

Town Center Dental Care

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

Top Ten Health Reasons to remove your wisdom teeth

10. Because there is limited space for wisdom teeth to erupt and because the surrounding gums are difficult to keep clean, infection and inflammation are common even when there are no apparent symptoms. Research shows that once inflammation takes hold, it is almost impossible to eliminate and may spread to other teeth.
9. Research suggests that oral inflammation associated with wisdom teeth may contribute to preterm or low birthweight infants.
8. Even when wisdom teeth erupt through the gum tissues, they rarely provide any meaningful function and are always difficult to keep clean.
7. In some cases, impacted wisdom teeth develop associated cysts and/or tumors. Removal of such lesions may require extensive procedures to repair and restore jaw function and appearance.
6. With age, the chance for complications related to the removal of wisdom teeth increases.
5. Gum disease and inflammation associated with wisdom teeth may lead to receding gum tissues, deterioration of the jawbone and tooth loss.
4. Wisdom teeth may contribute to the crowding of nearby teeth.
3. Even wisdom teeth that seem to be problem-free (asymptomatic) remain a breeding ground for oral infection and inflammation. Research supports the concept that such inflammation may enter the bloodstream and contribute to the development and/or progression of a variety of diseases, including diabetes, cardiovascular disease and stroke.
2. Once it has been determined that a wisdom tooth will not successfully erupt into your mouth and be maintained in a healthy state, early removal of wisdom teeth is associated with faster and easier recovery.
1. The number one reason for removing your wisdom teeth – **peace of mind.**

Gone, But Not Forgotten!

As most of you already know, Dr. Fred Daum has retired from Town Center Dental Care. Dr. Fred and I had 14 years of growing this practice together. His wisdom and knowledge helped me and my staff tremendously.

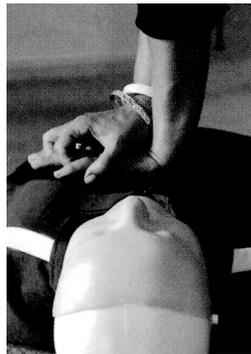
I hope that all of Dr. Daum's patients that have not met me yet will feel the same professional care you have always experienced.

Dr. Mike Lorio

Bet You Didn't Know...

Men are 20% more likely than women to sneeze in a dusty room... a cup of coffee-flavored yogurt can contain about as much caffeine as a 12 ounce can of cola... dandruff is not caused by dry scalp – fact is, it's more common with oily scalps... whispering when you're hoarse is actually worse for your vocal cords than speaking normally... "Rx", the symbol appearing on prescriptions, means "take" from the Latin word for recipe.

Mouth-to-Mouth Breathing No Longer Recommended for CPR



The American Heart Association (AHA) is now recommending chest compressions only for use in cardiopulmonary resuscitation (CPR) on adults, instead of a combination of chest compression and mouth-to-mouth breathing, according to the Associated Press. The AHA hopes that this move will encourage more people to assist those in need because chest compressions are easier to remember and some may be wary of mouth-to-mouth breathing. Hands-only CPR requires 100 uninterrupted chest compressions per minute and is only for an adult who is not breathing and unresponsive, which are signs of cardiac arrest.

Children are more likely to have trouble breathing if they unexpectedly collapse so mouth-to-mouth breathing should still be used. Adults experiencing lack of oxygen due to drowning, drug overdose, or carbon monoxide poisoning will still need mouth-to-mouth breathing as well.

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

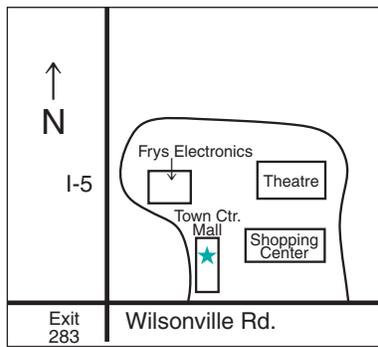
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**CORRECT
INDICIA
WILL BE
ADDED BEFORE
PRINTING**

It's Time!



If you have not already scheduled your next cleaning and Exam with us... It's Time! We are usually booked out 2-3 months and a lot of patients pre-schedule 6 months in advance to get their favorite time slot. Please call us soon at **503-682-9191**.



Add Pep With Peppers!

With a mild flavor and crunchy texture, bell peppers can brighten a salad or make a quick snack. Plus they are rich in essential nutrients – green bell peppers have twice as much vitamin C by weight as citrus fruits, while red bell peppers have three times as much.

*It's not the years in your life, but
the life in your years that counts!*
— Abigail Stevenson

Medication Alert

With advances in medicine and our general population living longer, many of us are taking more medications or having medical procedures performed. It is very important for our patients to inform us of any changes in their medical history, especially recent hospitalizations, surgeries or medication changes. This updated information allows us to give you the most safe and effective method of treatment. Always carry a current list of your medications, dosages and the name and number of your physician with you at all times. This makes keeping up-to-date with your medical history a simple task.



Dental Mental Word Scramble

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

○	○	—	—	—	
A	L	O	R	M	
○	○	—	—	○	
P	H	E	D	T	
○	○	—	—	○	
W	E	S	S	E	T
○	○	—	—	—	○
S	I	E	U	T	S

"Uhh..., 2 + 2 is ??
I can't remember."



The Student had straight
"A's" until he lost his...

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

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

(Answers to last newsletter puzzle:
Floss-Roots-Wisdom-Screen / "Lost his Crown")