

### 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...



## How Oral Health Impacts your Overall Health

Did you know that the health of your teeth and gums is inseparably linked to your overall health?

Here are some examples of how certain diseases and conditions are connected to poor oral health habits (Source: webmd.com):



- People with gum disease are more likely to have heart disease.
- Elevated blood sugar levels, like many people with diabetes, increase the risk of developing gum disease.
- Those with a perpetually dry mouth caused by certain medications as well as some immune system diseases are more susceptible to tooth decay and gum disease.
- Stress, anxiety or depression can cause oral health problems due to oral health neglect as well as grinding the teeth.
- Osteoporosis can cause tooth loss, and severe gum disease can actually break down the jaw bone.
- People with anemia may experience pale, sore gums as well as a swollen tongue.
- Eating disorders like bulimia and anorexia can erode tooth enamel and affect the health of your teeth due to malnutrition.
- Individuals with weakened immune systems like those with HIV or AIDS are often subject to dry mouth, increased tooth decay and other oral cavity issues.
- People with rheumatoid arthritis are 8 times more likely to have gum disease than those without RA.
- Adults without teeth are more likely to have chronic kidney disease.
- Women who are pregnant and have gum disease are more likely to have a premature baby.

The American Dental Association (ADA) has designated July as Oral Health Month and reminds you that by taking good care of your teeth and gums - and those of your children - you'll be working to keep your whole body healthy!

## Brush Up on Dental History:

The ancient Romans valued white teeth as a sign of nobility and wealth and used a paste of pumice, goat's milk and urine as a whitener.

## Tips from the Tooth Fairy

Swish mouthwash through your teeth for 30-60 seconds for maximum benefit before spitting it out.

# Whitening your Teeth? Choose Professional Treatments for Best Results

Trying for a whiter, brighter smile has become big business! In recent years the amount of products available to whiten teeth has grown tremendously, and it can be bewildering when you try to choose the best whitener.



Basically, there are 2 types of whitening products: Those that are applied in a dentist's office and those that are designed for home use. Both types use peroxide-based bleaching agents. Which type is best for you? Read on for more information on both options:

### Teeth Whitening by the Dentist

Generally, the type of teeth whitening done by your dentist can brighten teeth faster because the bleaching solution is usually stronger than home kits. Often light, heat or a combination of both are used to intensify and speed-up the whitening process.

At our office, we are proud to offer the Philips Zoom Whitening system. This professional product is fast, effective and safe and can whiten your teeth up to 8 shades.

The Zoom system uses a bleach gel along with a special light that helps activate the bleach and helps it penetrate the tooth's surface. The Zoom light increases the bleach's effectiveness and the whole treatment takes a little bit more than 1 hour.

### Teeth Whitening at Home

Many over-the-counter products claim to whiten teeth with home treatments. For example, whitening toothpastes contain chemical and polishing agents that remove surface stains.

Other products include gels that are brushed onto the surface of your teeth, whitening strips applied to the teeth for about 2 weeks and tray-based applications. These products provide only temporary whitening for up to 4 months.

If you are considering using an over-the-counter teeth whitener, we urge you to see us for an evaluation first. We will assess the health of your teeth and gums and counsel you on the benefits and hazards of teeth whiteners. Please don't take any chances with your precious oral health!

### Beware of Whitening Scams

Check out any home-whitening product thoroughly before investing your money. There are many scams out there that offer a "free trial application," but the fine print shows that they will send you more treatments that you haven't agreed upon - and keep charging your credit card.

Stick to a professional - your dentist - for safe treatments and the best results!

# Electric Toothbrushes Offer Superior Teeth Cleaning and Gum Stimulation

Have you upgraded your tried and true toothbrush to an electric model? If not, you should consider it. Electric toothbrushes offer many advantages over manual brushes:

- Dental professionals recommend brushing twice a day for 2 minutes each time. Do you really do that? It's much easier to brush for 2 minutes if an electric toothbrush is doing the work for you. Plus many models come with a built-in 2-minute timer that acts as a handy reminder.
- The movement of the head of an electric brush does a more effective job of cleaning the tooth's surfaces. Whether a rotary motion where the head moves in a circle at up to 7,500 strokes per minute, sonic side-to-side motion with up to 31,000 brush strokes per minute or ultra-sonic vibrations that dislodge plaque, the electric toothbrush works harder than your hand can ever imagine!
- Some studies show that people who use electric toothbrushes generally have less plaque and incidence of gum disease than those brushing their teeth manually.
- Children may brush better with electric toothbrushes because they are definitely more fun than manual ones! Also, electric toothbrushes do a better job of cleaning around braces.



