

SUMMER 2023

Smile CHRONICLES

The Laurel Manor Dental Quarterly Newsletter

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Summer's here!

Warm temperatures, sipping iced tea, afternoon showers and busy vacation schedules. Summer can be a wonderful time of year, and here at Laurel Manor Dental, we want to help make it safe and enjoyable. While it's easy to get caught up in all the activities available in central Florida, it's important not to neglect your health! From articles on staying cool in the heat, to tips on saving you money, we hope you'll benefit from this issue. Finally, be sure to check out Brooke's scrumptious Blackberry Cobbler recipe, which is sure to be a hit with anyone your willing to share it with!

X-RAYS CAN SAVE YOU \$\$\$ The Revealing Truth

*The following article was posted on money.msn.com
Save \$1,000: Get a dental X-ray: By Donna_Freedman
Putting off diagnostic dental care can cost you big time.*

Here's a cautionary tale from my sister the dental hygienist. A patient who didn't have dental insurance decided to skip the bitewing xray.



The woman's reasoning was threefold: No decay was visible, her mouth felt fine, and she didn't want to pay the \$55 fee. A little over a year went by and a tooth started to hurt. Uh-oh.

When she returned to the office, an X-ray revealed a cavity too deep to fix. Decay can exist where a dentist can't see it: between teeth or underneath an existing filling. That's why X-rays are recommended every so often.

Now the patient is facing at least \$1,000 worth of treatment. Did I mention that she doesn't have dental insurance? Originally she thought she couldn't afford the \$55 film. Now she realizes that she can't afford to have skipped it. Neither can you.

DON'T LOSE YOUR COOL walking in the heat

Summer is a great time of year to use the heat to your advantage and increase your activity. If you have more free time or just more daylight, you will be able to squeeze in more walking time this summer. While the sunshine and the longer have days are ideal for your walks, you have to prepare in advance for to the heat. Exercise safely with these tips to stay cool when you are out walking in the heat.

Get acclimated. Your body needs time to get adjusted to the heat. Start out with a certain distance and pace and increase as you go. Don't shock your body by trying to do too much too soon when the temperature is hot. Let your body slowly get adjusted to summertime heat.

Plan your workouts. You can take advantage of the longer days, but plan your walks for early morning or evening and not at peak sunshine when the temperature is the hottest. You can enjoy the sunshine without getting overheated if you walk when it's a little bit cooler.

Stay cool in your clothes. Wear light moisture-wicking clothes and not cotton so your clothes repel moisture and are breathable and not stuck to you. Moisture wicking socks also prevent blisters. Make sure your clothing and hat are light colors and not black. If you want to cool down your neck, try peppermint oil for its minty scent and cooling effect.

Up your intake of water. I'm sure you have heard that you should drink at least eight ounces of water eight times a day, but if you are walking, you need more water. Take a portable water bottle with you and stay hydrated. If you start to get thirsty, you are already getting dehydrated, so drink up! And if there's a water fountain on your trail, fill up on your walking route.

Protect your skin. Wear a high SPF sunscreen and don't forget the back of your neck, the tip of your ears and your hands. It's always a good idea to wear a hat to protect your scalp from the sun too. You can always look for a route that offers both sunlight and shade.

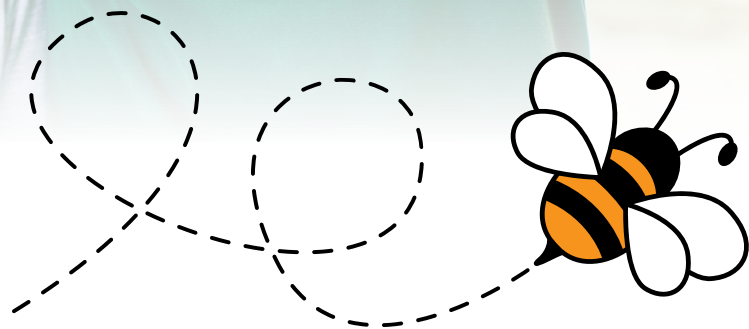
Block the sun. Make sure to liberally apply sunscreen and wear a hat or visor. While a little bit of sun is good for some vitamin D, you want to protect your skin and face from the sun from hitting you directly.

