



ST. PAUL DENTAL CENTER

Produced for the
patients of
**Scott Lingle,
D.D.S., P.A., &
Joseph Trowbridge,
D.D.S.**

Wells Fargo Place
30 East 7th Street
Suite 101
St. Paul, MN 55101

Think you need plastic surgery?

Cosmetic dental procedures can improve more than just your smile. Your entire face can be affected. In some cases, cosmetic dentistry can be an alternative to plastic surgery.

Dental implants can do more than replace missing teeth for functional reasons; they can be used to enhance facial structure, make lips appear fuller, and enable patients to smile with confidence.

Missing teeth can affect the look of the face. Depending on the location of missing teeth, the cheeks may sink or the lips may curl inward. Restoring teeth with implants can also revitalize the surrounding bone and muscles to return the face to its natural appearance.

Using collagen to plump the lips has become a popular cosmetic procedure, but sometimes the lips appear thin because the teeth are small. The teeth may have been naturally small or worn down with age. Veneers, which are thin and often made of porcelain, may be used to lengthen the teeth, which can cause the lips to appear fuller and the face to regain a more youthful appearance.

If you have been considering plastic surgery, you might want to look into cosmetic dental options. Implants, veneers, bonding, and other procedures are available to help restore your smile and enhance your appearance.

Spring 2016

DENTAL TEAM

Office Manager:
Mary Jo

Business Administrator:
Beth

Receptionists:
Kathy
Alicia

Dental Assistants:
Sheryl
Ali
Anastasiya

Hygienists:
Chris
Jessica

Office Hours

Mon.	7:30 a.m.-5:00 p.m.
Tues.	7:30 a.m.-5:00 p.m.
Wed.	7:30 a.m.-5:00 p.m.
Thurs.	7:30 a.m.-5:00 p.m.
Fri.	8:00 a.m.-Noon

Appointment Phone:
(651) 227-6646

**Doctor on call
24 hours a day**



Patient parking

This is a reminder of the different options for parking when you're here for your dental appointment. Patient parking is available in our building; the address to the parking ramp is **445 Cedar Street**. If a sign in front of the entrance says "full," you can still enter the ramp. The parking attendant will help you find a spot and direct you to our office. We also validate parking at the World Trade Center/ Children's Museum parking ramp, which is located on the North East corner of Wabasha and 7th Street.



Thank you for all your referrals. We appreciate them!

Cutting sugar intake

The WHO (World Health Organization) has recommended that both adults and children reduce sugar consumption to less than 10 percent of daily energy intake. The WHO noted in the recommendation that sugars are often found in processed foods that may not be considered especially “sweet.”

Sugar intake, long associated with tooth decay, varies from country to country, and sugar intake in rural areas tends to be somewhat lower than in urban areas. Sugar intake in adults has been linked to increased body weight. Children who drink sugar-laden soft drinks are considered at higher risk of obesity as well as tooth decay.

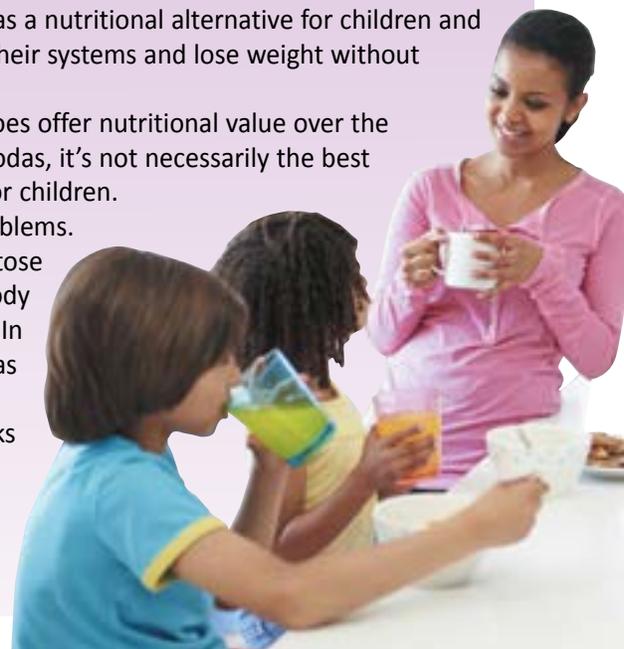


How sweet is it?

Juice has been touted as a nutritional alternative for children and a way for adults to flush their systems and lose weight without sacrificing vitamins.

