

# ◆ Fill In ◆

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## **Sonicare Reduces Plaque**

The Sonicare sonic toothbrush operates at a sonic frequency of 31,000 gentle brush strokes per minute and has been documented to significantly reduce plaque bacteria, reverse gingivitis and help reduce periodontal pockets.

The sonicare has a built in timer that automatically stops the brush after two minutes of use. The timer also beeps after 30 seconds so that you can clean your teeth more evenly by cleaning one quarter of your mouth at a time.

Sonicare may be purchased at our office two handles and two brushes are \$115.00 or one handle and brush is \$86.00. The two handle pack is ideal for families or couples .

## **Sturbridge Professional Building**

Construction has begun on our new modern dental facility. The building is designed with a covered entrance so that in bad weather you gentleman can drop your ladies off at the door. It will also benefit our handicapped and senior patients.

The new address will be 4392 Sturbridge Drive. It is conveniently located off Linglestown Road across from the Giant. It is only about ten minutes from our current location.

The building will be large enough to allow us to expand our practice so that both Dr. Silvers will be able to work together. We will keep some separate hours so that Dr. Silvers can continue his Monday evenings which have been very convenient for many patients.

## **Two New Drugs help Fight Periodonal Disease**

Bacteria are the primary cause of gum disease. Atridox contains doxycyclin (an antibiotic) that can be placed under the gums after the hard deposits have been removed from the teeth. The material is a liquid when it is placed but soon becomes a gel. The gel is removed six to ten days after placement. Atridox is effective because it places a high concentration of antibiotic at the site of infection.

It is used for pockets that are deeper than 5 mm after initial root scaling and planning.

Collagenex is another form of doxycycline, but it is not used as an antibiotic. In low dosage (20 mgm tablets) it works against collagenase. Collagenase is an enzyme that breaks down collagen in the tissues around your teeth

It is a tablet that is taken twice a day. Studies have shown it can be taken for up

## **Time Management**

Time is a renewable resource. But it is also the most perishable commodity that we have. Time that is not used wisely today is gone forever. Fortunately we have tomorrow.

Take control of your time so that you can protect and preserve your overall health and especially your dental health. I use a day planner to plan my day and you would be surprised how much you can do in an organized day. Set your clock 5 minutes early so you have that 2 minutes for your sonicare. Skip that last TV show so you again have time for your home oral care program. Make your next recare appointment 3 or 6 months advance so you have the time blocked out in your schedule

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## **Dentures over Water**

Dentures are made of the finest materials so that they resemble natural teeth as closely as possible.

However these materials consist of either porcelain or resins. Much as you the sink in your house is also made of porcelain. If the denture is dropped in the sink the teeth may break.

For this reason it is best to **fill the sink with water** before cleaning your dentures.

**Smiles are Contagious  
and  
Increase Your Face Value**