

Town Center Dental Care

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8263 S.W. Wilsonville Road, Suite C • Wilsonville
Located in the Town Center Mall • We Cordially Invite You To Call (503) 682-9191

Sports Drink Consumption A Factor In Tooth Erosion

Sipping a sports drink during the day or after exercise may provide an energy boost, but it could also boost the chances of tooth erosion and hypersensitivity due to the levels of acid in the beverage. A recent study by NYU dental researchers found that prolonged consumption of common sports and energy drinks may be linked to erosive tooth wear, a condition where acids eat away at the hard enamel of the tooth and into the bonelike material beneath, ultimately causing the tooth to weaken.

The study utilized cow teeth. Half of each tooth was immersed in a sports drink and the other half was placed in water, then the two sets were compared. Those exposed to a sports drink displayed a significant amount of erosion and softening.



Brushing teeth immediately after consuming sports drinks doesn't solve the problem, either. Doing so can compound tooth erosion because softened enamel is extremely susceptible to abrasive properties in toothpaste.

Article by "Doctor of Dentistry"
Magazine (July-09)

What's Up Doc?

Did you hear that **Cindy** became a grandma for the second time? Sophia was born on July 24th of this year and now Olivia, her big sister, (2 years old) has a play-mate. Her son, Jeff, and his wife, Tavia live in Redmond, OR and come to town quite often so Cindy can "grandma-sit"!

Debbie (our Hygienist) and her husband, Rob, had a great trip this past September traveling the Canadian Rockies.

Colleen (our Hygienist) and her husband, Gary, traveled to Richmond, VA for the beautiful wedding of her youngest son, Eric, and his new bride, Michelle.

We have a new employee in our office. Her name is **Trisha** and she is our Dental Assistant. She just recently got married and she and her husband, Steve, live in Aumsville, OR. We are so happy that she is a part of our dental family.

Although I am sad to see my youngest child start Kindergarten, I am excited to see how my kids grow and mature over the next year. I cannot believe how fast our children grow up.



Life Saving Advice

- Expectant mothers with periodontal (gum) disease are seven times more likely to deliver premature, low-birthweight babies than women with healthy gums.
- A person with periodontal disease is twice as likely to develop heart disease as someone with a healthy mouth.
- Oral cancer is more common than leukemia and cancers of the brain, liver, bone and thyroid.
- 95% of Americans who suffer from diabetes also have periodontal disease.

OCTOBER IS NATIONAL DENTAL HYGIENE MONTH. Call and schedule an appointment with one of our dental hygienists and learn more about how oral conditions can affect your overall health.

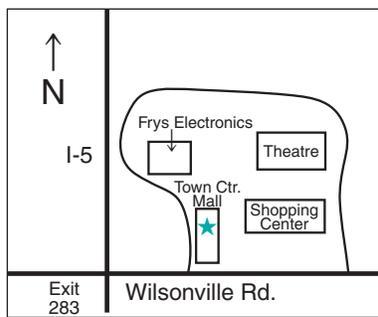
To learn more about our office, please visit our new website at drlorio.com

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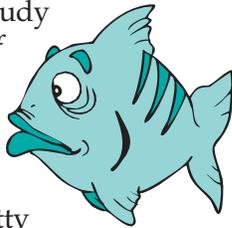
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Dr. Zorba's Longevity Corner

GO AND EAT FISH A study reported in the *Archives of Neurology* suggests that eating fish at least once a week can keep your memory sharp. Fish is a rich source of omega-3 fatty acids essential for brain functioning and memory performance. Combined with other research, this study supports the possibility that regular fish eaters have a lower risk of dementia and stroke - and offers another reason for adding fish to your diet.



Hey Kids! Check out www.adha.org/kidstuff and have some fun.

You Are In "Demand"

For a year now, we have been with a company called "Demand Force". They help our office to contact our patient about their upcoming appointments through emails and text messages.

If we have your email address we can notify you 4 days before your scheduled time and you can confirm that appointment on line.

If we have your cell phone number we can text you 4 days before and also alert you 2 hours before your scheduled time at our office.

We can also notify you of all the "Specials" we have coming up. (Such as...\$99 teeth whitening, holiday promotions, etc.)

This is another great way to communicate in this very "fast-paced" world. So if we do not have your email or cell number, please share it with us at your next dental appointment.

Dental Mental Word Scramble

Unscramble these four jumbles, one letter to each dash mark, to form four ordinary words.

○ ○ _ _ ○
D I R O A

○ _ _ _ ○
C A M H T

_ ○ _ _ ○ ○
B T M O O T

○ ○ _ _ ○
Q R E U T O



Now arrange the circled letters to form the surprise answer as suggested by the above cartoon.

What do you call a Mechanic that WILL NOT stop talking about cars?

ANS: _ " _ _ _ _ " _ _ _ _

(Last newsletter puzzle: truth... acute... lesion...
...bought/ "A Tooth Sleuth")