

Progressive Dental
Shop 6, 287 Military Rd
Cremorne NSW 2090
Ph 99530895
www.progressivedental.com.au

Your

FEBRUARY 2009

Progressive Dental
Newsletter



Love is in the Air

FEBRUARY
Newsletter



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Shop 6 , 287 Military Road
Cremorne NSW 2090
Phone:
(02) 9953 0895

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Fax:
(02) 9953 5367

E-Mail:
Progressive@ihug.com.au

Web Site:
www.progressivedental.com.au

Dry mouth (xerostomia)

Does your mouth feel dry and sticky when you first wake up in the morning? Do you feel the urge to drink lots of water? Dry mouth can make it hard for you to swallow, chew your food or speak clearly. With a dry mouth your teeth can decay very quickly, and sometimes there are no warning signs for this condition. Untreated dry mouth can also contribute to bad breath, and sometimes others will notice the stale odor.

Dry mouth is a daily problem that makes you feel uncomfortable while you swallow, eat or speak. It is a condition in which you do not produce enough saliva (spit) to keep your mouth feeling wet. Your physician or nurse do not always talk about dry mouth as a side effect when they give you a prescription for medicine, but dry mouth can be caused by the medicine you take. Whatever you do, don't stop taking your medicine but mention dry mouth to your nurse as soon as you can. Dry mouth can also be a sign of diseases and other conditions like diabetes — so make sure you tell your nurse or dental hygienist about dry mouth if it becomes a problem for you.

Dry mouth symptoms:

- Dry or sticky feeling in the mouth like your mouth is stuffed with cotton balls.
- Burning feeling in mouth or tongue and sometimes tongue feels like shoe leather.
- Difficulty or discomfort when chewing, swallowing or speaking.
- Dry lips and throat or mouth sores.

Take a moment to determine your risk of dry mouth:

1. Are you taking one or more prescription drugs on a daily basis?
2. Does your mouth feel sticky and dry when you wake up in the morning?
3. Do you have difficulty swallowing or speaking?
4. Do you sip a lot of water to keep your mouth from feeling dry?
5. Does your throat feel dry and does your mouth sometimes burn?
6. Does your tongue burn or has it changed to a darker red color?
7. Does your tongue sometimes feel as dry as shoe leather?
8. Do you sometimes get mouth or tongue sores that will not go away?

If you responded "yes" to one or more questions, talk to your physician/nurse and visit your dentist/dental hygienist for information on dry mouth and oral health.

Valentine's Day Rose

The Rose is one of the most popular flowers and one of the most powerful symbols of Valentine's Day. Since time immemorial the rose flower has been a favorite of poets and romantics at heart. For them, the lovely rose stand for beauty, passion and love. Every year on February 14 lovers long for a gift of Roses from their Valentine as the flower has come to denote 'I love you'. No wonder, demand for roses reach its zenith on Valentine's Day as people across the globe chose to express their love with a lovely rose.

Legend Behind Valentine's Day Roses

There is an interesting story behind the legend of Valentine's Day Rose. It is said that once a beautiful maiden by the name of Rodanthe was pursued by a number of impassioned suitors. In their desperate pursuit the lovers broke the doors of Rodanthe's house. This enraged goddess Diana. She turned Rodanthe into a flower and her suitors into thorns.

According to a popular legend in Rome once Cupid was carrying a vase of sweet nectar to the Gods on Mount Olympus and some nectar spilled on the ground. From the spot where the nectar fell emerged the beautiful Rose flower. An interesting point to notice is that if the letters of the word 'rose' are rearranged, it comes out to Eros - the God of Love. Red roses are also considered to be a symbol of love and passion and the favorite flower of Venus - the Goddess of Love.

Meaning of Different Colours of Roses

Rose colours have been assigned different meanings by society. Hence one needs to be careful while presenting roses to someone.

Red Roses – Love and passion

Yellow Roses – Friendship

White Roses – True love and purity of the mind

Pink Roses – Friendship or Sweetheart

Black Roses – Farewell

Fun Dental facts

1. The average woman smiles about 62 times a day!

A man? Only 8!

Kids laugh around 400 times a day.

Grown-ups just 15:-(

Smilers in school yearbooks are more likely to have successful careers and marriages than poker faced peers

2. Top of the American teeth stakes in the poll for greatest looking teeth were Hollywood actors Brad Pitt and Julia Roberts.

3. AAP's recent consumer survey found:

50% consider the smile the first facial feature they notice

80% are not happy with their smile

Respondents were 7 times more likely to have periodontal, smile enhancement procedures, than facelifts

Here's to Your Heart Health



Heart Healthy Cornbread

Ingredients:

1 cup cornmeal
1 cup flour
1/4 cup white sugar
1 tsp baking powder
1 cup buttermilk, 1% fat
1 egg
1/4 cup margarine (regular, tub)
1 tsp vegetable oil (to grease baking pan)

Directions:

Preheat oven to 180 degrees. Mix together cornmeal, flour, sugar, and baking powder. In another bowl, combine buttermilk and egg. Beat lightly. Slowly add buttermilk/egg mixture to the dry ingredients. Add margarine and mix by hand or with a mixer for 1 minute. Bake for 20 to 25 minutes in an 8 x 8 greased baking dish. Cool. Cut into 10 squares.



Patient to Dentist: "How much to get my teeth straightened?"
"Twenty thousand bucks" Patient heads for the door.
Dentist to patient: "Where are you going?" To a plastic surgeon to get my mouth bent."

Welcome New Patients!

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!

SO

Please ask our staff for a care to share card (if they don't already give it to you) and tell your friends – you will get a \$50 dental voucher for each new patient referral
Refer enough and your next procedure could be for free !!

Your News :

We would love to hear from you about your experiences with us and will run a column here where you can tell others about procedures you have had done - sometimes a little sharing can put someone right at ease with having something done and if you'd like to send us a photo we'd love to publish that too !

What's New in the Office?

We are very pleased to announce that as of last December Dr Phillip Glover has joined our practice as the third dentist on staff.

We are growing and that means more hours that we can devote to servicing you!!!

We are now open on Saturdays as well making it easier for those of you who work and remember there is free two hour parking just underneath us so no difficult parking hassles!!

We also have a new member of our administration team – Michelle Fisher who is looking after marketing for the office and we are thrilled that Stella has completed her qualifications and has rejoined us as part of the hygiene team as well.

Welcome all

Special Offer

**Each month we will be offering our valued clients something special
For February if you call and book before the end of the month
The first ten people to mention this newsletter offer will receive a 10 % discount off whatever treatment you book in for ... what a great time to have that white smile you've always wanted Or even have those veneers you've dreamed of !!**