

# Magical Smile Fall Newsletter From Dr. Derrick



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*“People spend a lifetime searching for happiness; looking for peace. They chase idle dreams, addictions, religions, even other people, hoping to fill the emptiness that plagues them. The irony is the only place they ever needed to search was within.”*

**Romana L. Anderson**



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# Magical Smile Newsletter

Serves about 4

1 cup whole wheat flour  
2/3 cup all-purpose flour  
2 teaspoons baking powder  
1/4 teaspoon salt  
1 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/4 teaspoon ground ginger  
2/3 cup canned pumpkin  
2 eggs, separated  
1 cup milk  
2 teaspoons melted butter  
maple syrup, heated

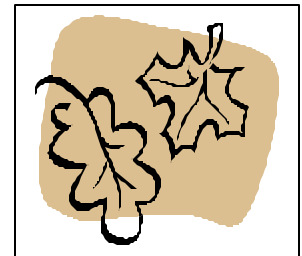
## Pumpkin Pancakes



In a small mixing bowl, stir together flours, baking powder and salt. In a large mixing bowl, beat together pumpkin, egg yolks, milk and butter. Stir in flour mixture. Beat egg whites until they hold firm peaks and fold them into the batter. Ladle about 1/4 cup of batter at a time onto a preheated, lightly greased griddle. Bake until bubbles appear on the surface, then turn and bake the other side until lightly browned. Serve with warm maple syrup.

### Planning a baby!

If you are considering becoming, or are currently pregnant, oral health has never been more important, than now. From pregnancy gingivitis to advanced periodontitis, learn how the state of your oral health may affect you and your unborn child.



## Important Oral Health Information for Expectant Mothers

by Shawn Watson, About.com

The American Academy of Pediatric Dentistry (AAP) announced new oral health guidelines for pregnant women in 2009 tailored to assist them in maintaining healthy teeth and gums during their pregnancy and into the early stages of motherhood. Why is oral health care important during pregnancy? Mothers with gum disease have a higher instance of preterm birth, a potentially serious pregnancy complication that may cause health concerns for their infant, typically due to a low birth weight.

Pregnancy gingivitis is a common form of gum disease known to develop in almost half of all pregnant women likely due to the change in hormones. When kept at-bay, pregnancy gingivitis generally ends shortly after the birth of the child, although it should be monitored by a dentist periodically during pregnancy in order to prevent this form of gingivitis from progressing into more serious periodontitis, an advanced and irreversible form of gum disease that has been linked with preterm birth. Pregnant mothers with periodontal disease are seven times more likely to go into preterm labor. Prostaglandin, a chemical found in oral bacteria, may induce labor. And high levels of prostaglandin has been found in the mouths of women with severe cases of periodontal disease. Make an appointment with your dentist today.

*“Patience and perseverance have a magical affect before which difficulties disappear and obstacles vanish.”*

John Quincy Adams



Send in pictures of your pets.

We love to see them!

## Poll shows smile is important

Roughly 81 percent of women and 66 percent of men between the ages of 18 to 65 years believe a smile is very important to a person's appearance, according to the American Dental Association/Oral B Lifetime of Healthy Oral Care Survey.

About 47 percent of women and 27 percent of men said a smile was what they noticed first about other people. Nearly all respondents (99 percent) felt healthy teeth and gums were important. The main reasons cited by women were general health, appearance and prevention of tooth decay, gum disease and tooth loss. For men, the main reasons were easier eating and appearance.

"We have been preaching this message to our patients for years, so it is very gratifying to know that patients have heard the message," says Astrid Schroetter, D.D.S., a general dentist. "Even if they don't practice good oral care, and we know some of our patients do not, they know they should if they want to maintain healthy teeth and gums."

**Other results of the poll include the following:** Women 65 years and younger brush an average of 2.29 times per day; men 65 years and younger brush an average of 1.87 times daily.

