's nothing grandiose about pain, bleeding, tooth loss, and bone loss due to inflammatory gum disease. This disease develops gradually over time if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria.

### Periodontal disease is progressive...

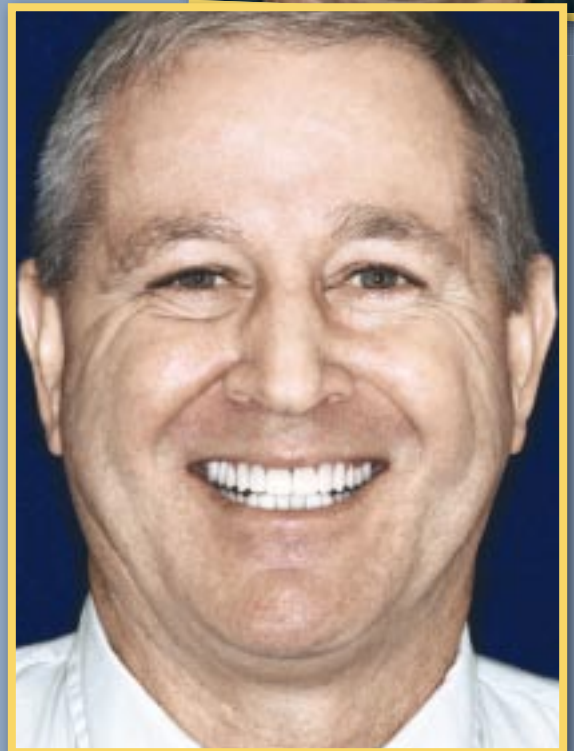
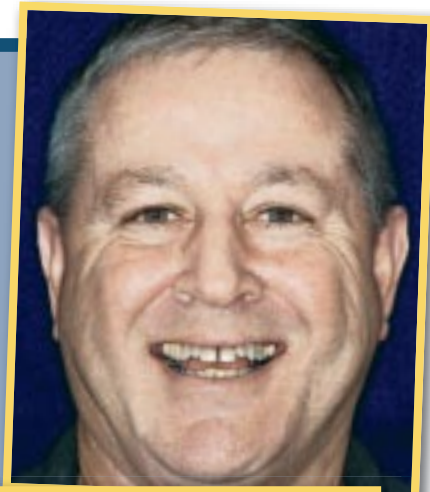
**Gingivitis:** Although healthy intact gums or gingivae act as a protective barrier against destructive bacteria, once damaged, they lose their effectiveness. Initially you might be symptom-free or experience mild symptoms of infection such as redness, swelling, and slight bleeding during brushing. This stage is relatively simple to treat and reverse.

**Periodontitis:** This is a more advanced infection, damaging the underlying ligaments and bone. Without intervention, your gums will shrivel away and expose your tooth roots, leading eventually to tooth loss.

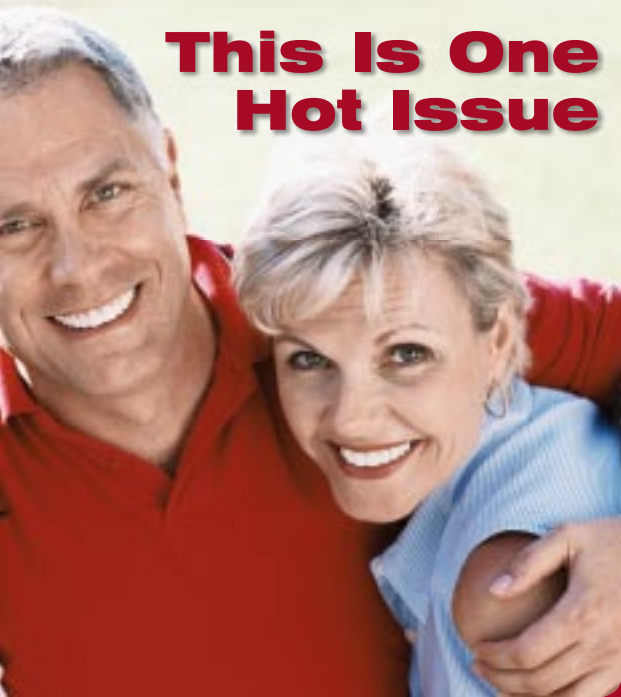
### There are known risk factors for periodontal disease...

- **Tobacco consumption.**
- **Hormonal changes** during adolescence, pregnancy, mid-life.
- **Challenges to the immune system** including poor nutrition, stress, and systemic diseases like diabetes, cardiovascular disease, and arthritis.
- **Side effects from some medications.**
- **Clenching or grinding your teeth.**
- **Heredity.**
- **Barriers to good oral hygiene** include crowded teeth, ageing fillings and restorations, inconsistent home care routines, and missed recare appointments to remove plaque buildup and prevent gum disease.

**Call us for an appointment – any time!**



# This Is One Hot Issue



## Find out why you need to know about it

Scientists believe that chronic inflammation may be at the root of many debilitating illnesses. Imagine how much suffering could be relieved with a single magic-bullet solution that would cure or prevent inflammatory illnesses like heart disease, arthritis, cancers ...and gum disease.

