

# CANDLEWOOD DENTAL CARE

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

e-Newsletter

Fall 2016

## Our Office

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CT 06812  
Phone: (203) 746-1200  
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www.mycandlewooddental.com

## Office hours:

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

## Find Us...



Dr. Burio and our dental assistant Brittany attended a course on Mastering Minimally-Invasive Smile Design, a two-day hands on course. Dr. Burio also attended a course on occlusion and TMJ pain.

Dr. Burio, Lisa and Casey and Bethany, two of our hygienists, just returned from a Smiles At Sea Dental Cruise and Learn from New Orleans to Cozumel for a fun-filled learning experience on maintaining implants, screening for oral abnormalities, new technologies and protocols as well as many other important lectures and courses.



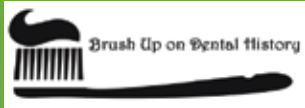
## Check It Out

Candlewood Dental Care just had a new piece of equipment installed. We can now make custom bleaching trays, retainers, and nightguards, as well as custom athletic mouthguards. Whether it's protecting your teeth during sports, guarding your teeth during sleep or protecting your investment in orthodontics, custom appliances are a great solution.



Mike H. was our lucky bicycle contest winner.  
Congratulations Mike, happy riding!

## Brush Up on Dental History:



Established by Dr. Alfred Fones in 1913, the first Dental Hygiene education program in the world began with 34 women in a carriage house in Bridgeport, CT. The Fones School of Dental Hygiene still exists as part of the University of Bridgeport.

## Tips from the Tooth Fairy



To determine if your child age 6 and up is ready to handle mouthwash and won't swallow it, have her take a sip of water, swish it around and then spit it out.

Dr. Burio's husband, Jim, grew his **pumpkins big** again this year! His **biggest pumpkin** is on display at the Goodie Shoppe in New Fairfield. Guess the weight of this giant to win a \$100 Visa gift card!

It's very easy to enter... First, stop by the Goodie Shoppe to take a look at our **pumpkin**. Then, all you need to do is visit our website, [www.mycandlewooddental.com](http://www.mycandlewooddental.com). Find "**Guess the Weight of the Pumpkin**" button on the home page. Enter your guess, your information, including a phone number, so we can contact the winner and you are all set!

The closest guess within a pound (over or under) of the pumpkin's weight will be chosen as the winner. In the event of a tie, the tied winning entries will be put in a hat and the winner will be randomly drawn.

The deadline for entry on our website is Sunday, 10/30/16. **The drawing will take place on Monday, October 31st** and the winner will be notified by phone. Please feel free to pass this along to your family and friends as they are also invited to enter. (Employees of Candlewood Dental Care and their families are not eligible).

**Candlewood Dental Care** is thankful for all of our patients and sends the best to you and your family!



## Focus on Daily Oral Health Care during National Dental Hygiene Month

Are you doing the "Daily 4"?

October is National Dental Hygiene Month sponsored by the American Dental Hygienist Association (ADHA) and it's a great time to think about your oral health care. The "Daily 4" is the foundation for healthy smiles. Building these 4 steps into your daily health routine can really benefit your oral health and even your overall health, too.



Here are the 4 things you should do each day for healthier, stronger teeth and gums:

### Brush

With brushing, 2 is the magic number! Brush your teeth 2 times a day for 2 minutes each time. Brushing for this duration reduces biofilm or plaque that accumulates on the teeth and gums during the day and helps prevent cavities as well as gingivitis, or gum disease.

Most electric toothbrushes have built-in timers that mark 30-second intervals, making it easy to brush the 4 quadrants of your mouth for a total of 2 minutes. Manual toothbrushes can be just as effective as electric models if used properly. Take a moment to review Proper Brushing Techniques from the ADHA.

### Floss

Cleaning between the teeth by flossing every day or using other types of interdental cleaners removes food particles that a toothbrush can't reach and also stimulates the gums. Inadequate care of the gums and the areas between the teeth can lead to both tooth decay and periodontal disease. For best results, follow this ADHA guide to Proper Flossing.

Although a recent *U.S. News & World Report* article questioned the value of flossing teeth, our practice remains convinced that daily flossing is an essential part of keeping teeth and gums healthy. The article reported on an Associated Press investigation that found minimal evidence that flossing teeth is effective in preventing cavities and gum disease.

However, the article is misleading and focuses on the absence of conclusive proof due to the lack of relevant studies. Studies are expensive! Our clinical experience with thousands of patients over many years validates conclusively that regular flossing of the teeth as part of good oral health practices helps prevent damaging periodontal disease and also reduces the risk of cavities.

Please feel free to discuss any concerns you may have over this ambiguous information. We are here to help!

### Rinse

Brushing and flossing clean your teeth and adjacent gum areas, but what about the rest of your mouth? Rinsing with an antimicrobial mouth rinse can help eliminate bacteria that hide in areas like gums, your tongue and your upper and lower jaw. There are a bewildering variety of antiseptic mouthwashes available - ask us which one will work best for you.

