



A Brighter Future, Together

The summer of our 25th anniversary is off to a great start! We just learned that local residents voted us #1 Choice for a Dental Office. It's always a thrill for us to win one of the Readers Choice Awards. We're also excited about some new staff who will be joining us soon. More on both topics in upcoming newsletters!

Thank you to everyone who has participated in our "\$25 for 25" offer. Two of the most popular charities so far are the American Cancer Society and St. Jude Children's Research Hospital.

If you missed last month's newsletter, here's how this program works:

- Refer a new patient to Future of Dentistry from June to December 2016, our anniversary year.
- When your friend or family member contacts our office to schedule an appointment, they mention the \$25 for 25 program and tell us who referred them.
- We contact you and ask which organization you want the \$25 donation to benefit
- When your friend or family member comes in for their first appointment, they tell us the cause they'd like to support. We donate another \$25 to the organization they choose.

We'll donate to any charity or nonprofit organization you support, from the ASPCA to a local arts group – it's totally up to you. You'll receive written or emailed confirmation after the donation is processed. For more information, call our office at 781-245-2299 or email lisa.futureofdentistry@gmail.com.



fromthedentist Preparing For Pregnancy

Caring For Your Oral Health Protects You And Your Baby



If you're planning to become pregnant in the future, start thinking about your teeth now. Your child's future health can be affected by your own oral care. Here are two important examples:

- Pregnant women with periodontitis (gum disease) are more likely to have baby that is premature or has a low birth weight.
- Children are more likely to get cavities before age 5 if their mother has untreated or severe tooth decay.

We believe in taking care of your mouth at all times. But if you're planning to have a baby, make a special effort beforehand to keep your biannual cleaning and exam appointments. If you're hesitating for financial reasons, ask the Future of Dentistry team about our Membership Program, which covers basic services and offers discounts on many additional treatments.

When you book your visit, tell our front desk staff about your plans. If you haven't seen a dentist for a while, we may want to take x-rays and have the doctor see you. This reduces the risk of a dental emergency during pregnancy.

Your nutrition will affect your teeth, so a diet with vitamin-rich vegetables and protein is important for your mouth as well as your baby's development. Snacking throughout the day is bad for your teeth. Though it's easier said than done, try to limit snacking to sittings where you can brush and floss afterward!

During Pregnancy

You can, and should, maintain regular dental appointments during your pregnancy. Keeping your mouth healthy is part of keeping you healthy overall. Make sure to notify our staff that you're pregnant.

Pregnant woman are prone to certain oral health issues that we watch out for during your biannual hygiene visits. These include increased risk of tooth decay, the temporary condition called "pregnancy gingivitis," as well as "pregnancy tumors." The latter sounds scary, but it's actually a swelling that happens on the gums, often between teeth.

Morning sickness is no fun. Make sure you use a finishing rinse during this time, to help protect your mouth from corrosive acids. CloSYS has a neutral flavor that appeals to many expectant moms. Whatever toothpaste and mouthwash you use, make sure they carry the American Dental Association's seal to ensure they're safe for both mom and baby. *Continued on Page 3*

Get Comfortable!

Make Yourself At Home With Our "Comfort Menu"



Once upon a time, people dreaded medical care. Whether it was a routine cleaning and exam at the dentist, or a checkup with your primary care physician, healthcare experiences weren't exactly pleasant. You were stuck with outdated magazines, long waits with squirming kids, and the feeling that you were muddling through health and insurance information with no help.

Happily, the old days are long gone! Patients began to expect a higher standard of care and consideration. At Future of Dentistry, we aim to set that standard.

Since Dr. Casazza founded our practice 25 years ago, we've offered a more personalized approach. That means individualized attention to your unique priorities and needs — including your health, scheduling and finances.

It also means we're dedicated to making every in-office experience a positive one. That's why we developed our "Comfort Menu." This is an assortment of options designed to make your visit relaxing and cozy. It includes:

- Lip balm
- Stress balls
- Neck pillow
- Ergonomic wedge pillow
- Ear plugs
- Blankets
- Headphones
- Water, coffee or tea

Our goal is to make you feel at home from the second you step into 968 Main St. to the moment you exit. Some of the other amenities and options we offer include:

- If your kids are with you, they can choose a toy from our Toy Chest at every visit.
- Have a suggestion for a good magazine for the office? Let our staff know.
- If music helps you relax but you'd prefer not to use headphones, tell us what you want to hear. You can choose the tunes for our sound system.
- Ask us for our WiFi password if you feel like checking emails, updating your Facebook or surfing the Web.
- We use distilled water, so you're rinsing with the best!
- Left your umbrella at home on a rainy day? The team at our front desk will be happy to provide you one to take home.

