

Smile Awhile

with Dr. Marcus E. Paul

Produced to improve your dental health and awareness

Summer 2008

fromthedentist

How To Fill Up For Free

Looks like the price of gasoline is really putting a big dent in our household budgets. So, we have figured out a novel way for you to fill up your tank lots of times for free! No, we don't mean fill up your tank and then drive off. That would land you in the slammer and we would terribly miss seeing you in our office.

Here's what we think may be a better way! Each time you refer a new patient to our office, we will enter your name in a drawing for a \$250 gas card! However, it doesn't stop there! The person who refers the most patients to our office will also win a \$250 gas card! The contest begins when you receive this newsletter and ends on October 30, 2008.

When the person you have referred comes to the office, be sure to remind them to tell us you sent them. Just to be on the safe side, after the new patient has had an appointment in the office, call us to be sure that you have been entered in the drawing for referring the new patient to us. Good luck to everyone and get ready to start filling up your gas tank for free!

Yours in good dental health,



Visit us on the web at
www.marcusepauldmd.com

Sign Of The Times

There is a new focal point for people to see as they travel on Brent Lane in Pensacola, FL. The beautifully inscribed sign in front of Dr. Paul's office is a welcoming sight for all to see.

Designed by the doctor and *Elite Sign Company*, the picture of the waving sea oats set against blue sky and sugar white sand depicts Pensacola at its best. The LED sign is illuminated at night and also gives the time and temperature as an added bonus for busy commuters.

It is a great reminder of the gentle dentistry that occurs behind the sign and the doors of 555 Brent Lane.



Thank you for all your referrals. We appreciate them!



You'll like it!

Look At That

Ugli fruits are named after their greenish-yellow appearance, odd shape, and lumpy, bumpy skin. Imagine a *really* ugly grapefruit.

Tasty Treat

This mandarin hybrid has a very sweet citrus taste and is said to combine the best qualities of Seville oranges, tangerines, and grapefruit. Ugli fruits are sweetest from their native tropical West Indies and Asia, though they have been grown in the sub-tropical United States since the 1930s. Nearly seedless, uglis peel easily for quick snacks or as an unusual feature in salads, stir fries, or stews.

For Your Oral And Overall Health

Ugli fruit is an excellent source of vitamin C, an antioxidant which promotes healthy gums and fights cardiovascular disease, plus it's a good source of fiber as well as folate which is an important B vitamin that promotes oral health.

Prevention Is Better

Two things you don't want to share!

We all host bacteria in our mouths so everyone is potentially vulnerable to decay and gum disease. Here are some facts you may not know...

■ Bacterial Infections

In **caries** (decay), *Streptococcus mutans*, is the major bacterium that uses sugar to produce acids that dissolve dental enamel, creating cavities.

In **gum disease**, plaque – the soft thin film you feel on your teeth – is a *biofilm* which hosts many different bacteria.

■ Transmissible

You can pass on **gum disease** and **caries** bacteria to the people you care about – even babies whose teeth have yet to erupt – by kissing, blowing on food, or sharing utensils.

■ Preventable

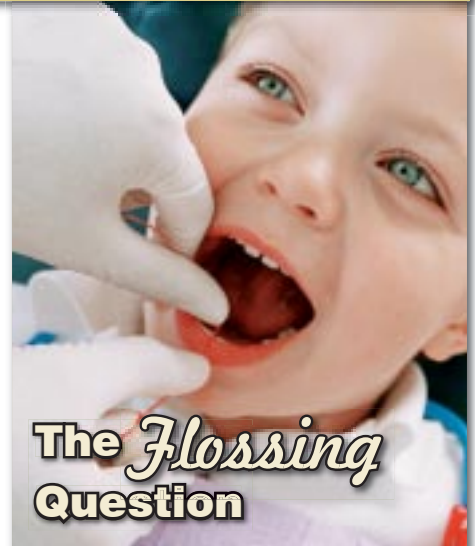
You can minimize your risk for **caries** by avoiding sugary carbohydrates and keeping saliva flowing. Saliva is your natural buffer against acid. Daily removal of soft plaque by brushing and flossing keeps it from building up then turning into hard tartar or calculus, promoting **gum disease**.

■ Reversible

In the earliest stages when **caries** are white patches, remineralization (assisted by our saliva) can reverse the process. As the caries progressively become darker in color, treatment becomes more complex and invasive.

Gum disease can appear silently and we can reverse it with prompt treatment before it progresses to produce swollen, tender, bleeding gums, and deep pockets of infection that can lead to tooth loss.

We have many effective strategies to prevent and treat these two diseases, so please – keep your regular appointments.



The Flossing Question

Ever too young?

As soon as two teeth touch, between six months and one year, kids need daily flossing to avoid gum disease. Only flossing can remove the biofilm and food particles that build up between their teeth and below the gumline where a toothbrush can't reach. Here's how to floss your child's teeth...

First, wrap an 18-inch strand of floss around your middle fingers just as you would for yourself, and hold a one-inch section tightly.

Then, gently ease floss between each of your child's teeth, unwinding clean floss as you proceed.

Too squirmy? Consider colorful, flavored, kid-friendly floss sticks that can change colors and come in favorite character shapes.

Between the ages of 5-10, most children can floss their own teeth. And thanks to your perseverance and great example, they'll want to!