While real fruit juice does offer nutritional value over the empty calories found in sodas, it's not necessarily the best dietary choice for adults or children.

Juice has two main problems. First, it's loaded with fructose and glucose, which the body identifies simply as sugar. In fact, some juices contain as much sugar as several cookies. Second, juice lacks the protein, fat, and fiber found in fruits that make fresh raw fruits a wise dietary choice.



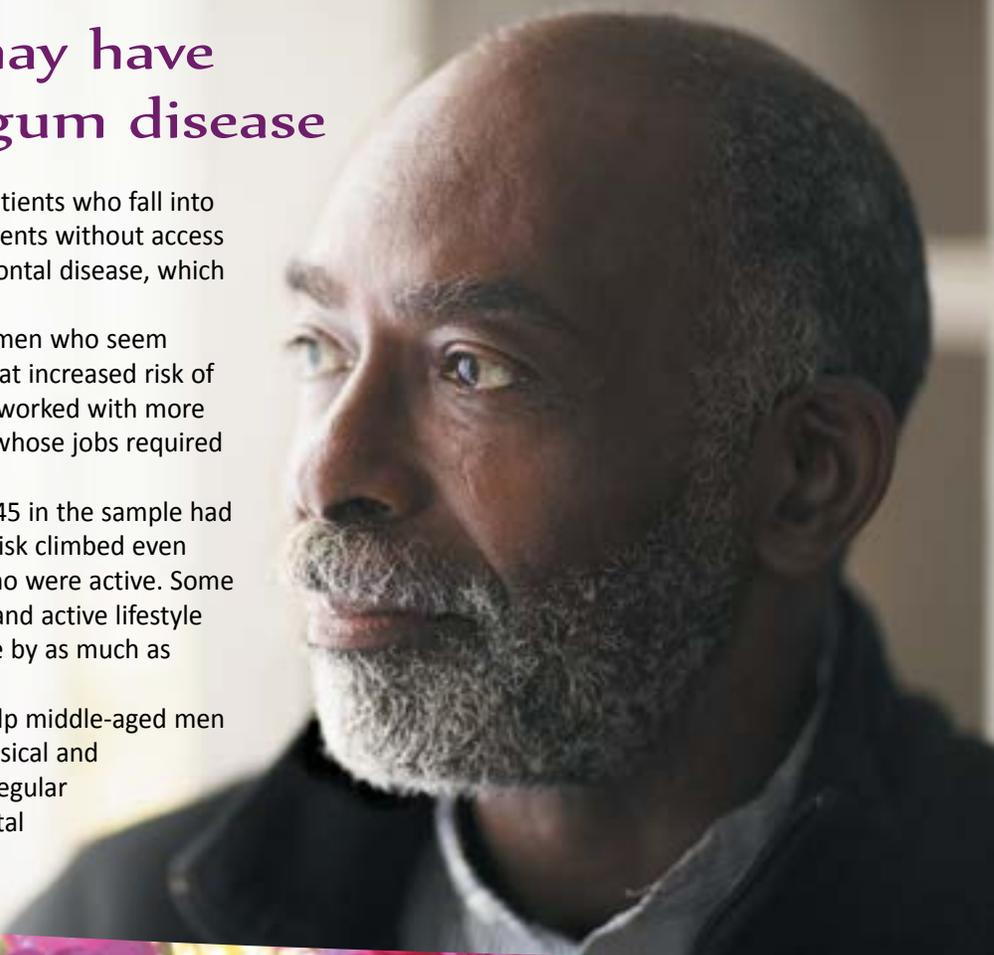
Middle-aged men may have much to fear from gum disease

Gum disease has long been associated with patients who fall into certain demographic groups. The elderly and patients without access to regular dental care are often victims of periodontal disease, which can lead to tooth loss.

A German study has shown that middle-aged men who seem healthy but are not physically active may also be at increased risk of developing periodontal disease. The researchers worked with more than 70 men who did not exercise regularly and whose jobs required them to be seated most of the day.

While the study found that the men over age 45 in the sample had a higher risk of gum disease than younger men, risk climbed even higher when the group was compared to men who were active. Some researchers have asserted that a healthy weight and active lifestyle can lower the chances of developing gum disease by as much as 40 percent.

