



CITRUS CARE DENTAL

NEWSLETTER

Citrus Care Dental, where your smile matters

A Quarterly Newsletter

2011 Summer Issue

Dear Patients,



Dr. Gary S. Padgett

Our staff and I would like to thank you all the patients for supporting our newsletters. Summer is finally here so now we can do more outdoor activities and enjoy the sunshine. Taking care of your health is a must thing to do. Many of us experience the early allergy season and having a healthy diet and exercise will help to support the body's system to fight allergies.

Along with good diet and exercise, we should be aware to take care of our dental hygiene. The plaque build up on your gum will cause future dental problems. I have included an article about using mouth washes in our dental care section.

We hope you to enjoy the warm wonderful summer and our newsletters.

Gary S. Padgett DDS

UPDATE & EVENTS

◆Now you can search for Citrus Care Dental and Dr. Padgett on DexKnows.com at FL>Lecanto>General Dentists

◆On **September 24th**, Citrus Care Dental once again will participate in the Women's health and Fitness Expo. The location will be at National Guard Armory, Crystal River from 9 am to 2 pm. We are looking forward to seeing you there.

Get Fit & healthy

with Dannielle Beaupre



Hello there. Summer is here! If you have not already started your healthy daily routine you are just about in time for the ABC's to some core exercises. These will help you feel amazing and look great in your summer swim suit. Along with a baste recipe to torch away your belly fat.

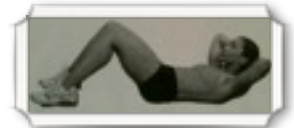
Until next time, have a fun healthy summer.

P.S unlike your other muscles, you can train your core everyday if you wish.



1. Upper Abs:

< **Traditional Crunch 12 - 15 rep.** : Lie on your back with your knees bent and your hands lightly behind your ears. Slowly curl your upper body up, bringing your shoulder blades off the ground. Return to the starting position.



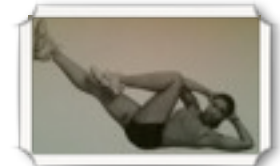
2. Lower Abs:

< **Bent-Leg Knee Raise 12 rep.** : Lie on your back with your feet flat on the floor and your hands near your hips. Raise your knees up toward your rib cage, then slowly lower your legs back to the starting position. As soon as your feet lightly touch the floor, repeat.



3. Obliques:

< **Bicycle Crunch** : Keep your elbows back as you cross - think about moving your shoulder toward your knee rather than your elbow. (This enable you to keep your elbows out.) The closer your legs are to he ground, the more difficult the move.



Back: Chris .Kelli . Brenda
Front : Susan . Cindee . Lorraine

Staff TALK

The summer season is finally here along with the heat. It is a good time to lay back and enjoy the sunshine. Remember to Drink lots of water and stay cool when you can. Enjoy the season.

We have quite a few activities happening with our staff. **Susan recently graduated from the 'Leadership Citrus County Program 2011'** which was given by the sector of the Citrus County of Commerce. This program provides the opportunity to gain knowledge about the community we live and work in as well as insight and understanding of how the county work.



❖ **Susan:** *I would like to thanks Dr. Padgett for his support in this endeavor by allowing me to take time off work from January through mid June to complete the program.*

Completed Case Smile Enhancement

IN THIS CASE THE YOUNG WOMAN WANTED TO IMPROVE HER ABILITY TO CHEW AS WELL AS HOW HER SMILE LOOKED.

The problem was she had an uneven bite and smile as well as multiple colors and shapes from existing restorations. She was very self conscious about her smile.

This is how we started:

First, we designed everything in wax and then fabricated temporary restorations based on our design. After a short period of the patient wearing the temporaries, we fabricated the final restorations.



[Acrylic temporaries]

The Result is we were able to provide the patient with a more youthful even smile that was very comfortable for her.



Before



After

Recipe by Dannielle

**Balsamic vinegar & whole grains
Belly-fat scorcher
20 minutes cooking time, for 1 servings**

► Researchers believe:

- Vinegar takes action by delaying the release of food from the stomach.
- Make you feel full longer.
- Lowers blood sugar and it gets the sugar to the muscles where it is converted to glycogen.
- Having glycogen in your muscles means your muscles get fed, grow and burn fat more easily.
- Whole grain pasta enhances fat loss in the abdominal

Salad Nicoise

1. 1/2 cup of green beans cut into 1" pieces
2. 1/4 of fresh or frozen corn
3. 1/2 cup of whole grain pasta
4. 1/4 cup of canned navy beans
5. 2 tbsp balsamic vinegar
6. Sea salt and ground pepper to taste
7. 6 romaine leaves chopped
8. 3oz canned tuna
9. 8 kalamata olives halved
10. 1/8 red onion thinly sliced
11. 1/4 red bell pepper sliced

1. Cook pasta according to package (about 10 minutes). When done mix with vinegar, sea salad and pepper. Set aside.
2. Place lettuce on a large plate and the rest of the ingredients.

Nutrients per serving:

Calories: 410, Total Fat: 10 g., Saturated Fat: 1 g., Trans Fat: 0 g., Cholesterol: 26 mg, Sodium: 690 mg., Total carbohydrates: 53 g., Dietary Fiber: 11 g., Sugar: 9 g., Protein: 33 g., Iron: 5 mg.

Dental Care

Plaque Control & Mouth Rinses

The prevention and control of **Gingivitis and Periodontitis** are a challenge for patients and the Dental Team. Good oral hygiene through adequate plaque control and management of gingival inflammation are fundamental to good oral health.

✔ **Tooth brushing with toothpaste** is the most frequently employed method for basic oral hygiene although very few patients are able to attain ideal plaque removal through this approach alone. Flossing and interdental brushes and dental picks are essential aids in reducing plaque levels further.

✔ In addition to the above, **mouth rinses** are an easy and effective way to further decrease plaque and bacteria. This can provide significant benefits to those patients who are unable to maintain high levels of mechanical cleaning with brushes and floss.

Mouth rinses are well accepted today and are the most common vehicle for chemical plaque control. Anti-gingivitis agents fall into 3 categories of chemicals: amine alcohols, mixture of essential oils, and quaternary ammonium compounds.

✔ **Chlorhexidine Digluconate is an alcohol compound** that is prescription only. This has a high anti-microbial effect and due to the alcohol content has an astringent feeling to the mouth. It is very effective but one of the side effects is unwanted staining of the teeth that can be removed during the cleaning appointment. This rinse is used usually for short time periods for fast results.

✔ **In the category of essential oils we have Listerine**; this is a mixture of oils dispersed in an alcohol base. It is widely used and effective due to the high alcohol content. The side effect is the astringent feeling and burning sensation of the gingival tissue.

✔ **Quaternary Ammonium compounds are a cationic surface active agent used in many current rinses as well as in many items claiming cosmetic claims.** Their mode of action is that of anti-plaque. These provide a small but significant additional benefit in reducing plaque accumulation.

Chewing sugarless gum for 20 minutes after meals can help prevent tooth decay.

✔ One last category that needs mentioning is the **fluoride rinses** available today. These are beneficial in reducing decay formation frequently seen in our elderly population with exposed roots. Bathing the roots with these rinses significantly reduces the amount of decay. It is our feeling that after good brushing and flossing a mouth rinse should be used to complete the plaque removal process, then if needed a fluoride rinse be used if there is exposed root structure is present.



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