

CANDLEWOOD DENTAL CARE

*Change Your Smile,
Change Your Life.*
Cosmetic and General Dentistry

e-Newsletter

Winter 2017

Our Office

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Office hours:

Mon: 9:00am - 8:00pm
Tue: 11:00am - 8:00pm
Wed: 9:00am - 8:00pm

Find Us...



Jo-Ann M was the winner of our *Guess the Weight of the Pumpkin* contest. The actual weight of the pumpkin was 144.5 and her guess was 144. A HUGE Thank You to the Goodie Shoppe for kindly hosting our pumpkin.

It's Never Too Late To Improve Your Smile!

Are you embarrassed by your smile because of spaces between your teeth, crooked teeth or an overbite? Having a less-than-perfect smile can make you self-conscious and negatively impact your self-esteem.

With ClearCorrect custom aligners, it's easy and painless to fix that smile! ClearCorrect aligners are virtually invisible as you wear them and just slip on right over your teeth.

The process is easy: We'll take x-rays and a few impressions of your teeth and you'll quickly receive your first set of aligners. Every 2 weeks you'll get a new set as your teeth begin to shift to better positions.

For teens, ClearCorrect aligners are a great alternative to metal braces. They are easily removed when eating and you can keep your teeth clean by brushing and flossing while the aligners are out.

You may think that ClearCorrect aligners are just for teens, but it's never too late to fix poorly-spaced or crooked teeth! Even with prior orthodontic treatments but your teeth shifted back, the aligners will gradually move your teeth to their best position for your appearance and your bite.

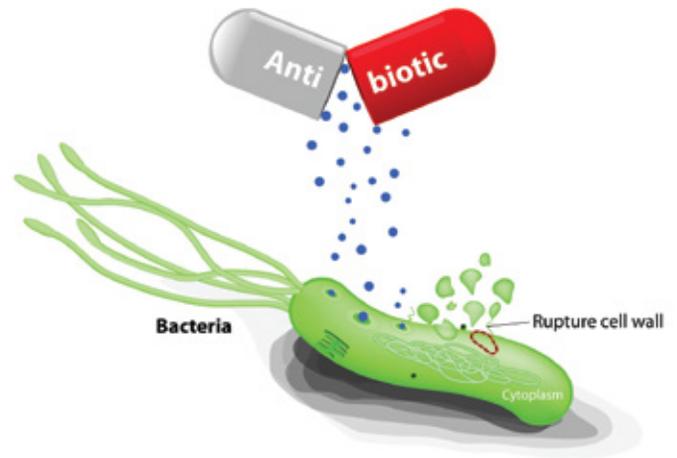
If you'd like to improve your smile, please visit us for an evaluation. It's the first step to a better smile and a more confident you!



Is Antibiotic Pre-Medication Required for Patients with Joint Replacements?

If you've had a joint replacement, your surgeon may have warned you about the possibility of infection in the joint. An infection around the surgical site would be an emergency situation and if you suspect that you have such an infection, seek medical attention right away.

During a dental procedure, bacteria from the mouth, gums or teeth may travel to an artificial joint via the bloodstream. Taking antibiotics prior to dental work can lower this risk and your surgeon may have recommended this to you. However, there are several factors that enter into this decision including:



- Type of dental procedure - cleaning or more invasive work
- Health status including any immune system issues
- Presence of an active infection in the mouth
- Your surgeon's recommendation
- Your dentist's recommendation

If you have had a joint replacement and are planning dental work - even for something as routine as a cleaning - please talk to your orthopedic surgeon about the necessity for pre-medicating with antibiotics to prevent infection.

Brush Up on Dental History:



Where did the tooth fairy come from? In early Europe, baby teeth were buried until the 6th tooth came out, when parents took the tooth from under the child's pillow and left a small gift.

Start 2017 Right with a Dental Cleaning and Exam

Did you make any New Year's resolutions? Are you planning on exercising more, losing weight or getting organized?

