

# Distinctive Smiles Newsletter

December 2009

Volume 1



## Talking with Dr. Turk

To Our Dear Patients,

I doubt if we are grateful for this recession, but all of us at this office are certainly grateful for the blessing of such good patients and to have had the opportunity to work with you. Our focus has always been that every individual has a right to choose their level of health after having an opportunity to hear the options available to them, including the risks, benefits and costs involved in making those choices. We want you to feel comfortable during these times in communicating your choices to us.

When you get a chance, take a look at our new website, [www.mouthdoc.com](http://www.mouthdoc.com). There you can explore more about choices. Go to "services" then click on the topic you would like to read. For example, if you click under "TMJ," there is a movie that will explain a common cause of jaw joint pain. We would love to have your feed back on how we can make your browsing experience better.

Thank you for your continued trust and confidence in all of us. We are grateful for your patronage. More than ever, what ever your personal beliefs, we wish you all the happiest of holidays and a more prosperous, secure and rewarding 2010. Merry Christmas to all.

Dr. Turk and Staff

# Happy Holidays

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**Dr. Turk and his staff would like to  
wish you a wonderful holiday season  
and a Happy New Year!!!**



### Dry Mouth (Xerostomia)



There is a new problem on the rise for a large portion of the population: dry mouth. Prescription and non-prescription medications are the most common cause of dry mouth. There are 400 different medications linked to dry mouth and some diseases and infections can cause it as well. This is a problem because saliva helps with digestion, prevents tooth decay and protects and lubricates the tongue and tissues of the mouth.

#### Signs and Symptoms

- ✓ Constant thirst
- ✓ Difficulty eating, swallowing or speaking
- ✓ Sore throat or hoarseness
- ✓ Cracked or dry lips
- ✓ Dry, red and/or irritated tongue
- ✓ Bad breath

Dry mouth sufferers may also experience extensive tooth decay, tooth loss or gingivitis. If you have one or more of the symptoms above, it is important that you discuss them with Dr. Turk or one of our hygienists as soon as possible. Why? Early detection could save your teeth.

## Jennifer's Jingles

### Why do we gain weight during the holidays?

Fats and sweets should make up the smallest percent of our diet. These would include salad dressings, oils, cream, butter, sugar, soft drinks, candies and sweet desserts. In other words . . . everything we are eating during the holidays. The recommended maximum amount of sugar for the following calorie intake per day is as follows:

**1600 Calories** – Limit sugar to 6 teaspoons or 22 grams per day

**2200 Calories** – Limit sugar to 12 teaspoons or 44 grams per day

**2800 Calories** – Limit sugar to 18 teaspoons or 66 grams per day

On the next page we have listed some of the sugar content in sweet treats. If we feast on all of these goodies, we can see how the extra pounds can creep on. Knowing how much sugar found in foods **before** we indulge may help us to eat less sweets and a more balanced diet, thus helping us feel better and gain less weight during the holidays.

## Jennifer's Jingles (continued)

### Hidden sugar in our foods:

Grams



1 slice of Mrs. Smith's Apple Pie (1/6 of the pie)	18
- Add Vanilla Ice Cream	39
Pumpkin Pie (1/8 of the pie)	31
1 Peanut Butter Cookie	12
Sweet Potato Casserole	41
Cranberry Sauce (Canned)	21
1 Piece of Fudge	15
12 Oz. Coke	39
1 Red Bull	27
1 Snickers Bar	30
2 Reese's Peanut Butter Cups	20

## Carma's Corner

### HOLIDAY SPECIAL Pulsonic Brushes

Give the gift of a clean, bright smile! We are now offering Oral-B Pulsonic toothbrushes at a discount. These rechargeable brushes normally retail for \$59.00. We have them available for our patients for only \$30.00. They are on display at our office. Stop by the office, or take a look at your next visit.

## Fun Facts

### Can you match Dr. Turk and staff with their pets?

<u>Name</u>	<u>Pet(s)</u>
1. Dr. Turk _____	A. No Pets
2. Carma _____	B. Two Dogs
3. Teri _____	C. Two Turtles
4. Jennifer _____	D. One Turtle, Two Cats, One Goldfish, Two Dogs, Two Goats
5. Lori _____	E. One Dog
6. Katie _____	F. No Pets
7. Debbie _____	G. One Dog

ANSWERS: 1-C; 2-A; 3-B; 4-E; 5-F; 6-G; 7-D

## Hygiene Hints

### Perio Protect

#### Can my teeth affect my health?



Studies linking gum disease to other diseases explain that infections in your gum tissue may serve as an entry point for bacteria to invade your body. Scientific studies show a connection between gum disease and serious systemic conditions including:

- ✓ Diabetes
- ✓ Heart Disease
- ✓ Respiratory Disease
- ✓ Blood Clots and Stroke
- ✓ Preterm and Low Birth Weight Babies
- ✓ Pancreatic Cancer
- ✓ Alzheimer's Disease

The bacteria in the mouth causes local inflammation and allows this bacteria to enter the blood stream through small ulcers and spread throughout the body. We are now offering the **PERIO PROTECT PROGRAM** in our office to direct and hold antimicrobial medication at the source of the infection, killing the bacteria. This system has a special patented tray that the patient wears in a regimen personalized for them by Dr. Turk. As healing occurs, Dr. Turk will decrease the wearing time and the patient will follow a simple maintenance schedule. Side effects reported by patients include fresher breath and whiter teeth!

## Ravishing Recipes

### Soft and Chewy Pumpkin Cookies

*1 cup of butter or margarine, softened*  
*1-1/2 cups firmly packed brown sugar*  
*1 cup canned pumpkin*  
*1/3 cup molasses*  
*1 egg*  
*1 teaspoon baking soda*  
*2 teaspoons hot water*  
*3-1/4 cups all-purpose flour*  
*2 teaspoons cinnamon*  
*1 teaspoon ground allspice*  
*2 teaspoons grated orange peel*  
*1/2 teaspoon ginger*  
*1/2 teaspoon nutmeg*  
*1/4 teaspoon salt*  
*1 cup raisins*

#### **ORANGE BUTTER CREAM FROSTING**

*3 cups powdered sugar*  
*1/4 cup butter or margarine, softened*  
*1 teaspoon vanilla*  
*1 teaspoon grated orange peel*  
*3-5 tablespoons milk*

Place butter, brown sugar, and pumpkin in bowl. Beat on medium speed 1 minute, scraping bowl often. Add molasses and egg. Continue beating on medium speed an additional 2 minutes, scraping bowl while beating. Dissolve baking soda in hot water and add to creamed mixture. Beat until thoroughly combined. Add flour, cinnamon, allspice, orange peel, ginger, nutmeg, and salt. Beat on low speed until combined, about 1 minute. Add raisins. Mix just until combined, about 10 seconds.

Drop by rounded teaspoonfuls onto ungreased baking sheets. Bake at 375°F for 8 to 10 minutes. Cool on wire racks. Frost with Orange Butter Cream Frosting. Yield: 5 dozen cookies.

#### **ORANGE BUTTER CREAM FROSTING**

Place powdered sugar, butter, vanilla, orange peel, and 2 tablespoons milk in large bowl. Beat on low speed until mixed, approximately 30 seconds, scraping bowl while beating. Add remaining milk, 1 tablespoon at a time, beating on medium speed until desired spreading consistency.