

Reflections of Health & Beauty

with **RiverviewDental**

Fall 2012

Dear Neighbor,

If you're not already our patient, we would love to meet you! Experience our patient-oriented practice and see first-hand why our practice is held in high regard by our patients - your neighbors.

WE PROVIDE:

- one-stop family and cosmetic dentistry at a central location with ample parking for your convenience
- we use the latest techniques and advanced technology to give you the smile you deserve
- a professional and inviting environment with experienced, friendly and knowledgeable office staff.

Oral cancer screening is FREE with your recall appointment. Call us to confirm or reserve your appointment!

(603) 290-5669

Dr. Burdette has over 37 years of experience and will meet with you personally to conduct your exam and answer your questions about your oral health and options for improving your smile. There's no obligation and no pressure.

P.S. Call now and we'll set up the ideal time for you. These no-cost opportunities tend to fill up quickly, so call now!



We are a General and Cosmetic dental office with 37 years of experience, & knowledgeable, friendly staff!

We are now accepting new patients!

CALL TODAY! (603) 290-5669

Call now for a consultation appointment.



DR. R.E. BURDETTE
6 Loudon Road, Suite 202
Concord



Our Bodies. Our Mouths.

200+ reasons to maintain a healthy smile

When your parents encouraged you to brush and floss, you may have thought that they were just helping to ensure your healthy smile. But they were doing much more than that.

Today we have a better understanding of just how important oral hygiene is to your *overall* health. Scientists have linked gum disease to **over 200 other diseases**, including life-threatening ones.

Cancer: Breast, mouth, throat, kidney, pancreatic, and brain cancers have all been linked to gum disease.

Heart Disease: Gum disease has been shown to increase instances of heart attack and stroke.

Diabetes: Insulin sensitivity may be affected by gum disease and lead to unhealthy blood sugar levels.

Lung Disease: Plaque bacteria may cause infection or aggravate pre-existing conditions.

For many years, it was believed that bacteria was the only factor that linked periodontal disease to other infections, but more recent studies also suggest that gum inflammation may be the link to chronic inflammatory conditions including cardiovascular disease, diabetes, rheumatoid arthritis, and Alzheimer's.

If you have a family history of an inflammatory condition, or have been diagnosed with one, it's important to consult with both a general physician and a dental health professional to help monitor and manage your overall health.

If You Have Jaw Pain We can help!

Many of our patients suffer from *Temporomandibular Joint Disorder* or TMD. Often associated with stress, TMD causes a myriad of symptoms including head, jaw, neck, face, shoulder, and even back pain. Its causes include misaligned jaw joints, dislocated discs, jaw clenching or grinding, an uneven bite, and even arthritis.

TMD puts great stress on gums and ligaments, the supporting structures of your teeth, and can make you more vulnerable to common oral health issues including...

- Gingivitis or periodontal disease
- Receding gums
- Sensitive teeth and gums
- Chipped or broken teeth

Over ten million North American adults suffer from TMD and risk compromising their appearance and overall health. If you suspect TMD is jeopardizing your smile and causing you pain, don't wait to call us because we can help!



The Best Bond Ever

Get the makeover you've been waiting for!

Everyday living can take its toll on even the nicest of smiles. Foods, beverages, and medications can leave stains behind. And tobacco? Definitely a problem. Just growing older can yellow your enamel. Unconscious habits like grinding, clenching, and chewing on your pen can create irregular edges and chip your teeth. On the other hand, sometimes you're just born with a smile you don't like. Well, either way, you don't have to live with it. And you don't have to wait because you're on a budget, either. Tooth-colored bonding is a beautiful and affordable solution! Here are some of the flaws that bonding can fix for you...

- unattractive stained or silver-colored fillings
- broken or jagged fillings
- spiky surfaces surrounding a cavity
- chips or cracks in your enamel
- slight but noticeable gaps between teeth
- teeth that need re-shaping and re-proportioning
- teeth that have conspicuously darkened or stained over time.

Don't wait to call and ask us about beautiful bonding. It could be one of the easiest and least expensive makeovers you've ever had!



If you're uncomfortable with your smile, we have solutions. Call us today for a consultation, and let us give you the smile of your dreams!

Clean Eating

More than just a fad!

Clean eating is very trendy these days, but it's actually been around for generations. Its principles of eating whole, natural, unrefined foods and avoiding fatty, processed, or packaged ones have been advocated by health experts – including dentists – for generations.