Evaluate Your Family Dental Values

At every stage of life, your oral health and attractive smile are invaluable assets

LIFE STAGE

FOCUS

HOW WE CAN HELP

Infants & Children



- Healthy gums and teeth
- Proper spacing and bite alignment
- Protection against sports and play injuries

- Prevention and monitoring with regular dental visits starting when teeth erupt
- Early orthodontic assessment
- Oral hygiene instruction
- Custom-fitted mouthguard
- Emergency care

Teenagers



- Greater awareness of social value of nice smile and fresh breath
- Greater susceptibility to gum disease, enamel erosion

- Positively reinforce importance of nutrition, regular oral care routines, and professional oral care for an attractive smile
- Provide strategies for fresh breath and a whiter, brighter, straighter smile

Young Adults
20s & 30s



- Greater maturity and awareness of mouth-body link
- Continued interest in appearance and lifestyle issues like teeth staining from coffee, wine, and tobacco

- Regular preventive and maintenance visits to maintain healthy teeth and gums
- Cosmetic consultations for teeth whitening and other procedures

Mid-life Adults
40s & 50s



- Continued interest in appearance
- Increased risk of oral cancer
- Risk of receding gums, root caries, and loose teeth as hormonal levels decline, bone mass decreases, and teeth become worn and stained

- Regular oral health exams
- Natural-looking restorative treatments including crowns, bridges, implants, and veneers, plus cosmetic whitening

8 Is Great!

Boost your smile!

A jolt of morning java might boost your day, but over time it could take supervised teeth whitening to jumpstart your smile again! Red wine, tobacco, dark fruits and juices, and some medicines can also trigger staining.

What can affect your whitening outcome?

Your Age

Whitening is the most in-demand cosmetic procedure and although we recommend teens wait 'til after age 14, there's no upper age limit. If thinning tooth enamel is a consideration, cosmetic bonding and veneers are excellent whitening alternatives.

Your Dental Team - That's Us!

We make absolutely certain that the whitening ingredients we prescribe for you are safe, reliable, and appropriate. Stains caused by illness or medications can only be removed by a dentist.

Your Foundation

Teeth may be whitened up to an average of eight shades lighter than the color you start with!

Where does your smile rate on our whiteness scale?



Happy Anniversary

July 2008 marks a special month in the life of our dental practice. In July, Debbie Yates will celebrate her 20th anniversary as our marvelous hygienist.

After graduating from *Pensacola Jr. College* dental assisting program, Debbie began working in the practice as a Certified Dental Assistant.

Her love of dentistry and her patients led her to pursue a degree in Dental Hygiene, so she took a leave of absence for two years, obtained a degree in Dental hygiene, and returned to the office as a Registered Dental Hygienist.

Debbie has continued to excel in her field and has taken continuing education courses throughout her career. She has studied under the renowned periodontist, Dr. Sam Low at the *University of Florida*, has attended clinics, seminars, and classes in *Atlanta, Destin, Mobile and Pensacola*.

Debbie's patients continue to be amazed at her competence and caring. Comments such as "That's the best cleaning I've ever had," "You're the best!" are heard every day as patients leave the hygiene operatory where Debbie reigns as the *Queen of Clean*.

Debbie is not only a wonderful hygienist, she is cross-trained in all areas of our practice, and volunteers for any job to make our office a great one.

Dr. and Mrs. Paul and the entire staff thank Debbie for her years of loyalty and dedication to our office and the Pensacola community.



office information

Dr. Marcus E. Paul

555 Brent Lane
Pensacola, FL 32503-2044

Office Hours

Monday	1:00 pm	–	5:00 pm
Tuesday	8:00 am	–	5:00 pm
Wednesday	8:00 am	–	5:00 pm
Thursday	8:00 am	–	5:00 pm
Friday	8:00 am	–	1:00 pm

Contact Information

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Web site	www.marcusepauldmd.com

Office Staff

Reita	Office Manager
Melanie	Receptionist
Debbie.....	Dental Hygienist
Malissa	Dental Assistant
Melissa	Dental Assistant

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Summer Opportunities

Enjoy the pace

We hope that summer provides as much of a slower pace for your family and friends as it provides for ours. The tempo is more relaxed around the practice as well ... so it's a great time to schedule an appointment.

If you've been too busy for treatment, now's the time to call. And if you're looking for a consultation, having unrushed time to think about your smile goals is ideal. It takes time for dental assessments and for your full involvement in treatment decisions. There's also processing for paperwork if you want to use your insurance before it expires on December 31st. Summer is the half-way point for most plans.

...But don't take half-measure in enjoying summer fun! Remember your sunscreen, drink lots of water, and enjoy summer and the sun to the fullest!

Used By NASA!

DentaPure®

In our practice we want to make sure our patients and their families benefit from the very best of the exciting new advances in dental science and technology. That's why we use the *DentaPure® Water Purification technology* throughout our operatories and in all our dental water lines. These DentaPure cartridges introduce tiny amounts of iodine into the water we use during procedures, less even than the minimum daily requirement published by the *Food and Drug Administration*. This water purification system is so efficient the NASA space program has used it for the past twenty years to purify water on space flights.

Your lifetime of oral and dental health is our top priority; please feel free to ask us about the DentaPure system at your next visit.