



Winter 2012 Dental Update

Alouf Aesthetic & Implant Dentistry



A SILENT THREAT

Gum infections harm more than just mouths. While mild gum infections called gingivitis may lead to red and swollen gums they're not especially dangerous by themselves. But they can worsen into periodontitis, painless but chronic gum infections that, if left untreated degrade bony sockets and ligaments that hold your teeth in place. The immune system fights gum infections to keep oral bacteria from spreading to other parts of the body. It usually succeeds, but not always. Gum disease bacteria can enter the bloodstream and move to the heart, creating life-threatening infections in previously damaged heart valves. The arteries may be the most common target. People with Periodontitis were twice as likely to die from a heart attack and three times as likely to die from a stroke, according to a study that examined 18 years of medical histories from 1,147 people.



See your dentist regularly!

Pregnant women with serious periodontal disease have about four times the risk of delivering preterm babies, and they face an increased risk of pre-eclampsia, in which blood pressure climbs sky-high after the 20th week, threatening the lives of both mother and fetus.

Periodontal disease may be present for many years before visible signs show themselves. At that point, much of the damage has been done, some of which is irreversible. Don't take any chances. See your dentist/hygienist on a regular basis. Early detection is crucial and treatment can now literally save your life. Be heart healthy—get those teeth and gums cleaned!

From Reader's Digest, By Dan Ferber

CRANBERRY JUICE: TEFLON FOR TEETH

A recent study at the University of Rochester Medical Center has discovered that the same traits that make cranberry juice a powerful weapon against bladder infections also hold promise for protecting teeth against cavities. Dr. Koo found that cranberry juices acts like Teflon for teeth, making it difficult for the bacteria that causes cavities to cling to tooth surfaces. Stickiness means everything for the microbe bacteria which creates cavities by eating sugars and then excreting acids that cause tooth decay. Scientists believe that cranberry juice disrupts the formation of the building block of plaque, known as glucan. This glucan glue covers the tooth and gives bacteria a safe haven to munch on sugar, thrive, and churn out acid. Something in the cranberry juice disarms the pathogens and prevents bacteria from forming. The downside of this discovery is that manufacturers typically add sugar to the juice to make it more palatable, so caution is advised. This research is in early stages of testing, so don't paint your teeth with cranberry juice. We hope to see a preventative product hit the market once they identify the glucan fighting enzyme in cranberries. We will keep you posted!



Visit our Fan Page!



Alouf Cosmetic and
Implant Dentistry

CareCredit®

On a budget? Ask us about CareCredit to pay for your oral healthcare visits.

Monthly payments with no interest! Easy-Affordable!

FEBRUARY



Birthstone: Amethyst
www.ahutterstock.com - 20150407



Alouf Aesthetic & Implant Dentistry

Experience The Difference

February Fun Facts:

- The birthstone for February is the Amethyst
- Primrose is the flower
- February 2 is Groundhog Day
- February 2 is also Candelmas day, the midpoint of winter, half way between the shortest day and the spring equinox. It is also the day of blessings for the candles used in Catholic churches.
- 2012 is a Leap Year!
- February 14 is Valentines Day!
- February 28th is National Tooth Fairy Day!



ALOUF AESTHETICS



OUR PATIENTS LOVE US!

"I am always impressed with the quality of care, the attentiveness, and the outstanding communication from everyone at Alouf Dentistry. Sarah Schupp, in particular, does a great job!" *R. Wesley*

"Everything and Everyone is GREAT!!! Wish my personal physician's office ran like yours!" *B. Daniel*

"Everyone was extremely nice, unlike any other dentist office I have been to" *new patient, S. Holt*

"I felt comfortable for once by the end of my visit. Everyone I came in contact with was very friendly and understanding of my fears" *C. Hughes*

"Dr. Alouf was not able to help me, however, he offered excellent advice and everyone was so friendly! I was highly impressed." *new patient, S. Guerrant*

"What a pleasure to come through the door and be greeted by Marie! Stacy, my hygienist is my rock and makes me take care of my teeth!" *G. Trout*

"Very impressive service from start to finish in both content and staff. A little costly but am so glad I FINALLY found a dental practice in Roanoke that I feel good about!" *new patient, C. Christenson*

Treat your Valentine!
Whitening Special!
Power Whitening

\$300

(fee includes consultation)

WE ARE ON THE WEB
ALOUFAESTHETICS.COM

