

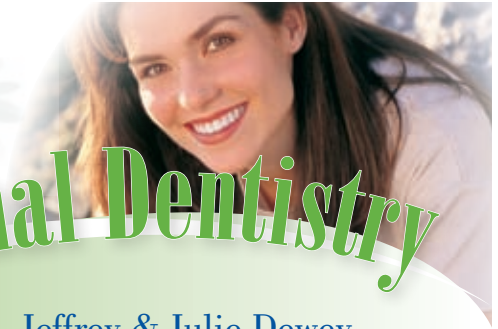


DEWEY DENTAL PC



# Exceptional Dentistry

with Drs. Jeffrey & Julie Dewey



Produced for the Patients of Dewey Dental, PC

Fall 2011



## Welcome!

### Our new newsletter

Welcome to the very first issue of *Exceptional Dentistry*, a newsletter designed to keep you informed of new ideas and concepts in the field of dentistry. Over the next few issues we will bring you information on areas such as cosmetics, whitening, implants, and many other topics where dentistry has made

terrific advances over the last few years. We also hope to bring you information that is particular to our office, of which you are the most important part.

This newsletter relies on your input to be successful, so please mention any topics that you would like to see included in a future issue. If you happen to receive two issues, please share one with a friend who you feel might benefit from the services and care that we provide.

*Yours in good dental health,*

*Drs. Jeffrey & Julie Dewey*

## turn the page

Are your prevention efforts effective?

6 ways to an ageless smile!

Teach your kids well!

## BACK TO SCHOOL?

*It's recare time!*



It's an exciting time of year for your children - a fresh start, new expectations and even a little trepidation. The summer nights have gotten a bit cooler and your young scholars are back in school! This year, remember to schedule your child's back-to-school dental exam now.

We'll take this opportunity to give your child's teeth a thorough cleaning and we'll closely inspect their teeth for decay, discoloration, chips, cracks, and periodontal and orthodontic problems.

Your teens may be more concerned with the look of their teeth and with the freshness of their breath. Some treatments may be as simple as a reminder of the importance of good dental hygiene while others may be slightly more involved. Whatever the concern, we can help your teens to feel their most confident.

If your child is going to be involved in sports, we can fit them with a sports mouthguard to protect their teeth from injury. Remember, an ounce of prevention is worth a pound of cure!

We look forward to seeing your teens and little ones!

from the dentists

*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!**





# Welcome our newest staff member,

*Nancy Piper!*

In the short eight months that we have gotten to know Nancy, we have all come to appreciate her uplifting spirit and smile. She makes everyone in the office feel happy, even when the weather outside is not anything to be happy about! If you have not met Nancy yet, call and book your next appointment as she is looking forward to meeting you! Nancy will be the first person you will meet when you enter the office and the last person you will talk to when you leave. I'm sure that you will agree that she is a joy to talk to and we look forward to having her be a part of the *Dewey Dental* team for many years to come.

Please join us in welcoming Nancy to our team!

- Jeffrey & Julie Dewey, DDS



*Corner*

## Our Incredible Hike Beautiful and cold

Although we are fully committed to our dental practice, like everyone else, we do need to get away every now and then. Our most recent adventure was to Alberta, Canada where we embarked on a breathtaking hike.

At the extensive *Jasper National Park*, which covers over 621 miles, we took a walk around Mt. Edith Cavell. What a beautiful place. As you can see in our photo, it was bright and sunny, but you wouldn't believe how crisp and cool it actually was! You may also notice all those little trees in the background ... those tiny pine trees have had their growth stunted by the altitude and are actually hundreds of years old. Isn't that bizarre?!

We fully enjoyed our trip to Alberta, but are happy to be back in Portland ... and home in our practice.

## office information

**Dewey Dental, PC**  
Jeffrey P. Dewey, DDS  
Julie Y. Dewey, DDS  
5528 SE Powell Boulevard  
Portland, OR 97206-2956

**Office Hours**  
Mon – Fri 7:00 am – 3:30 pm

**Contact Information**  
Office (503) 788-1008  
Fax (503) 788-5035  
Email info@deweydental.com  
Web site www.deweydental.com

**Office Staff**  
Tudy ..... Office Manager  
Kelly, Ryana ..... Hygienists  
Sara, Robbin ..... Assistants  
Janice..... Financial Coordinator  
Nancy..... Patient Coordinator



## Our Easy HPV Test! Swish and spit

Recently, more than 25% of oral cancer victims have been under age forty and have none of the known lifestyle risk factors like tobacco, alcohol use, diabetes, or HIV. It has now been established that people can develop oral cancer through certain strains of the *human papilloma virus (HPV)*. Now, we are proud to be able to offer you the *OraRisk® HPV Salivary Diagnostic Test*, from *OralDNA® Labs*.

The test is easy:

- first you swish a sterile saline solution for 30 seconds,
- once the 30 seconds is up, we'll have you spit the solution into a special tube,
- we'll send this sample to the OralDNA labs for analysis,
- and then when we receive your results, we'll let you know!

Don't delay. Call us to get tested for HPV today!

## Welcomed! Appreciated! Patient referrals

Some of our patients assume that our dental practice is closed to new patients. The truth is that we always accept new patients, particularly if they come to us as referrals from you. If you know someone who you think would benefit from our state-of-the-art dental practice, we would very much appreciate you referring them to us.

When you refer new patients, they will receive the same courteous, skilled, professional, and friendly service that you receive.

To show our appreciation for your trust and belief in us, we will be delighted to present you with a \$25 gift certificate to *Fred Meyer* for each new patient referred. Thank you for keeping us in mind.