



What' New at Future of Dentistry

Community Outreach

The summer is in full swing and so are the community outreach efforts at Future of Dentistry.

In June, we had the pleasure of visiting the *Doyle School* (pre-K) in Wakefield to distribute backpacks, beach balls, toothbrushes, toothpaste, and a healthy dose of oral health care information. Cillen, one of our hygienists presented a fun, interactive, demonstration on the importance of healthy snacks and daily brushing. The students were a great audience - lots of questions, energy and enthusiasm!

As a premier sponsor of one of the largest and oldest *Fourth of July* celebrations in New England - Future of Dentistry was thrilled to be a part of a great day. The weather cooperated and thousands of people enjoyed the parade, kayak races, a fishing derby and last but not least - a spectacular fireworks display.

Brides across America is a heartwarming organization that donates designer wedding gowns to military brides. Since 2008 ,the founder Heidi Janson, owner and operator of Tulle Bridal in Andover, was inspired to do something to say thank you to our service men and women in the only way she knew how To date over 12,000 wedding gowns nationally have been donated and distributed through events held twice a year in partnership with other salons. Future of Dentistry was proud to participate in the Nationwide Gown Giveaway on July 9th by volunteering to assist with the brides and their families , providing gift bags for all brides, a raffle prize and an on- going referral donation program.

While we will continue our complimentary sports mouth guard program we are launching a new community outreach campaign in August in conjunction with the Massachusetts Dental Society's *Grin and Wear it Program*. The statistics are concerning and the impetus is to inform the Wakefield Community about the complimentary, custom, professional grade, sports mouth guards offered by Future of Dentistry.



Hope your summer's been as fun as Roman's!

Give them a Sporting Chance

with a Custom Sports Mouth Guard



A sports mouth guard is an important piece of equipment for all athletes that participate in a contact sport. While mouth guards help prevent injury to the teeth lips, cheeks and tongue they also help to cushion any blows to the neck or head that would otherwise cause concussions or jaw fractures.

When a blow is delivered to the face or jaw, the goal and function of an adequate sports mouth guard is to dissipate and distribute the force evenly over the teeth and soft tissue surfaces.

There are currently 3 types available:

- a **Stock Guard** is made of rubber or polyvinyl is unable to adjust to fit and at times can interfere with breathing and speaking
- **Boil and Bite** is made of thermoplastic and softened to fit when placed in boiling water - fit and tears and/or perforations in the guard will diminish its effectiveness
- a **Custom, Professional Grade, Sports Mouth Guard** is by far the best protection in terms of fit, comfort and protection. It is fabricated by a dental lab from a dental impression of the teeth and pressure laminated to fit the athlete's mouth exactly.

Did you know?

- More than 5 million teeth are knocked out each year due to sports injury
- Athletes are 60 times more likely to suffer damage when not wearing a mouth guard.
- Mouth guard use prevents approximately 200,000 ora-facial injuries each year.

Our goal is your goal - keeping your children safe and giving them a reason to smile.

A new way to PREVENT tooth decay

Introducing the CARIFREE risk assessment and treatment program

Cavities

Cavity... a word no one likes to hear. For many of us cavities are just part of the routine dental visit, but cavities are mainly preventable. For decades our water supply has been fluoridated to provide economical access for all to help prevent childhood tooth decay by systemically mineralizing the enamel of newly erupted teeth and teeth still under the gum and bone. However many factors come into play with tooth decay well outside of brushing and flossing alone.



Risk factors for tooth decay go beyond sticky candy and a lack of flossing. **Risk factors** are what make us prone to getting cavities in the first place. The most obvious risk factor for tooth decay is poor oral hygiene, a lack of brushing and flossing and a lack of routine care. But did you know that medical conditions like diabetes increase the risk of tooth decay? Also prescription medications are a big culprit for cavities as they often cause dry mouth which leads to tooth decay even when the patient is doing all the right things.