Inflammation is your body's reaction to threatening pathogens. When the enemy has been destroyed,

inflammation should retreat until the next battle. That's called transitory inflammation. When the process stalls out and inflammation continues instead, the body attacks healthy cells in the absence of an invader. Scientists speculate that a long-running bacterial infection like gum disease can actually tip your body's balance toward chronic inflammation.

*Gum disease has been associated with inflammatory diseases that include...*

**Osteoarthritis** and **rheumatoid arthritis**

**Diabetes**

**Cardiovascular diseases**

**Lung infections**

Gum disease has also been associated with some **cancers**, complications of **pregnancy** and delivery, **osteoporosis**, and **kidney diseases** among other **systemic illnesses**. Monitoring of oral health is essential for everyone, but particularly if you suffer from a chronic inflammatory or systemic disease. Please keep us up to date so that we can optimize your oral care.

## Practice Makes Perfect

### Word to the wise!

Wise people practiced green fashion long before it became environmentally chic. Investing in classic quality pieces has always been the quintessential way to avoid unnecessary waste and expense. Same with your smile! When you invest in your oral health, two things happen. First, you avoid a lifetime of increasingly extensive and expensive dental work. And second, there's a bonus ... you can choose cosmetic procedures – dental or otherwise – with confidence.

Think about it. What is the point of cosmetically rejuvenating your face only to reveal puffy receding gums, or discolored, crooked, chipped or fractured teeth?

If you've never liked the look of your smile, or if your sizzle has aged into a sputter, we can provide cosmetic enhancements like teeth whitening, bonding, porcelain veneers, and gum sculpting. With oral health, the choice is yours.

Your healthy smile – it's sustainable – and empowering!

## Live Life Well

### Fight oral cancer

Knowing that the *lifestyle choices* you make can affect your risk for oral cancer is an important step toward its prevention. Although people who smoke or use smokeless tobacco remain at highest risk, for the great majority of those who do not use tobacco, dietary choices and physical activity are the most important modifiable factors of cancer risk.

Here are the *American Cancer Society's* recommendations for individual choices:

1. Eat a variety of *healthful foods*, with an emphasis on plant sources.
2. Adopt a *physically active* lifestyle.
3. Maintain a *healthful weight* throughout life.
4. If you drink alcoholic beverages, *limit consumption*. Alcohol combined with tobacco increases the risk of oral cancers.

Your other most important step? Regular dental exams. Oral cancer can be caught early, even as a pre-cancer.



# Kiss Off Success

In a British study, men ranked bad teeth as the number one turn-off against kissing. And yet, men are notoriously more likely than women to ignore their oral health, even though it is linked with longevity and an attractive appearance.

An Academy of General Dentistry survey found that men are more likely to have gum disease than women. Gum disease can detract from your overall health as well as your appearance and can cause bad breath.

Gum disease is the leading cause of tooth loss among adults and is called the Silent Disease because it begins silently, without any symptoms.

If you have any of these symptoms, gum disease has already progressed...

- ...Persistent bad breath;
  - ...Red, swollen, or tender gums;
  - ...Bleeding gums;
  - ...Loose or shifting teeth.
- Socializing doesn't motivate

everyone – smile power has many facets. Consider: three out of four individuals believe that an unattractive smile can hinder careers!

Dentistry can halt the progress of gum disease very effectively and can even reverse its effects. Combined with a good routine of home care, you can have a fresh, wholesome, attractive smile in no time.

We'll always encourage you to enjoy the benefits of excellent oral health... and your appearance.



## officeinformation

### Foster Dental Care

Dr. Alan Foster  
2150 NW South Outer Road  
Blue Springs, MO 64015-6425

### Office Hours

Monday 8:00 am – 7:00 pm  
Tue & Wed 8:00 am – 5:00 pm  
Thursday 7:00 am – 5:00 pm  
Friday 8:00 am – 12:00 pm \*  
\* Phones answered 8 am – 5 pm

### Contact Information

Office (816) 228-6988  
Fax (816) 228-8494  
Web site www.fosterdentalcare.com

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### Office Staff

Michelle, Pamela, Dolly .....  
.....Dental Hygienists  
Desiree, Lindsey ..... Dental Assistants  
Staci..... Patient Coordinator  
Ashley .....Scheduling Coordinator  
Robin ..... Financial Coordinator  
Kara .....Hygiene Coordinator  
Meghan ..... Marketing Director



## New Patients Welcome!

### Our door is open

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients – the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.

## Brushing Tips Contest WIN an iPod NANO!

Do you have an ingenious game or tip to get your kids to brush regularly and properly? If so, we'd love to hear from you. We're having a contest to see who has the most innovative method. Send your tip to Staci@fosterdentalcare.com or fax to 816-228-8494 or drop it off in person. The winner will receive an iPod Nano and their story will be published in our next newsletter.

**So now's your chance to tell the rest of the world how it's done!**

