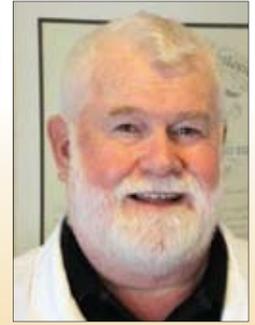




 Robert E. Hughes, DMD

Sound Bites

let us leave you with a smile!



Produced for the Patients of Robert E. Hughes, DMD

Winter 2010

fromthedentists

Season Of Joy

About tradition

The French have an ironic but oddly comforting expression: plus ça change, plus c'est la même chose. The more things change, the more they remain the same. Today we raise the same questions about technology that the Victorians asked about the machine age. And our concerns that commercialism has taken over the holiday season? Underneath it all, people still really care about other people and about what the season signifies.

Our team would like to thank each and every one of you for your confidence in us and for the loyalty you've shown to our practice. It is always a pleasure to see you and a joy to experience the continuity of treating new generations of your family.

Plus ça change, plus c'est la même chose.

Season's Greetings To You,

Dr. Hughes & Team

turnthepage

Get your sizzle back!

Keep oral cancer at bay!

Healthy gums: facts & tips!

Digital X-rays

In the spring of 2008 we upgraded our x-rays to a digital radiography system. This allowed instant access and more information at a decidedly lower radiation level. Television monitors allow the patient to easily see what the x-ray shows. It has been a big success and a very worthwhile investment. Patient reaction has been gratifying.

This fall we have added a digital panoramic x-ray station. This machine allows me to visualize the entire mouth including teeth, bone structure

and sinus in one film. It is perfect for determining developmental status in children and teens and periodic evaluation of the overall dental status in adults. In most cases I would recommend such a survey about once every five years with individual bitewing x-rays and single tooth surveys in between as needed. I am very excited to have this technology available and I think it will prove a valuable addition to our diagnostic services.



*Digital x-rays...
perfect for determining
developmental status in
children and teens!*

Thank you for all your referrals. We appreciate them!

4 STEPS ... In 3 minutes!

Flossing for three minutes once a day is essential to clean between your teeth and at the gumline where gum disease can take root. Choose a regular time, like bedtime, and a floss that works best for you – thick or thin, flavored or unflavored, waxed or unwaxed.

Floss each tooth thoroughly with a clean section of floss...

- Wind 18" of floss around the middle fingers of each hand. Pinch 1-2" of floss between your thumbs and index fingers.
- Use thumbs to direct floss between upper then lower teeth.
- Gently guide floss between your teeth by using a zigzag motion.
- Contour floss around the side of each tooth. Gently slide it up and down against each tooth surface and under the gumline until your teeth are "squeaky" clean.



Are You Progressing?

Why the answer just might surprise you!

Periodontal disease. The name has kind of a high falutin' ring to it. That's true of most Latin-based medical names. Believe us when we say that there's nothing grandiose about pain, bleeding, tooth loss, and bone loss due to inflammatory gum disease. This disease develops gradually over time if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria.

Periodontal disease is progressive...

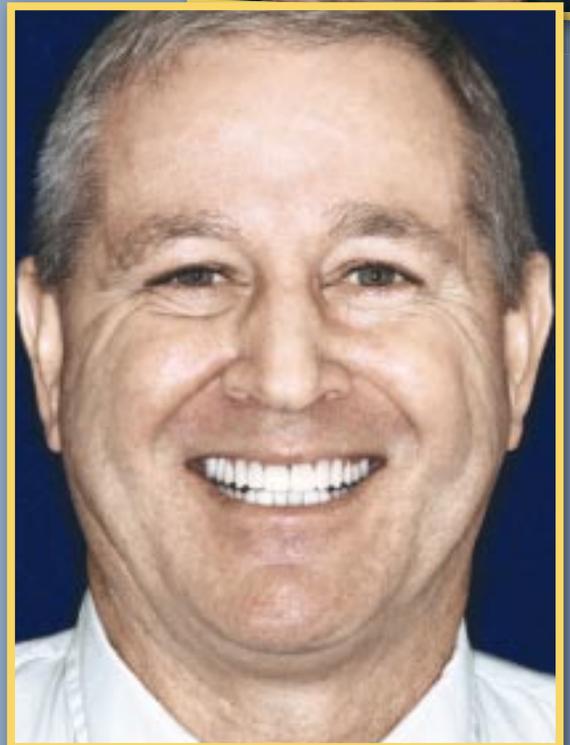
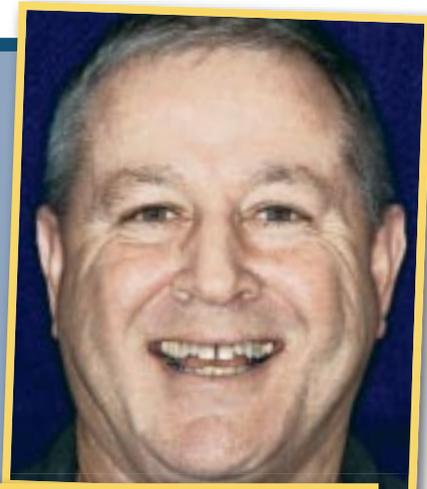
Gingivitis: Although healthy intact gums or gingivae act as a protective barrier against destructive bacteria, once damaged, they lose their effectiveness. Initially you might be symptom-free or experience mild symptoms of infection such as redness, swelling, and slight bleeding during brushing. This stage is relatively simple to treat and reverse.