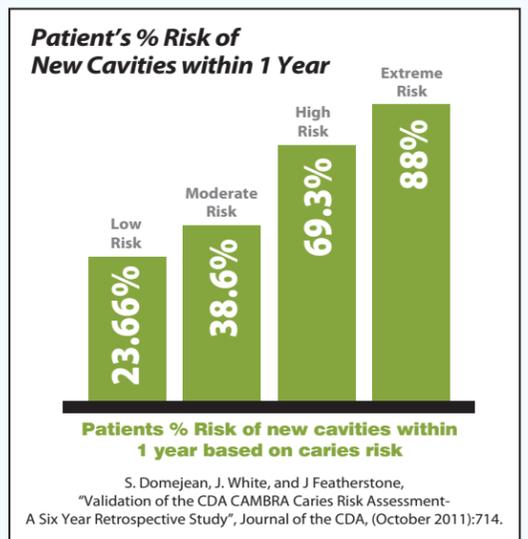
Balance

Every patient is important to us and it is particularly upsetting when we see our patients work hard between dental appointments, follow all the recommendations and do everything right but still have new cavities. Through research we found that the mouth and all its components must be balanced to protect our teeth. The balance in the oral cavity is delicate and can be disrupted easily. Usually in healthy patients the balance in the mouth is able to rebound on its own. However in patients with one or more risk factors the mouth doesn't always rebound and instead is out of balance.



Balance is very important throughout our whole bodies, particularly our mouths. If the pH balance is off in the mouth our saliva cannot protect and repair our teeth like it should and we develop cavities. Sometimes a dental cleaning and some homecare instruction is all our patients need to get a balance back in the mouth and move forward. Other times a medicated mouth rinse is used to kill bacteria and restore pH balance to the mouth. We are happy to introduce the Carifree treatment system to our practice which includes medicated treatment mouth rinses and preventative products to protect the balance of the oral cavity.

Carifree is a series of treatment and preventative products reserved for use in our patients at risk for tooth decay. One of the products is a rinse for treatment of bacteria causing tooth decay. Since this rinse is a medicine to treat an oral infection it tastes like a medicine. This medicated rinse may not be a favorite due to the taste but is only meant for short term use. Each member of our team has tried every product that we recommend to our patients. As a group our team spent a lot of time researching Carifree and reviewing its use in other dental practices. The success rates that we saw made us hopeful and excited for our highest risk patients. We are sure that patients that struggle with frequent cavities and seemingly endless dental work will agree that the benefits of being cavity free will outweigh the short term taste of the rinse.



Other products offered by Carifree are fluoride rinses and gels. Every time we eat and drink some minerals are taken from our teeth due to the acids that help to break down our food. Fluorides prevent tooth decay and protect existing dental work by adding back the minerals that keep the enamel strong and resistant to cavities.

If you or a family member have any of the risk factors listed or struggle with tooth decay we are here to help! Call for an appointment today for a free cavity risk assessment.

Risk factors for Cavities:

- ✓ Sipping on drinks throughout the day
- ✓ Frequent snacking
- ✓ Tobacco use
- ✓ Acid reflux
- ✓ Head and neck radiation
- ✓ Oral appliances like braces, Invisalign, night guards and retainers
- ✓ Drug addiction
- ✓ Bulimia
- ✓ Poor oral hygiene
- ✓ Medical conditions



Thank you for all your referrals. We appreciate them!

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office information

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Office Hours

Mon/Tues/Wed 7:30 am – 7:00 pm
Thursday 7:30 am – 8:00 pm
Friday 7:30 am – 6:00 pm
Saturday 7:30 am – 3:00 pm

Contact Information

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website www.futureofdentistry.com



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Spotlighting our Team!

Janet Bloom has been a lifelong resident of Wakefield and an active member of the Westside Social Club since 1998. "WSSC" provides the financial support and volunteers for some amazing events and activities in the Town of Wakefield, including all the childrens events for the towns 4th of July celebration. Janet also volunteers for St Joseph's Pantry, a local food kitchen providing meals for the less fortunate.

Janet Bloom



Janet became interested in dentistry at the tender age of 15. She worked part time after school for her own dentist Dr Robert Cieri, after graduation she accepted a full time position with him. When Dr Cieri retired in 2005, Future of Dentistry moved from its Melrose location, absorbed Dr Cieri's practice and both of his employees, Susan Johnson and Janet Bloom. That's right folks, Janet Bloom has been with our combined practices for over 35 years! And, we couldn't do it without her. Janet has worn many hats over her years at Future of Dentistry. These days, Janet is our Patient Benefit Specialist. She spends her day researching patient's dental insurance benefits to help our patients to better understand and maximize their coverage.

We consider ourselves very lucky to have Janet Bloom on our team, she is a wonderfully selfless individual and absolutely irreplaceable.



Information included is not dental or medical advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.