

smile more

by Nordhus Dentistry

Produced to improve your dental health and awareness

Winter 2009

fromthedentist

Time For Reflection

Remember what matters during holidays



The holiday season is a special time of year. It carries with it hustle and bustle, yet at the same time, a moment to slow down and think about all the wonderful things in our lives that we are grateful for. I, for one, enjoy these opportunities to examine my own life and what's important to me.

Aside from my family, my passion for dentistry gives me one of the greatest joys in the world, allowing me to make a positive difference in the lives of my patients. I also appreciate every member of my team and the unique gifts they bring to our practice. But what makes all this possible is *you*, my patients. Without your loyalty, support, and friendship, the rest wouldn't matter.

So please accept my very special holiday thank you!

Yours in good dental health,

Dr. Byron J. Nordhus & Team

A time to celebrate what is yet to come...



"Wear a smile. One size fits all."



You Can Do It

Discover your inner balance

It's *all* about the balance. Really. A lifestyle that balances work with stress-relieving play and that pays attention to nutrition and diet is a healthy one. That's the *macro* level. At the *micro* level, small imbalances in the pH of your blood, for example, can create changes in the pH of your saliva, altering your mouth's environment. In other words, your oral health can impact and be impacted by your overall health and here's how...

Plaque, the thin film on your teeth, is a biofilm and a bacterial ecosystem within the larger bionetwork of your mouth and body. When the scale tips so that good bacteria are overtaken by those that are harmful, red swollen gums that bleed easily, gum and bone recession, and tooth loss can occur.

Tartar is the conspicuous, cement-like substance that plaque hardens into when you allow it to build up. Tartar can break the natural protective seal that your gums provide, allowing oral bacteria into your bloodstream. Experts believe that toxic bacteria from your gum infection can trigger your immune system into a constant state of alert.

Gum disease has been linked to systemic and inflammatory diseases including heart and stroke, osteoarthritis, diabetes, cancers, and lung diseases.

These complex interactions mean that a *one size fits all* approach to life, health, and your oral health care is no longer sufficient.

Just In Time

You get to decide!

Are you an adherent of the *Before Flossophy* or the *After Flossophy*? People can be surprisingly passionate about when to floss ... before or after they brush. Even dentists can't always agree. In a poll conducted by the *American Academy of Periodontology*, 40% recommend before, 36% after, and 25% don't think it matters. Truthfully, as long as you remember your home care routines and maintain your recare schedule, we will be happy!

So, in no particular order...

- **Floss once** – to clean between your teeth and below the gumline.
- **Brush gently** at least twice a day – to remove food and bacteria from your teeth, gums, and tongue.
- **Rinse often** throughout the day – plain water can keep bacteria at bay when there's no time to brush.

Your oral health can impact and be impacted by your overall health



Weighing In

Fight diabetes!

Did you know that diabetics are more likely to have gum disease than others and that those with gum disease find it more difficult to control blood sugar levels? Or that 90% of people newly diagnosed with Type 2 diabetes are overweight? Weight loss and exercise could go a long way to preventing or managing diabetes – and your oral health!

A regular routine of physical activity is ideal, but still, you can find inventive ways to burn calories!

- Take the stairs instead of the elevator.
- Try hiding the remote. Research shows that thin people get up and move around more, tend to fidget more, and sit less.
- Do some eco-exercise – instead of driving, ride your bicycle when you can. It's important for *everyone* to maintain healthy routines for oral and overall health.

Prime Attraction

Get what you need

Is 50 really the new 40? It seems so. Men and women today feel and act ten years younger than their biological age. Midlife is a strong, powerful time of life in every way and you can see the influence you command in the number of products tailored just for you. A prime example is the number of esthetic innovations created to enhance your smile, like beautiful natural-looking crown and implant restorations.

You'll like them because...

You're an experienced and savvy consumer

- Long-lasting natural-looking materials resist chipping, staining, and cracks.
- Improvements in options and technology have made procedures more time-efficient and patient-friendly.

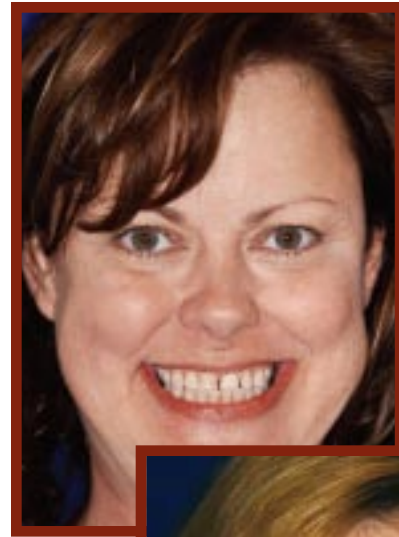
You're health conscious

- Your damaged or discolored tooth can be covered, protected, and strengthened with a single crown.
- Bone loss can be prevented by anchoring a permanent new tooth into the jawbone by combining a single crown with a dental implant.
- Missing teeth can be replaced with several replacement teeth attached to a secure crown or implant bridge restoration to prevent your other teeth from drifting and altering your ability to eat, speak, and socialize.