Simple raw vegetables like cucumbers or celery aren't just for dieters. Both vegetables, especially celery, require a lot of munching that produces bacteria-buffering saliva that protects your teeth and gums. As well, any naturally fibrous food can act like a toothbrush to brush off plaque and massage your gums. And celery has a bonus – its leaves are a great substitute for breath-freshening parsley.

Clean eating turns your kitchen into a recipe-free zone. Simply snack on a handful of your favorite raw vegetable or combine veggies for a great-tasting salad!



Power-up your veg... Combine yellow, green & red!

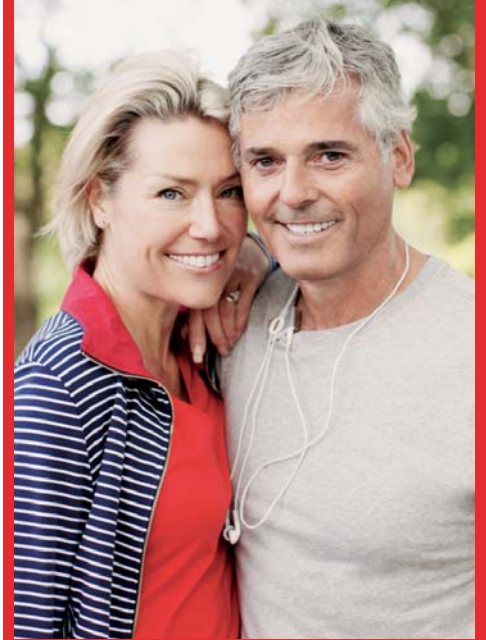
Diabetes & Gum Disease

What you should know!

Approximately 285 million people worldwide have diabetes. With that phenomenal number in mind, it's really important to know that studies suggest that avoiding or managing periodontal disease may help reduce your risk of developing diabetes. This is because gum disease sets off the body's inflammatory response which can affect insulin sensitivity and lead to unhealthy blood sugar levels. In addition, studies show that the relationship goes two ways: not only does gum disease put you at risk for diabetes, diabetes puts you at risk for gum disease!

If you have diabetes, it's very important that you monitor and manage your oral health – at home and with the regular help of your dental team.

The research is in – a good dental health regimen, paired with regular checkups, can truly go a long way to ensuring your good health!



Don't Tell! They Won't Know!

Mini dental implants

Who wouldn't want to look better, speak better, eat better ... and smile more? Mini Dental Implants are now the first choice for many people who need to replace missing teeth or stabilize dentures.



Mini Dental Implants are FDA approved and the procedure can be performed right here in the office with only a mild anesthetic. Very strong metal implants, that are similar in diameter to a toothpick and look and act like the roots of teeth, are placed in the jaw. By modifying the patient's denture so that it can snap onto the implants tightly and reliably, many patients are able to speak and eat with confidence – for the first time in a long time.

As long-lasting as the results are, placing Mini Dental Implants takes only about an hour. Because the procedure is minimally invasive, and the implants are tiny, there is no healing period after placement and no stitches are required. The denture can be snapped in immediately. In fact, most patients are able to eat a light meal within only an hour or so after having the mini implants placed.

An additional welcome benefit to patients is the ease of home hygiene care. With a little practice, the denture is easy to remove and replace.

With Mini Dental 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!

\$200 CREDIT AFTER
TREATMENT
ACCEPTANCE

Sticky Business

Benefits of gum

Most people, unless they are experiencing tooth or jaw discomfort, have used chewing gum to relax, avoid snacking or smoking, and to reduce ear discomfort when flying. Gum can help moisten your mouth and help clean your teeth after meals. It also comes in many breath-freshening flavors.

One popular cinnamon-flavored chewing gum temporarily eliminates more than 50% of the anaerobic bacteria that causes bad breath. It contains Cinnamic aldehyde, an essential oil which is the active ingredient that inhibits disagreeable odors.

Gums with xylitol help to prevent periodontal disease and cavities. Some chewing gums assist with the remineralization of tooth enamel, while others whiten teeth.

Whatever you choose, always stick to sugar-free gum!

\$99 GET ACQUAINTED
SPECIAL!

Comprehensive exam,
necessary x-rays and consultation

REG. \$287 Offer Expires December 31st, 2012

[603] 290-5669