Go for the calorie burn, not the sunburn. Instead of spending too much time in the sun and running the risk of overexertion, maximize your walks by using the full range of your arm swing and delivering the calorie-burning power of a run without requiring you to change your pace. So get out there and walk to improve your health and mood. You will stay strong and fit this summer—and safe in the heat. (Source: prevention.com)



BUSY AS A BEE?

Make a Healthy Smile a Priority!



With so many activities available to us here in The Villages, it's easy for our calendars to become overbooked and some appointments tend to get pushed to the side, rescheduled or just forgotten. But before you decide to move your dental hygiene appointment because it's "just a cleaning"... Think again. There are some very important reasons your cleaning appointment should be a priority.

- 1. Finding Dental Problems Early on:** At each appointment your Hygienist and Dentist thoroughly check your mouth and all of your teeth for infection and decay. Cavities and broken fillings are easy to treat. However, without regular visits, small problems can escalate into larger treatment needs such as root canals, gum surgery, implants, extractions, or even more dramatic corrective work.
- 2. Preventing and Controlling Gum Disease:** A little plaque can become calculus, which leads to gingivitis and periodontal disease. Periodontitis, also known as gum disease, is the number one cause of tooth loss in adults over the age of 35. Maintaining your dentist recommended cleaning schedule helps perpetuate gum health, warding off gum issues. However, if you are diagnosed with gum disease, having the correct type of cleanings (called scaling and root planning and periodontal maintenance procedures) can improve and help maintain your gum health, greatly increasing your chances to keep your teeth for life!
- 3. Detection of Oral Cancer:** According to the Oral Cancer Foundation, roughly 24 American's die each day of oral cancer. To the untrained eye, it can easily go undetected. The good news is it's highly curable if it's identified early on. Prevention is a main factor in oral cancer and a cancer screening done at each cleaning appointment could save your life.
- 4. Overall Health of Your Body:** Your hygienist is educated and clinically trained to look even beyond your teeth and gums, for early tell-tale signs of health situations that most other people might not even notice. For example, a pale tongue can indicate possible iron deficiency.
- 5. Make Sure You're Doing it Right:** There are so many tools available in the dental aisle these days it can get overwhelming and confusing. During your cleanings, your Hygienist is able to assess and identify trouble spots and recommend the right tools to use to improve your home care helping you achieve healthier teeth and gums.
- 6. Keep Your Pearly Whites Bright:** Tea, coffee, red wine and tobacco can cause external stain throughout the mouth leaving your smile looking a bit dull or dingy. Most of those stains can be polished off at your recare appointments, leaving your smile brighter. So keep your smile bright and healthy by keeping your date with your hygienist. That small amount of time and money just may be one of the best investments you can make.

SCRUMPTIOUS SUMMER

BROOKE'S BLACKBERRY COBBLER

(serves 8)

INGREDIENTS:

- 1 cup butter or margarine, divided
- 1 cup sugar
- 1 cup water
- 1 1/2 cups self-rising flour*
- 1/3 cup milk, room temperature
- 2 cups fresh or frozen blackberries
- 1/2 teaspoon ground cinnamon
- 2 tablespoons sugar

DIRECTIONS:

In a 10-in. round or oval baking dish, melt 1/2 cup butter; set aside. In a saucepan, heat sugar and water until sugar melts; set aside. Place flour in a mixing bowl; cut in remaining butter until fine crumbs form. Add milk, stirring with a fork until dough leaves sides of bowl. Turn out onto a floured surface; knead three or four times. Roll out to an 11-in. x 9-in. rectangle 1/4 in. thick. Spread berries over dough; sprinkle with cinnamon. Roll up, jelly-roll style. Cut into 1/4-in. thick slices. Carefully lay slices in baking dish over butter. Pour sugar syrup around slices (syrup will be absorbed). Bake at 350 degrees F for 45 minutes. Sprinkle sugar over top and bake 15 minutes more. Serve warm or cold.

*(*If self-rising flour is not available, use 1-1/2 cups all-purpose flour plus 1/4 teaspoon salt and 2-1/4 teaspoons baking powder.)*



The passion of our practice comes from providing patients with the finest possible dental care in a warm caring environment. We treat you as if you were a member of our family, always worthy of our best

effort and respect. Most importantly, we listen to you and let you decide the direction of your dental care. So drop on in for a visit...

the coffee's on us.

LAUREL MANOR DENTAL

Let's keep in touch!

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