

Our best patients are referred by our best patients. Thank you!

Produced for
the patients of
Catherine L. Forster,
D.D.S.

Fall 2011



DENTAL HEALTH LETTER

Ease into our dental chair

We like to think that when our patients visit us, they can be almost as relaxed in the dental chair as they would be in their own living room. To give our patients this sense of ease, we offer the following services:



- Oral conscious sedation—an option of getting your dental work done while totally relaxed and completely comfortable.
- Topical and local anesthetic to minimize initial discomfort.
- Comfortable dental atmosphere, which includes:
 - Comfortable dental chairs
 - Blankets/pillows
 - Headsets
 - Relaxation techniques
 - Friendly, caring staff
- Refreshments
- Contests, rewards, freebies, and cool stuff!

When you come to our office, it is important for you to know that **Dr. Forster** will always be concerned about what is in your best interest regarding your long-term health and beauty. She will take time to listen, build trust, and help you to become a partner in understanding and planning your dentistry.

OFFICE STAFF

Appointment Coordinators:

DeDe Bailey
Susan Fleming

Dental Assistants/ EFDAs:

Nicole Nitzsche
Stacey Jones

Dental Assistant:

Holly Stark

Registered Dental Hygienists:

Terri Moran
Beth Sobitz
Wendy Piero



Scan with your
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visit our Web site
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Take advantage of your coverage before the year ends

The end of the year is an important time to be sure you've taken full advantage of your insurance benefits. Restorative work and even checkups can often be scheduled in time to receive the benefits owed you, or pretax money you've put away for such expenses needs to be utilized by December 31. Survey your situation now to be sure you're getting the full extent of your benefits in accordance with your insurance and other plans.



Not what you were expecting?

Most pregnant women do not expect their condition to affect their oral health, but many will experience problems associated with pregnancy, including extreme inflammation of the gums, bleeding, and pregnancy tumors.

Pregnancy gingivitis is a common occurrence that involves redness and swelling of the gums, often accompanied by bleeding while brushing or flossing. Gingivitis is most likely to be evident during the middle trimester but may be present throughout the pregnancy.

Pregnancy tumors affect only about 10 percent of pregnant women, but they can be uncomfortable to deal with. Although painless, they may bleed and interfere with normal chewing and speaking. Should problems associated with a pregnancy tumor become too cumbersome, removal is usually recommended.

Although the mouth often returns to its prepregnancy state a few months after the baby is born, it's important for the mother-to-be to practice good oral hygiene while she is expecting. Without proper treatment, oral-health problems associated with pregnancy may become more severe as the pregnancy progresses.

Maternity myths

Although a mother-to-be may experience a number of changes to her oral health as a result of her pregnancy, one that she will not undergo is loss of calcium from her teeth to help her baby's teeth develop.

A pregnant woman's diet does affect her child, however. A baby's teeth develop during the second trimester. Vitamins and nutrients that are especially important at that time include vitamins A, C, and D, along with protein and calcium. It is especially important for a mother-to-be to ingest dairy products and other foods containing these vitamins and minerals during her pregnancy.

Nighttime noshing has negative dental effects

Those who prefer to go light on breakfast and lunch and consume the majority of their calories in the evening and during middle-of-the-night snacks are more likely to have dental problems.

Danish researchers followed more than 2,000 adults for over five years and found that the nocturnal eaters, of which there were 175, tended to lose more teeth than those who ate during predominantly daytime hours.

Night noshers in the study may have had more dental-health issues because less saliva is produced at night, and saliva plays an important role in washing away food debris that encourages bacterial activity.

The research shows that *when* you eat may be as important as *what* you eat with regard to dental health.



THE SCIENCE OF BAD BREATH

Researchers in Japan may have discovered similarities in the mouths of many people who suffer from bad breath. High levels of certain types of bacteria indicate that a patient is more likely to have halitosis, according to the scientists. In the future, a treatment that balances bacteria levels may be available for this problem.

