



Washington Smiles  
COMPLETE HEALTH DENTISTRY

Complete Wellness  
Begins With  
A Healthy Smile!

Produced to improve your dental health and awareness

Spring 2014

from the dentists

## Spring Into Action!

### Keep your recall

It could take the warm kiss of the sun, the first balmy breeze, or raindrops spilling over sidewalks, but eventually, even the most preoccupied among us has to smile at spring's arrival. And once awakened, there's no stopping the springtime self-improvement ritual. Whether you'll be making an appearance at a graduation, wedding, or garden party, the focus is forward ... to looking and feeling your best.

We can help your smile with a spring cleaning that will invigorate your mouth. We can also catch and control potential problems, and give you a refresher on home care. Prevention is the real secret to a problem-free smile! And with cosmetic dentistry, you can smile with an extra dash of verve and confidence.

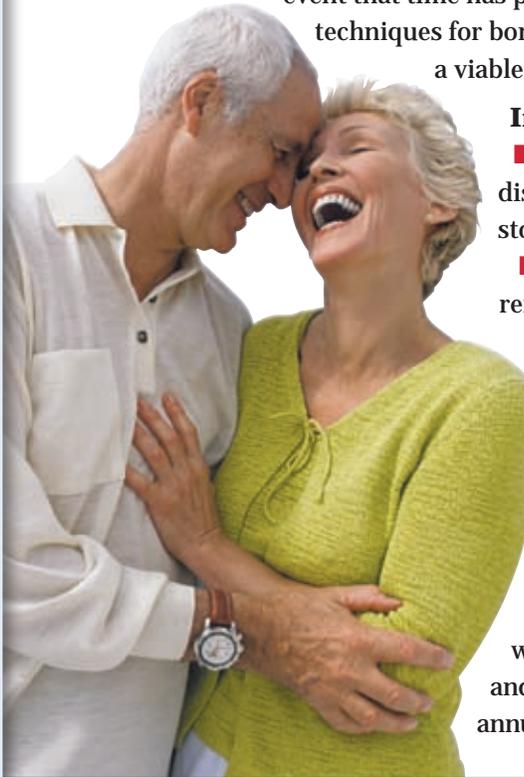
So spring into action! Call us to arrange your appointment!

*Yours in good dental health,*  
Dr. Melissa Smith,  
Dr. Michael Frede,  
Dr. Aruna Astuto &  
Dr. John Boain

## It's For Real

### Protect your future with dental implants

Dental implants, once considered the wave of the future, have become virtually routine in practices like ours with teams that have received special training. Ideally, an implant should be placed immediately after losing even one tooth to protect you against receding bone and shifting teeth. Even so, in the event that time has passed and bone loss occurred, modern techniques for bone regeneration make dental implants a viable option for many people.



#### Implants can be used...

- to replace teeth lost by decay, gum disease, or trauma once the jaw has stopped growing.
- to secure and prevent slipping of removable dentures and bridges.

There is little down time, and while there are some procedural differences between placing cosmetic implants and those to anchor bridges or dentures, for best results we prefer to do it in stages...

We consider dental implants to be the gold standard of care and hope you will too. They are time-tested, predictable, and so reliable that millions are placed annually in North America.

### Check Out Our New Website!

It's official! Our new website [www.Washmosmiles.com](http://www.Washmosmiles.com) is now live!

We want to keep you abreast of things at the office and have included special features to ensure you now have convenient access to your account, insurance information, as well as our patient forms. You can also make payment to your account directly from the website!



**Fan of Facebook®?** Like our page and you will receive a full size tube of toothpaste FREE!

THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!

# Your Perfect Fit

Families come in all shapes, sizes ... and generations. That's why we have cosmetic solutions to fit everyone! Whether you need a cover-up for a sports injury or an energizing confidence pick-me-up, you can choose from many versatile and virtually invisible alternatives.

**White fillings** can make a smile brighter and more naturally healthy looking.

**Crowns** can restore severely damaged or broken teeth – without metal – so they look absolutely natural. When attached to bridges, they can support replacement teeth.

**Veneers** will cover tooth surfaces to disguise flaws such as gaps or crooked, chipped, or discolored teeth. Your teeth can even be reportioned to look longer, wider, and more even.

**Implants** combine the beauty of crowns with one or more artificial roots for a permanent and beautiful tooth-replacement solution.

**Teeth whitening** is a powerful smile-brightening option. It's also your easiest and quickest pick-me-up!

Interested? We'd love to help you decide what's the perfect fit for your smile! Call for a consultation today!

BEFORE



AFTER



Results may vary

## *Diss That Bliss*

### **& Go healthy!**

Sugar has no food value – that's bad. And it's toxic – that's terrible! Scientists believe that sugar consumption is a contributing factor in Alzheimer's, cancers, liver damage, and many other diseases.

It's a myth that alternatives like honey or brown sugar are more healthful than white sugar, but what you can see and measure isn't your biggest threat. It's the hidden sugars in processed foods, especially designer foods scientifically formulated to hit your bliss point – the addictive saturation point where you want more. Within the soft drink industry, the best customers have actually been called "heavy users"!

What can you do? Drop the soft drinks, candy bars, and processed foods, and try some fresh food instead! And remember that food labels can be misleading, so just use common sense!

