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2009's 5280's Top Dentist!



FLUORIDE TREATMENT
 Buy one adult fluoride treatment in office
Get Half Off!
 The 2nd treatment within a year.

CONGRATULATIONS!

5280 Top Dentist...AGAIN!



Congratulations...

The June 2009 issue of Denver's Magazine 5280 will be featuring Denver's top dentists. For the 2nd year in a row, our own Dr. Jodie has been honored by her peers by being selected. 🌸



Mark Your Calendars!

Our next blood drive will be Nov 5th 2009 from 1:00pm to 6:30pm. Come to help the community – win great gifts and prizes. 🌸

Visit Our Website at:
www.drjodie.net

Smiles!

NEWSLETTER

WWW.DRJODIE.NET

SUMMER 2009

THE LATEST NEWS

Questions About Teeth Whitening Kiosks

Many people have wondered about bleaching kiosk sprouting up in malls. Many states including Tennessee, North Carolina, South Carolina, and California are requiring the treatments to be performed only by licensed professionals. These state's Boards of Dentistry have determined based on its research and legal opinion, that prescribing and dispensing teeth whitening formulations is the practice of dentistry. If you're interested in whitening your teeth please ask at the office because some patients are even great candidates for the over-the-counter products. Our custom tray home bleaching is now easier, as you only need to leave the bleach on for 30 minutes a day. 🌸



Teeth Whitening at the Mall?

Patient Tip

Bring address labels to use for your recall cleaning postcards.



Thanks for Your Referrals

We have a warm place in our hearts for those patients who give us the ultimate compliment of a referral. Thank you again for the friends and family you continue to send to our office for their dental needs. In doing this you have let us know that you appreciate the care and concern we strive to provide you. Thank you for the confidence you have placed in our team!

Thank You! 🌸

Teeth and Aging... Taking Care of Your Teeth as You Age

Dr. Jodie went to a class on successfully treating older adults.

- Many things change as we get older-our teeth tend to be less sensitive because the inside thickens-Therefore we don't feel the early warning signs we had when we were younger.
- Another fact is our saliva tends to lessen especially with certain medications. Saliva is so important to our teeth – it is the bloodstream of the mouth.
- And lastly, our teeth are more prone to cavities because our enamel is thinner (due to erosion and wear/tear) and there is usually root exposure which is 10x more at risk for cavities.

So how do we counteract these factors?

- Cleanings and Exams – Have cleanings and/or exams 3-4 times per year instead of only twice, to catch things when they are small.
- Fluoride – Daily use of prescription strength fluorides or recalcant products.

Teeth and Aging - Continued

- Office fluoride varnish at each visit-only \$35
- Xylitol Gum – Xylitol is a natural sweetener that is actually good for your teeth. The benefit amounts are 8-10g per day.
- Evaluate Your Diet – Sure-sugar isn't great for you, but acidic foods are even worse.
- WATCH OUT – Many sugar free products can be acidic!! ❀



Even Monkeys Teach Their Young to Floss

The BBC reports that female monkeys in Thailand have been observed showing their young how to floss their teeth. Researchers from Japan said they watched seven long-tailed macaques clean the spaces between their teeth in the same manner as humans.

They spent double the amount of time flossing when they were being watched by their infants. This suggests the mothers were deliberately teaching their young how to floss, Professor Nobuo Masataka of Kyoto University's Primate Research Institute, said. ❀

Are you teaching your kids to floss?



My, How Time Changes!

Favorite Sayings

**Time is free, but it's priceless.
You can't own it, but you can use it.
You can't keep it, but you can spend it.
Once you've lost it you can never get it back.**
– Harvey Mackay

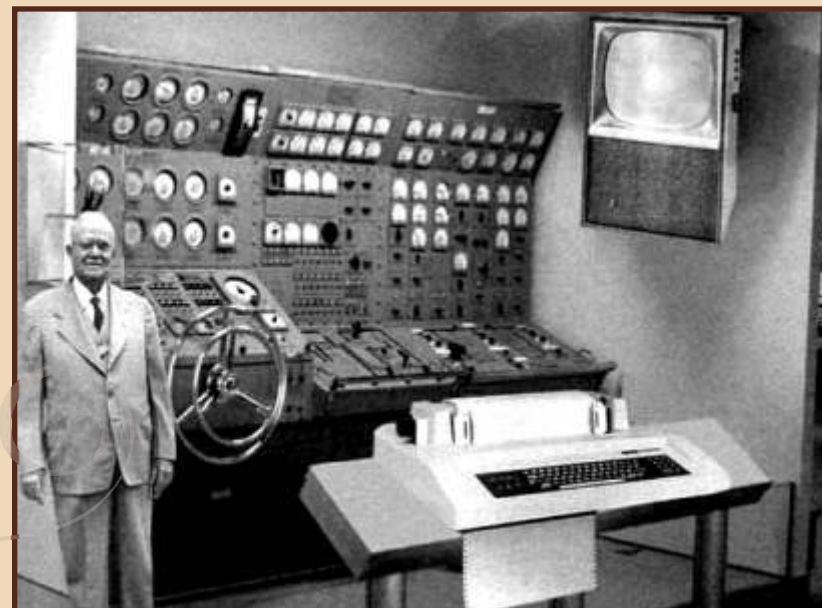
There is only one way to success at anything and that is to give it everything.
– Vince Lombardi

Wrinkles should merely indicate where smiles have been.
– Mark Twain

I like things to happen; and if they don't happen, I like to make them happen.
– Winston Churchill

**In the end what matters most is
How well did you live
How well did you love
How well did you learn to let go.**
– Unknown

Desire + Belief + Action = Creation
– Unknown



A Home Computer?

Scientists from the RAND Corporation have created this model to illustrate how a "home computer" could look like in the year 2004. However the needed technology will not be economically feasible for the average home. Also the scientists readily admit that the computer will require not yet invented technology to actually work, but 50 years from now scientific progress is expected to solve these problems. With teletype interface and the Fortran language, the computer will be easy to use. ❀