In the meantime, recognized causes of bad breath include use of tobacco and ingesting certain foods, such as garlic. Bad breath can also be a sign of a medical ailment, such as a respiratory problem or sinus infection. More serious causes include gastrointestinal problems, liver or kidney issues, or diabetes.

If you feel your breath could be fresher and you know that tobacco or your diet is not the cause, a dental checkup is in order. Untreated gum disease may be the issue. We can help you discover the root cause of bad breath and make recommendations to help you improve it.



Could healthier gums mean lower blood sugar?

Patients with type 2 diabetes who keep their blood sugar under control are less likely to suffer the ill effects of the disease, including strokes and heart and kidney disease. Recent evidence has shown that keeping the mouth healthier may have a positive effect on blood-sugar levels.

Researchers studied patients over the age of 16 who had both type 1 and type 2 diabetes. They learned that in patients with type 2 diabetes, those who took better care of their teeth and kept gum disease at bay also had lower blood-sugar levels.

Periodontal disease is a special problem for diabetics because diabetes lowers resistance to infection. In its earliest stages, the disease causes gums to swell and become red. Bleeding from the gums, especially when brushing or flossing, is common. Fortunately, in its earliest stages, the symptoms of gum disease can be reversed.

Researchers concluded that treating gum disease in patients with type 2 diabetes could lower the numbers of bacteria found in the gum tissue. It's believed that high bacteria levels could lead to increased blood-sugar readings, so treating gum disease early could help type 2 diabetes patients in their quest to control blood sugar.



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*Here's your
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The information included in this newsletter is not intended as a substitute for dental advice. For your specific situation, please consult our office.

Dentists aid patients with sleep problems

Sleep apnea, which may affect as many as one out of every six people in the 50+ age group, can cause sufferers to stop breathing for short periods during sleep. Patients with sleep apnea may exhibit cardiovascular problems and complications of the central nervous system. Telltale signs of the disorder include sleepiness during the day and snoring, especially loud, periodically interrupted snoring.

Health issues associated with sleep apnea include possible memory and learning problems, and heart or stroke issues caused by plaque buildup related to lack of oxygen.

Experts recommend that patients who show signs of sleep apnea seek the advice of a health professional and possibly undergo a sleep study. Often the soft palate or the tongue obstructs the airway, or the muscles in that area fail to keep the air passage open. Because the opening changes as the patient's age and weight do, the problem can become progressively worse.

Dentists can aid patients who have this problem by prescribing a dental appliance that can move the lower jaw forward to prevent the tongue from interfering with the airway. Other patients may find relief by using a device with a mask that can help keep the airway open.

Call for more information about your options.

Ever thought about CareCredit®?

Some people don't see a dentist for a regular checkup or a specific problem because they think they can't afford it. Taking chances with your dental health is never a good idea.

CareCredit® provides patients with another financial option. Essentially, CareCredit is a health-care credit card—with a positive twist. CareCredit enables a patient to pay over time, *often without incurring interest charges*. If payments are made on schedule over a time frame of 6 or 12 months (depending on the plan), no interest is charged. If the patient is late with a payment or payment is not made in full in the specified time period, then interest charges will be applied from the original purchase date. Minimum monthly payments are required.

CareCredit also removes billing responsibilities from the dental office, allowing us to focus on providing the best care possible for the patient. Approval for this plan depends on a patient's credit application and past credit history.

If you have any questions about CareCredit, please give our office a call.

Catherine L. Forster, D.D.S., Inc.
3455 Whipple Avenue, N.W.
Canton, OH 44718

Office Hours

Our regular hours are
7:30 a.m.-5:00 p.m.

**Appointment and
Emergency Phone:**

(330) 492-7889

Web site:

www.cantonsmiles.com



**Jennifer, 13
and Emily, 15**

ENJOY THE COLORS OF FALL!