

Magical Smiles Newsletter

A Free Monthly Newsletter For The Friends and Patients of: Anthony C. Derrick DDS



Inside:

Summer smile, is tooth whitening right for you

Diagodont, laser used to help identify tooth decay

Beat the summer heat, and still have fun

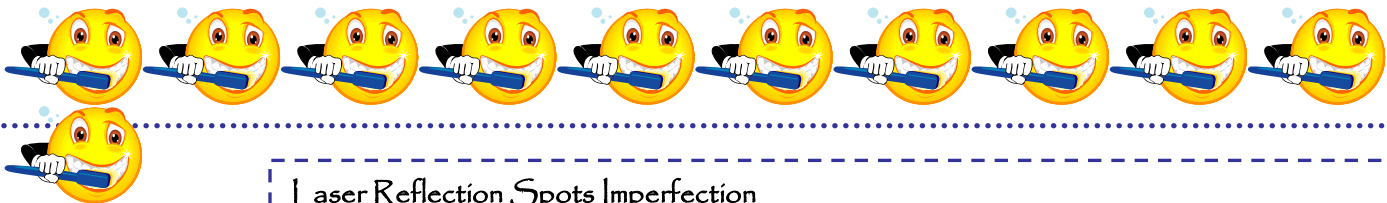
Recipe: Fresh Roasted Corn

Get ready for a New Summer Smile!

Whitening your teeth can drastically change your appearance and boost your self-esteem at the same time. Dr. Derrick will evaluate your teeth and smile to determine whether bleaching is right for you. In some cases a different cosmetic procedure may better meet your expectations, but bleaching is a safe, fast and easy process that is effective for almost everyone! First, we will make impressions of your teeth so that our lab can create custom bleaching trays to fit your mouth. These trays will guide the bleaching agent to the areas of your teeth that need to be bleached. We will record the current color of your teeth to help you monitor your progress. Next, we will fit your custom trays in your mouth to ensure they feel comfortable. We will instruct you on how to apply the bleaching agent to your trays and how to insert them into your mouth. You will take the custom trays and bleaching agent home with you. Most patients wear the bleaching trays at night while they sleep, but they may be worn during the day since the clear, custom-fitted trays are barely visible



When will I see results? Immediately! Most patients see results after the first night. It will typically take from 2 to 6 weeks to restore your teeth to a beautiful white. The time it will take depends on the original color of your teeth, how discolored they were, and how frequently the treatment is applied. How Long Will The Results Last? The effects typically last several years. Many patients choose to "touch-up" their teeth every 6 to 12 months by applying the treatment for 1 or 2 nights. "Touch-ups" are especially useful for patients that drink beverages that stain teeth, like coffee, tea, and colas. Are There Any Side-Effects? Some patients may experience heightened tooth sensitivity to cold, or mild tooth or gum sensitivity during treatment, but these symptoms are only temporary and disappear within a few days.



Laser Reflection Spots Imperfection

DIAGNOdent technology uses a simple laser diode to inspect your teeth, comparing reflection wavelength against a known healthy baseline wavelength to uncover decay. How? First, we aim the laser onto one of your healthy enamel tooth surfaces to give us a benchmark reading. Then, we continue on around your mouth, shining the laser into all suspect areas. As the laser pulses into grooves, fissures and cracks, it reflects fluorescent light of a specific wavelength. This light is measured by receptors, converted to an acoustic signal, evaluated electronically to reveal a value between one and 100, then displayed on a screen. Anytime the laser encounters a surface that reads differently than the healthy baseline value, it stimulates emission of fluorescent light of a different wavelength. A reading of 10-20 indicates some enamel softening, pointing to a potential problem area that merits close monitoring. A reading of 21-100 indicates a definite area of decay requiring a filling.