Roughly 48 percent of women 65 years and younger report cleaning between teeth with floss or interdental cleaners four or more times a week, while 33 percent of men perform the same task.

Respondents who brush twice a day were more likely to go to the dentist annually than those who brushed less than twice a day.

Almost 68 percent of women were the most likely to have all their natural teeth. Among those women who have lost teeth, dental disease was cited as the reason by 78 percent.

Almost 61 percent of men reported having all of their natural teeth. About 48 percent of men who have lost teeth reported accidents as the cause.

About 71 percent of women and 53 percent of men reported their oral health to be better than their parents teeth were at their age.

"This poll shows that Americans 'get it' when the topic is oral care," concludes Dr. Schroetter. "There is some room for improvement but this poll demonstrates that Americans comprehend what they need to do to maintain good oral health. Good oral health is so important to good overall health. It's great to see that message getting through."

Having a confident smile can change everything!  
***Invisalign***  
***makes the decision easy.***

You can have a stunning smile without people even noticing you're going through orthodontic treatment.

Straighten your teeth without the look of braces. Invisalign is virtually invisible. This system uses a series of clear, removable aligners that are changed out every 2 weeks. These aligners move your teeth over time to give you the smile you deserve and want. Call our office today to see if you are a candidate for invisalign



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## YUMMY

### **Praline Sweet Potatoes**

shared by Lisa

3 lbs sweet potatoes  
1/3 cup sugar  
1/4 tsp nutmeg  
1/4 cup butter, melted  
1/3 cup milk  
1 slightly beaten egg

Praline Topping  
1/4 cup chopped pecans  
1/4 cup shredded coconut  
1/4 cup firmly packed brown sugar  
2 tbs flour  
2 tbs melted butter

Bake or microwave sweet potatoes until soft. Cool slightly, peel and mash with sugar, nutmeg, butter, milk and egg. Spread in an ungreased 1 1/2 qt casserole. Combine all praline topping ingredients and cut together. Sprinkle over potato mixture and bake at 325 for 1 hour. It will puff up like a soufflé.

## With Heartfelt Thanks for Your Referrals

There's no question that I have the BEST patients on the entire planet.

My business is built on word of mouth advertising and I'd like to thank the following people who were kind enough to recommend my services to their friends.

Rebecca A., Karen J., Ed K., Jessica E., Susan F., Kay J., Donald J., Steve M., Brian M., Michael O., Jean P., Kris T., Janet W., and Jason C.

Thank you sooooo much!

## Welcome New Patients!

Here are the new patients that became members of our practice family this last month! We'd like to welcome you publicly, and wish you all the best!

Adriana A., Karen J., Barbara B., Tiffany K., Marci D., Blake M., Gerald N., Cindy R., Chris R., Callie S., Kandice J., Francis K., Colton P., Charles R., Ed V., Jeanne C., Tina C., Tamara N., and Cheryl S.

We love giving recognition to our new friends and our wonderful existing patients who are kind enough to refer their friends and relatives to us! We're all helping each other, which is the whole point of all this! Right?

## End of the Year Special Offer \$100 Bleaching

**Both Upper and Lower Arches**  
**Do your Holiday shopping here!**

**Purchase this as a gift certificate for your family members and friends, or just treat yourself to a brighter whiter smile.**

*(must be purchased before 2009 ends)*

**Call Today at 407-788-8400**  
**Let us know you saw this ad!!**

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## Don't throw away your money!!

Dental insurance is not like medical insurance!

Did you know that most dental plans pay for you to have your teeth cleaned twice a year? Your insurance company may also pay up to a certain dollar amount each year for needed dental treatment.

Did you know that if you don't use these allowances by the end of the year you will lose them? The insurance company will keep the money you paid them and you will not receive any benefit. You could lose \$1000 or more that the insurance company would have paid to have your smile restored.

You have everything to gain by maximizing your dental coverage, let us help! Call our office we will be happy to assist you in determining what benefits you have left and how you can make best use of your insurance.