Here's a great resolution and one to help you start the year right - come in for a dental cleaning and exam!

If you haven't kept up with regular dentist visits, now is the perfect time to start. A comprehensive cleaning is essential to prevent disease and keep your mouth healthy.



Our hygienists will:

- Examine your teeth.
- Use sanitary tools to scrape small deposits of tartar off your teeth.
- Polish your teeth with a soft, spinning rubber cup.

After cleaning, we will thoroughly examine your teeth. We have special cameras that can take pictures of any tooth, gum or soft tissue area that is problematic so you can see it too.

As part of our exam, we'll look at your entire mouth cavity to check for oral cancer. This visual screening will make sure that all areas of your mouth are normal without swelling or ulceration.

Our office is comfortable and our staff is friendly and experienced to bring you the finest dental care. Start 2017 right - call us today to schedule a cleaning and exam!

National Children's Dental Health Month: Focus on Children's Oral Health

The American Dental Association (ADA) has designated February as National Children's Dental Health Month. This national health observance promotes the benefits of good oral health for children and those who care for them.

Establishing good oral health habits and getting regular cleanings and check-ups for children are essential for healthy teeth and gums in youth and into adulthood. Even baby teeth should be cared for carefully as they are important in biting and chewing food and even speaking.

This year's slogan for National Children's Dental Health Month is **"Choose Tap Water for a Sparkling Smile."** Many of our children drink too many sugar-sweetened drinks, especially soda, which can harm their teeth and overall health. Soda has too much sugar as well as caffeine that can be addictive. The sugar and acids in sodas can wear away tooth enamel and lead to decay.

Fruit juices may seem like good alternatives to soda but these too carry a lot of sugars. The best drinks for growing children are simple tap water and milk. Teach your child to reach for a cup of water frequently during the day.

You can find helpful tips on oral health care for babies and kids at this ADA website.



Recipe of the Month Easy Pesto Chicken Pasta

This dish is perfect for a cold wintery night!

Ingredients

- 1 lb. fusilli pasta
- 3 c. cooked chicken tenderloins, chopped to bite size
- 1 cup chopped sun-dried tomatoes packed in oil
- 1 cup basil pesto
- 1 cup crumbled feta cheese

Directions:

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain, reserving 1 cup of the cooking liquid and return pasta to pot.
2. In a medium bowl, mix chicken, tomatoes, pesto and feta cheese. Pour mixture over pasta, adding some of the reserved cooking liquid if needed; toss to coat. Serve with extra feta, passed separately.

Recipe courtesy of allrecipes.com



What's Happening around New Fairfield

Feb 10

ABBAmania
Palace Theater - Waterbury
Waterbury, CT
<https://goo.gl/T0Vxzr>

Feb 14

The Commodores
The Ridgefield Playhouse
Ridgefield, CT
<https://goo.gl/mzU8jW>

Feb 26

KT Tunstall
Daryl's House
Pawling, NY
<https://goo.gl/MggVc3>

Mar 4

Jay and the Americans
The Ridgefield Playhouse
Ridgefield, CT
<https://goo.gl/fxINIB>

Mar 7 - 12

The Sound of Music
Palace Theater - Waterbury
Waterbury, CT
<https://goo.gl/5KWxll>

Mar 24 - 25

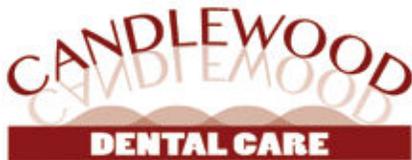
Zoso - the Ultimate Led Zeppelin Experience
Daryl's House
Pawling, NY
<https://goo.gl/VjSGyk>

Mar 26

Anita Renfro Comedy
The Palace Danbury
Danbury, CT
<https://goo.gl/v4gExj>

Mar 30

Girls Night
Palace Theater - Waterbury
Waterbury, CT
<https://goo.gl/BACnN2>



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Meet our Doctor



Dr. Lorraine Burio