## Fun, Fast, & Super Friendly

### Run with it!

This breakfast has something for everyone! It's diabetic-friendly, nutritious for everybody, and is a good source of calcium which is great for strong tooth enamel. You can easily make it the night before and mix it up a bit – try different yogurt flavors and add nuts for extra protein!

#### PREP TIME: 5 MINUTES

- 1/4 cup mixed berries
- 1/2 cup low-fat or no-fat yogurt
- 1/3 cup oat bran or muesli
- a handful of dried cranberries

#### DIRECTIONS:

1. Mix fruit, cranberries, & yogurt in a cup or bowl.
2. Top with your chosen breakfast grain.
3. Enjoy immediately or cover & refrigerate until ready to eat.





## Ditch The Dread **Enjoy instead!**

You've spent a lifetime creating emotional memories and we'd like to help you create some great new ones! Here are some tips that can help dental fear disappear...

### BEFORE YOU ARRIVE:

1. Control your imagination. Expect the best outcome.
2. Talk to us. Let us know how you're feeling.
3. Have a snack that is high in protein to stabilize your blood sugar. This will help calm your nerves.

### WHILE YOU'RE HERE:

1. "7/11 breathing" short-circuits anxiety: inhale for 7 counts, exhale for 11 counts.
2. Distract yourself with your favorite soothing music.
3. Pre-arrange hand signals with us to let us know when you need a break. You stay in control and we know how you're feeling.

Maintain a positive attitude and don't be hard on yourself. We understand and we know we can help you defeat your fear so that you can celebrate your beautiful smile.

## Controlling Your Risks **Diabetes can affect your oral health**

Nearly 26 million North Americans are affected by diabetes, while an estimated 79 million adults aged 20 years or older have "prediabetes" where blood sugar is higher than normal but not yet high enough for a diabetes diagnosis. That's scary because **diabetes is a major risk factor for systemic illnesses** including Alzheimer's and cardiovascular diseases. Both have been linked to advanced gum disease, and since diabetics are also more prone to gum disease, they need to be vigilant about their health.

### GUM DISEASE HAS BEEN CALLED A COMPLICATION OF DIABETES...

- If you are diabetic, you are more likely to develop infections, including gum disease.
- Gum disease can make it more difficult for anyone to control blood sugar, especially if you are diabetic.
- Uncontrolled blood sugar can increase your risk of complications.

If you're diabetic, then chances are that your general health is being monitored by your physician. We recommend that you see us regularly as well so that we can ensure any gum problems are dealt with promptly. Brushing, flossing, antibacterial rinses, and a healthy diet will all contribute to a healthy mouth and a healthy body.



**26 Million** North Americans are affected by diabetes.



**79 Million** adults aged 20 years or older have prediabetes.



**400-700%** increased risk of premature death if you have diabetes & bleeding gums.

# A Healthy Body Starts With A Healthy Mouth

Healthy Gums are Freedom From	Healthy Teeth are Freedom From	A Healthy Bite is Freedom From	Oral Health is Freedom From	Cosmetic Health is	Healthy Habits are
<input type="checkbox"/> Gum Disease	<input type="checkbox"/> Cavities	<input type="checkbox"/> Jaw/Joint Discomfort	<input type="checkbox"/> Oral Cancer	<input type="checkbox"/> A Bright Smile	<input type="checkbox"/> Brushing 2 times per day
<input type="checkbox"/> Red/Swollen or Bleeding Gums	<input type="checkbox"/> Sensitivity to Hot, Cold, Sweets or Biting Pressure	<input type="checkbox"/> Clicking/ Popping Jaw Joint	<input type="checkbox"/> Dry Mouth	<input type="checkbox"/> Straight, Uniform Teeth	<input type="checkbox"/> Daily Flossing
<input type="checkbox"/> Gum Recession	<input type="checkbox"/> Broken/Chipped Teeth	<input type="checkbox"/> Clenching/ Grinding Teeth	<input type="checkbox"/> Chronic Acid Reflux	<input type="checkbox"/> Matching Teeth, Crowns & Fillings	<input type="checkbox"/> No Nail Biting
<input type="checkbox"/> Loose Teeth	<input type="checkbox"/> Missing Teeth	<input type="checkbox"/> Excessive Tooth Wear	<input type="checkbox"/> Bad Breath/Taste		<input type="checkbox"/> No Ice Chewing
		<input type="checkbox"/> Frequent Headaches	<input type="checkbox"/> Oral Infections		<input type="checkbox"/> No Tobacco Use
			<input type="checkbox"/> Snoring		
			<input type="checkbox"/> Oral Discomfort		

## The facts are...

### office information

#### WASHINGTON SMILES COMPLETE HEALTH DENTISTRY

Melissa Smith D.D.S.  
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#### Office Hours

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**Saturdays by appointment**

#### Contact Information

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#### Office Staff

Cara ..... Director of Operations  
Lynn ..... Appointment Coordinator  
Heather ..... Health Coordinator  
Brittany ..... Treatment Coordinator  
Kim C. .... Financial Coordinator  
Susan, Erin, Kim D., Nicole, Jess, Terrie  
.... Expanded Functions Dental Assistants  
Nora, Laura, Karen, Krista, Renée.....  
..... Registered Dental Hygienists  
Shelly ..... Hygiene Assistant

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.