### Chew

Did you know that chewing gum after eating a meal or snack can actually help protect your teeth? Just make sure it's sugar-free!

....continued on page 3

## ...continued from page 2 **Focus on Daily Oral Health Care during....**

The biofilm that builds up on your teeth contains bacteria that can lead to tooth decay if not promptly removed. Chewing sugar-free gum stimulates the production of saliva that neutralizes biofilm acids and helps clean out food particles.

### **One More Important Step: Visit your Dentist for Regular Cleanings and Checkups**

Regular teeth cleaning and comprehensive dental exams are essential for continuing oral health. No matter how careful you are about daily brushing, flossing, rinsing and chewing, dental plaque and even more stubborn tartar can build up. Only a professional cleaning can remove these harmful substances.

We recommend a cleaning and exam every 6 months, with more frequent appointments for those with periodontal problems. Please ask us about the care routine that will work best for your individual situation.

## **How Our Diet Affects Our Dental Health**

Most of us know that a diet with too much sugary foods and drinks can adversely affect our teeth. When naturally-occurring bacteria in the mouth come into contact with sugar, acids form that can attack the teeth for 20 minutes or more, causing tooth decay.

Although some nutritious foods like milk and vegetables contain some type of sugar, they are necessary to include in daily foods because they contain important nutrients.

### **Good Overall Nutrition Is Important for Oral Health**

Good nutrition is also very important for the tissues in your mouth to be able to resist infection. This could lead to periodontal disease which is a major cause of tooth loss for adults.

Here are some common-sense guidelines for a healthy diet:

- Eat a well-balanced diet rich in fresh fruits and vegetables.
- Choose a variety of foods from each of the five major food groups: Vegetables, fruit, whole grains, reduced fat dairy products and lean meats and other proteins.
- Limit snacking and select nutritious foods like nuts, yogurt, fruit, vegetables and cheese.
- Reduce salt.
- Avoid processed foods with excess sugar and salt like candy, cakes, crackers, bread, chips, French fries and dried fruit.
- Steer clear of sugary drinks. You'd be surprised at the amount of natural sugars in fruit juices. Drink water to flush away food bits and dilute harmful acids.
- Chew sugarless gum to dislodge food particles and increase saliva to neutralize acid.
- Brush your teeth after each meal and snack.

Your body will thank you for all these nutritious foods - your teeth will too!

## **Recipe of the Month** **Mexican Pumpkin Punch**

Here's a great recipe for your Halloween gathering. Perfect for the fall holidays!

### **Ingredients**

- 2 cups packed dark brown sugar
- 4 cinnamon sticks, preferably Mexican
- 1 29 -ounce can pure pumpkin (about 3 1/2 cups)
- 2 limes
- Splash of rum (optional)
- Pineapple chunks and/or pecans, for serving (optional)

### **Directions**

- Combine 12 cups water, the brown sugar and cinnamon sticks in a large pot and bring to a boil over medium-high heat, stirring until the sugar dissolves. Stir in the pumpkin and return to a simmer. Meanwhile, remove the zest from the limes in wide strips using a vegetable peeler; add the zest to the pot and simmer 15 minutes. Let cool, then refrigerate until the liquid is cold and the pumpkin pulp settles to the bottom, 2 to 3 hours.
- Working in batches, ladle the liquid into a fine-mesh strainer set over a pitcher (repeat if necessary to strain out all the pumpkin pulp). Discard the pulp and lime zest. Return the cinnamon sticks to the punch and refrigerate until ready to serve.
- Pour the punch into ice-filled glasses. Add rum, pineapple and/or pecans, if desired. Serve with the cinnamon sticks.



## *What's Happening in New Fairfield*

### **Nov 6**

Maccabeats A Cappella Community Concert  
United Jewish Center  
Danbury, CT  
<https://goo.gl/3PqOfj>

### **Nov 9**

The Drowsy Chaperone  
MainStage Theatre - Visual and Performing  
Arts Center at WCSU  
Danbury, CT  
<https://goo.gl/YcDzJI>

### **Nov 19-20**

Hudson Valley Wine & Chocolate Festival  
Ramada Inn  
Fishkill, NY  
<https://goo.gl/NRSSj1>

### **Nov 20**

32nd Annual Run for the Turkeys 5K Road  
Race/Health Walk  
New Fairfield, CT  
<https://goo.gl/S1dPs>

### **Nov 25 - Dec 10**

The Wood Library & Museum's Annual  
Gingerbread House Festival  
Wood Library  
South Windsor, CT  
<https://goo.gl/pBWrA8>

### **Dec 2**

Westchester All Stars Christmas For Veterans  
Concert  
Paramount Hudson Valley  
Peekskill, NY  
<https://goo.gl/lbi16L>

### **Dec 4**

Mannheim Steamroller Christmas  
Palace Theater - Waterbury  
Waterbury, CT  
<https://goo.gl/3uFXDZ>

### **Dec 10**

David Crosby  
The Ridgefield Playhouse  
Ridgefield, CT  
<https://goo.gl/Dr4p6i>



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## **Meet our Doctor**



**Dr. Lorraine Burio**