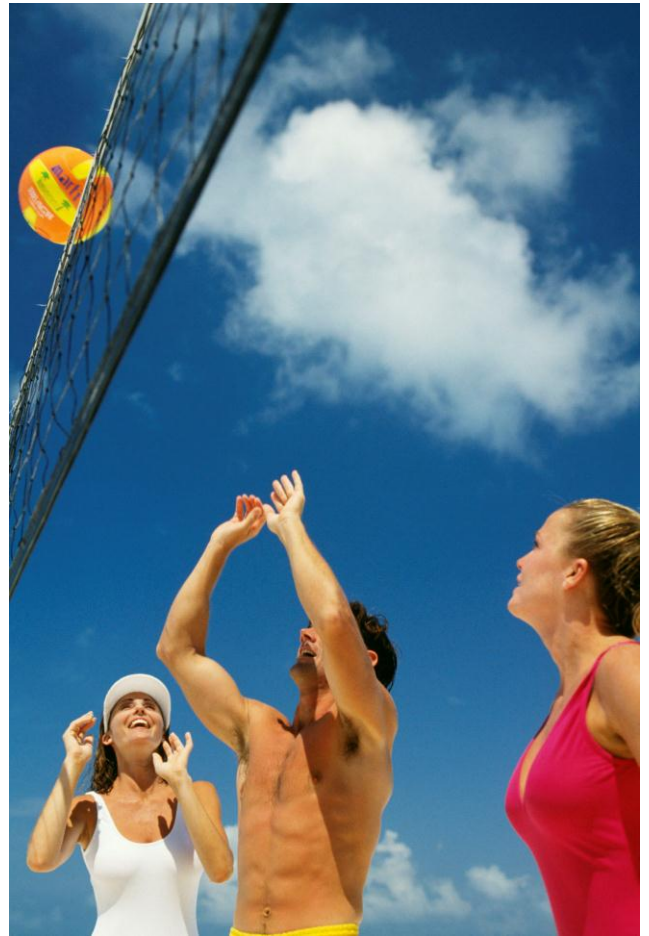
Stay Healthy. Stay Cool.

Ways To Keep Cool And Beat The Summer Heat!

If you plan on getting out there and getting some Exercise during these next few months there are probably some things you should take into account before putting yourself out there. Exercising in hot weather, especially when it's humid, takes more energy and is harder to do. Yet, if you are aware of these factors, and you follow a few precautions, you can be safe and stay happy while exercising throughout the summer.

Drink Water-

First and foremost the most important thing to consider is hydration. Who hasn't heard: "Drink eight 8-ounce glasses of water a day"? That's a great start, but if you're exercising or trying to lose weight, you need to drink more. Also, the more you weigh, the more water you need to consume to keep your body functioning properly, especially in the summer. We have all been guilty of sometimes assuming we are hydrated enough, but you can never have enough water in the summer to be safe!



Wear Sun block-

Wear a sun block with at least an SPF of 15, although the higher the protection, the better. If possible, apply the sun block 30 minutes before going outside. Don't let an overcast sky fool you into thinking you won't get sun exposure. Just because you don't see it does not mean it's not there!

Cover Up-

I'm not saying you have to wear long pants or long sleeves, but exposing more skin also exposes you to the sun's damaging ultraviolet rays. Men, you might feel more comfortable with your shirt off, but leaving it on will protect you better from the sun.

Cool Down-

You may be hot and tired after your routine, but don't neglect this important part of your exercise regimen. Stretching for a few minutes will help cool you down and relax your muscles. If you should ever start feeling light headed and faint pay attention to the signals your body is sending you and rest.





Roasted Corn

Ingredients

- 3 cups fresh corn kernels
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped fresh basil
- 1 tablespoon minced shallot
- 1 tablespoon red-wine vinegar
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- Splash of lemon juice

Preparation

1. Preheat oven to 450°F. Toss corn and oil to coat and spread out on a large baking sheet. Bake, stirring once, until some kernels begin to brown, about 20 minutes. Mix basil, shallot, vinegar, salt and pepper and lemon juice in a medium bowl. Add the corn; toss to coat. Serve warm or cold.

Nutrition

Per serving: 165 calories; 8 g fat (1 g sat , 6 g mono); 0 mg cholesterol; 23 g carbohydrates; 0 g added sugars; 4 g protein; 3 g fiber; 163 mg sodium; 332 mg potassium.