At our office we recommend the Philips Sonicare electric toothbrush and keep a supply handy for our patients. We believe the Sonicare delivers excellent plaque-removal treatment as well as healthy gum massage to improve overall oral health.

Our Sonicare kit includes the electric brush with 2 heads, 2 extra heads, Fluoridex toothpaste and BreathRx tongue cleaner samples along with a whitening pen. Ask us how this special package can benefit your oral health - your clean teeth and healthy gums will thank you for it!

## Recipe of the Month Summer Veggie Kabobs

Here's a great side dish for your next barbeque.

### Ingredients

- 4 baby bell peppers
- 2 large shallots, peeled, halved
- 1 chayote squash, seeded, cut into 1 1/2-inch chunks
- 1 yellow summer squash, cut into 1 1/2-inch chunks
- 4 flat metal skewers
- 2 tablespoons olive oil
- 1/2 teaspoon kosher salt
- 1 teaspoon freshly cracked black pepper
- 1 teaspoon ground cumin
- 1/4 teaspoon smoked paprika
- 2 tablespoons agave syrup
- 1/2 lemon, juiced

### Preparation

Carefully arrange the prepared vegetables onto skewers, and put them on a baking sheet. Combine the olive oil, salt, pepper, cumin, paprika, agave and lemon juice in a small bowl. Brush the marinade on the kebabs and let marinate for 15 minutes.

Preheat a grill or grill pan to medium heat. Put the skewers on the grill and cook on all sides, about 6 minutes total. Arrange the skewers on a serving platter and serve.



*Recipe courtesy of Guy Fieri*



## *What's Happening in New Fairfield*

### **July 23**

Fab 4 Music Festival in Danbury  
Ives Concert Park  
Danbury, CT  
<https://ticketleap.com>

### **Aug 6-7**

6th Annual Putnam County Wine  
& Food Fest  
Beaver Creek Equestrian Center  
Patterson, NY  
<http://www.putnamcountywinefest.com/>

### **Aug 18**

Amber Room Run from the Sun 5K...  
in Danbury  
The Amber Room Colonnade  
Danbury, CT  
[http://www.roadracerunner.com/re\\_257206/AmberRoomRunfromtheSun5K.html](http://www.roadracerunner.com/re_257206/AmberRoomRunfromtheSun5K.html)

### **Aug 21**

Sharing SPACE Featuring Hudson  
Valley Shakespeare Festival  
Ryder Farm  
Brewster, NY  
<http://eventful.com/brewster/events/sharing-space-featuring-hudson-valley-shakespeare-/E0-001-094079058-1>

### **Sept 16-18**

Greater Danbury Irish Festival  
Ives Center  
Danbury, CT  
<https://danburyirishfestival.org/>

### **Sept 18**

Folks for Spokes/Folks on Foot  
Fowler Field  
Milford, CT  
<http://folksonspokes.bridgesct.org/>

### **Sept 30**

Blake Shelton & Chris Janson  
XL Center  
Hartford, CT  
<http://www.xlcenter.com/events/detail/blake-shelton>



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## **Meet our Doctor**



**Dr. Lorraine Burio**

A promotional graphic for social media engagement. It features a blue background with horizontal wood-grain lines. At the top, the text "Help Us Grow!" is written in a large, orange, bubbly font. Below this, three lines of text encourage following on Twitter, liking on Facebook, and checking out weekly blogs. At the bottom, there are icons for Facebook, Blogger, Twitter, and Google+, along with a beach-themed illustration of a sun wearing sunglasses and starfish on a towel.

**Help Us Grow!**

FOLLOW US on [Twitter!](#)

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