The good news is that lifestyle changes can help middle-aged men become healthier, which can mean improved physical and dental fitness. Smart food choices coupled with regular exercise, daily oral hygiene, and professional dental visits can result in a healthier body and mouth.





Healthy teeth... HEALTHY LIFE?

Tooth loss has not always been regarded as a serious detriment to quality of living. In fact, at one time, tooth loss was so common among the elderly as to be expected.

Now, researchers in the United Kingdom have focused a study on the complications of tooth loss and discovered that the results can be life altering.

Among the issues associated with tooth loss were isolation, because subjects refused to leave their homes, and concern over the need to purchase dentures. Tooth loss is associated with a variety of problems, including

improper bite, difficulty with chewing and speech, facial discomfort, movement of opposing and adjoining teeth, dental-hygiene issues, and loss of confidence due to aesthetic concerns.

The effects of tooth loss can severely impact quality of life. That's why it is so important to care for your natural teeth daily by flossing and, ideally, brushing after each meal. Regular cleanings and checkups on a schedule recommended by your dentist can help you retain your teeth and avoid the functional and aesthetic problems associated with tooth loss.

Connections

Research is showing more and more clearly how bacteria found in the mouth are associated with diseases found elsewhere in the body, including heart disease, pancreatic cancer, and Alzheimer's.

Recent studies have found that bacteria from the mouth tend to find ways to migrate to other parts of the body via the nerves connected to the teeth or by latching themselves to red blood cells and traveling through the circulatory system.

Bacteria associated with gum disease have been linked to Alzheimer's disease. Carcinogenic compounds that react with digestive chemicals may possibly be a source of pancreatic cancer.

The link between dental health and cardiac health has long been suspected. The theory is that bleeding gums allow bacteria such as *Streptococcus gordonii* and *Streptococcus sanguinis* into the bloodstream, where they can assist in the formation of clots that cause heart attacks. Heart disease is the number-one killer of Americans annually.

Evidence of the links between bacteria in the mouth and diseases affecting the body is becoming more solid, and the need for good oral hygiene is becoming more obvious. Brushing with fluoride toothpaste after each meal and flossing daily can help prevent bacteria in the mouth that cause gum disease and tooth decay from migrating to other parts of the body.

Meds and your mouth

The side effects of some medicines on the mouth are legendary. Tetracycline causes staining, while other antibiotics can lead to thrush. Antihistamines can cause dry mouth, which can lead to tooth decay.

Inhalants, which help patients with asthma, have been found to have negative side effects as well. Some inhalants contain a powder that can dry the mouth and may raise the risk of developing tooth decay.

The powder from inhalers may remain in the mouth long after the patient has used the inhaler. Powder on teeth may activate bacterial activity leading to decay.

To avoid these issues, asthma sufferers who use inhalers should be sure to rinse with water immediately after inhaling, and practice smart oral-hygiene habits daily.



Team News

- ❖ **Chris** went to the Keys and had a great time.
- ❖ **Sheryl** had a blast visiting St. Martin.
- ❖ **Anastasiya** had fun returning home to Russia for her brother's wedding.
- ❖ **Ali** is excited to visit New York in April.
- ❖ **Alicia** went to Michigan during Christmas for a surprise visit to see her family.
- ❖ **Beth** is looking forward to the warm Florida weather in April.
- ❖ **Dr. T** had a wonderful time with his family at Disney.
- ❖ **Dr. L** enjoyed fall skiing, winter skiing, and spring skiing. Gotta love winter!
- ❖ **Jess** is enjoying the snow with Sydney.
- ❖ **Mary Jo** is staying busy with visits from her niece.
- ❖ **Kathy** enjoyed the hockey season, watching her daughter play her junior year of high school. She was the team's leading scorer.



*Take time to
enjoy spring!*

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Expecting the Best

When a woman is pregnant, she may have many concerns about her own health and how it relates to the health of her baby, but many women may be unaware of the connection between the health of their gums and the birth weight of their child.

The presence of periodontal disease in pregnant women has been linked to low birth weights—under 5.5 pounds. Babies this small are at increased risk for a variety of problems, including learning disorders, social issues, and difficulty developing appropriate motor skills. Problems with vision, hearing, feeding, and breathing can also result.

Because most treatments for periodontal disease are considered safe for pregnant women, women who exhibit symptoms of periodontal disease during pregnancy should seek professional diagnosis. Moms who take good care of their mouths during pregnancy can give their babies a healthier start in life.