You love to look great

- Crowns made of natural-looking translucent porcelain are beautiful and designed to blend in so well with neighboring teeth that no one can tell that you have them.

Don't let your smile give away your age. Let us give you a midlife smile with style! Call us to schedule a consultation.



Before

After



7 Tips For A Tiptop Smile

Which would you choose?

Improving the color, shape, or position of your teeth can improve the way you feel about yourself. Here at a glance are seven tips for a tiptop smile that looks completely natural.

Teeth Whitening	Instantly brighten your smile
White Fillings of Composite or Porcelain	Make tell-tale dark fillings a thing of the past
Tooth-Colored Bonding	Cover deep-rooted stains, repair small cracks or chips, fill in gaps, and recontour teeth
Cosmetic Veneers	Conceal spaces, crooked, chipped, or discolored teeth
Crown Restorations	Restore severely damaged or broken teeth
Dental Implants	Restore appearance and function
Crown/Implant & Bridge Restorations	Replace missing teeth and prevent further damage to your smile



What's Going On...

■ Dr. Nordhus is one the part time faculty members for the Advanced Education in General Dentistry Residency Program, through WSU.

■ The Nordhus Dentistry Team recently participated in a Continuing Education Program for Invisalign®.



Cavity Free Club Winners!

August – Kaleb
September – Morgan
October – Alyssa

February is Children's Dental Health Month. Dr. Nordhus will be visiting some of the local First Grade Classrooms again this year. He will be helping your children discover the importance of dental care, especially home care.

Sonicare For Kids

Sonicare For Kids® is designed to help children, four to ten years of age, learn proper homecare. The built-in timer indicates the recommended two minutes of brushing time. Plus, it comes with two power modes and brush heads sizes to suit the needs of your child's development stage – and it's rechargeable! Sonicare For Kids is a great tool for learning independent oral care.

The Sonicare For Kids is available at our office for only \$68

Thank you to everyone who participated in this year's Candy Buy-Back.

We were able to send 436lbs to the troops.

Congratulations To Laurie ...Winner Of The Back To School Eraser Guess Game! There Were 599 Erasers And Her Guess Was 600.

officeinformation

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Office Hours

Monday 8:00 am – 5:00 pm
Tuesday 8:00 am – 5:00 pm
Wednesday 8:00 am – 5:00 pm
Thursday 7:00 am – 1:00 pm
Friday Closed

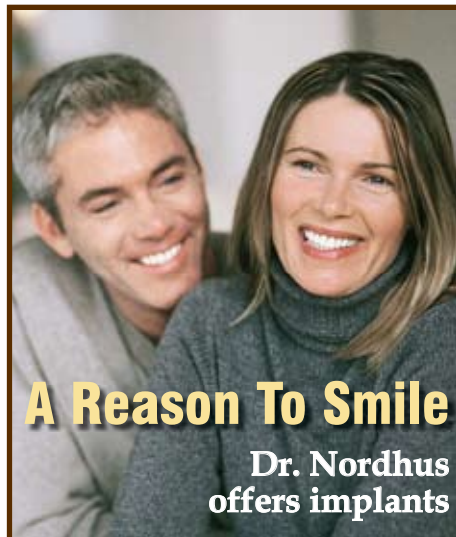
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Office Team

Teresa and Laurie.... Patient Coordinators
Julie, Maggie and Kim Hygienists
Adrianna and Paige Assistants

Communication is important to us – don't be afraid to ask questions!



A Reason To Smile

Dr. Nordhus offers implants

When we lose teeth as adults, our primary concern is the annoyance of having to contend with a gap in our bite. We do not realize that there are far greater concerns than difficulties biting and chewing. Bone, like all living tissue, must work to remain healthy and strong. When teeth are removed the bone that held them in becomes weak and begins to erode

away. Bridges and dentures do fill the gaps, but they do nothing to stop bone erosion. Once again science has provided the answer – dental implants.

A dental implant is a tiny threaded post made from titanium alloy, a strong, biocompatible metal. Through a tiny incision the implant is threaded into the jaw or mandible becoming actually fused with the bone. Once fused, this durable, permanent post is ready to receive your ceramic replacement tooth. Not only is the restored tooth stable and ready for use, the bone below the gum is regularly exercised, stopping bone erosion in its tracks!

We are excited to announce that Dr. Nordhus is eager to offer this breakthrough procedure to you. Whether you require a single implant or a full-mouth restoration, he is available at your convenience.

Please let family and friends know that they have a whole new reason to smile. They can book their implant consultation with Dr. Nordhus today.