If you have an idea for our Comfort Menu, or our office in general, email it to info@futureofdentistry.com.

Check us out on the web and social media!



Future of Dentistry, Future of Community

Oral Health Ambassadors

Just before the school year ended, our hygienist Cillen managed to fit in one more lesson. She visited the Columbus School in Medford to talk to the kids about dental care. Ms. Karpowich's class was a great bunch of kids!

Our amazing hygienists are highly skilled and trained, but they're also awesome in the role of "Oral Health Ambassadors." Cillen makes the presentation really fun and interactive, with games and skits. For younger groups, she even brings two stuffed animals that have full sets of teeth, so kids can practice brushing on something fun.

If you'd like to have one of our clinical team talk to your school or organization, email lisa.futureofdentistry@gmail.com or call our office at 781-245-2299.



Thanks to Lisa for stopping by for her thank-you gift!



Cillen makes dental care fun for Ms. Karpowich's class at the Columbus School in Medford.

We had some wonderful visitors of our own recently! We've had a patient stop by each month, not for a regular appointment, but to pick up a special thank-you gift. As you may remember, we're doing this monthly giveaway for our "Share a Smile" program.

We started the giveaways at the beginning of 2016, which is our 25th anniversary year. It's our way of saying thanks to our amazing patients! The gift is different every time. We present it to one of our many loyal patients, who've shown trust in us by referring their friends and family. Because we have so many fantastic patients, anyone can win! Like our Facebook page to find out who the recipient is each month, at www.facebook.com/FutureOfDentistry.

Another thing we like about the program is how it allows us to support local businesses. For example, in May a patient received a \$50 gift card to Cibo's and a \$50 gift card for Bellino's — both local restaurants with outdoor seating perfect for a lovely spring day.

Thanks again to all our amazing patients!

Preparing For Pregnancy (cont'd)

X-rays are generally avoided during pregnancy, but if it's a dental emergency, it's acceptable. We take steps to ensure your safety and your baby's too. The same is true of sedation for dental procedures.

When it comes to oral surgery, it's better to wait till after the baby is born, especially with procedures like wisdom tooth removal. But treating serious dental emergencies should not be postponed. Call our office if you're not sure. Our team is happy to discuss how to proceed with a treatment.

Thank you for all your referrals. We appreciate them!

Office Information

Future of Dentistry
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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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Email: please contact us through our website www.futureofdentistry.com

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See What's New!

How To Shine For The Summertime

The last thing you want to do on a summer day is run to the dentist's office for an emergency visit. But all too often, our summertime habits create problems that must be fixed immediately. Here are some tips for putting your best face – and smile – forward during the summer.

- Dental care doesn't take a vacation. It's tough to keep your oral hygiene routine when you're away, but it's worth it. Keep brushing and flossing twice a day and you'll help keep your vacation worry-free.
- Use a mouth guards for summer sports. Over-the-counter guards are okay for the occasional pickup game, but if you or your kids are very active in sports, talk to us about a custom-fit guard. They offer far greater protection for your mouth and head.
- Watch out for "problem foods" that are common in the summer. If your teeth aren't in great shape, it's best to avoid corn on the cob. But even if your mouth is in stellar shape, be sure to floss soon after eating. Not just where you feel those little strands and pieces – floss all your teeth! Ice is another danger, so try to resist the temptation to chew the cubes from your cup. Be careful with dried fruit too. It's healthier than candy and convenient for outings, but it's not great for teeth, especially when you can't brush till hours after eating.
- Staying hydrated is essential during the summer, but watch out for ice tea, lemonade, sports and energy drinks, alcoholic beverages, and soda. The sugar and acid can cause serious problems. You don't have to drink water all the time. But if you're drinking a sugary, acidic beverage, try to enjoy it all in one sitting. Sipping over the course of a day doesn't give your mouth a chance to recover from the unhealthy ingredients.
- Many people want to whiten for special occasions during the summer. Talk to our staff about our two summer offers in honor of our 25th anniversary – you can get 25% off laser whitening or \$25 off custom whitening trays.



Roman puts the cool into summertime!

Enjoy the rest of the summer!