Periodontitis: This is a more advanced infection, damaging the underlying ligaments and bone. Without intervention, your gums will shrivel away and expose your tooth roots, leading eventually to tooth loss.

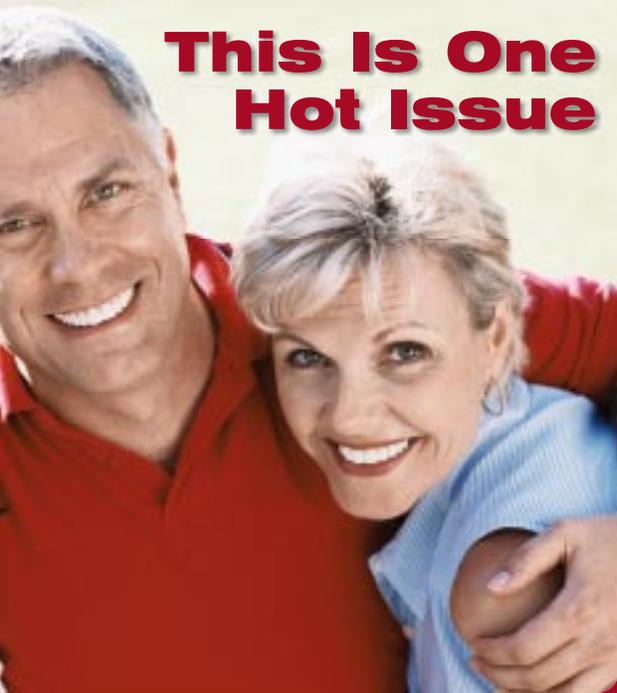
There are known risk factors for periodontal disease...

- **Tobacco consumption.**
- **Hormonal changes** during adolescence, pregnancy, mid-life.
- **Challenges to the immune system** including poor nutrition, stress, and systemic diseases like diabetes, cardiovascular disease, and arthritis.
- **Side effects from some medications.**
- **Clenching or grinding your teeth.**
- **Heredity.**
- **Barriers to good oral hygiene** include crowded teeth, ageing fillings and restorations, inconsistent home care routines, and missed recare appointments to remove plaque buildup and prevent gum disease.

Call us for an appointment – any time!



This Is One Hot Issue



Find out why you need to know about it

Scientists believe that chronic inflammation may be at the root of many debilitating illnesses. Imagine how much suffering could be relieved with a single magic-bullet solution that would cure or prevent inflammatory illnesses like heart disease, arthritis, cancers ...and gum disease.

Inflammation is your body's reaction to threatening pathogens. When the enemy has been destroyed,

inflammation should retreat until the next battle. That's called transitory inflammation. When the process stalls out and inflammation continues instead, the body attacks healthy cells in the absence of an invader. Scientists speculate that a long-running bacterial infection like gum disease can actually tip your body's balance toward chronic inflammation.

Gum disease has been associated with inflammatory diseases that include...

Osteoarthritis and **rheumatoid arthritis**

Diabetes

Cardiovascular diseases

Lung infections

Gum disease has also been associated with some **cancers**, complications of **pregnancy** and delivery, **osteoporosis**, and **kidney diseases** among other **systemic illnesses**. Monitoring of oral health is essential for everyone, but particularly if you suffer from a chronic inflammatory or systemic disease. Please keep us up to date so that we can optimize your oral care.

Practice Makes Perfect

Word to the wise!

Wise people practiced green fashion long before it became environmentally chic. Investing in classic quality pieces has always been the quintessential way to avoid unnecessary waste and expense. Same with your smile! When you invest in your oral health, two things happen. First, you avoid a lifetime of increasingly extensive and expensive dental work. And second, there's a bonus ... you can choose cosmetic procedures – dental or otherwise – with confidence.

Think about it. What is the point of cosmetically rejuvenating your face only to reveal puffy receding gums, or discolored, crooked, chipped or fractured teeth?

If you've never liked the look of your smile, or if your sizzle has aged into a sputter, we can provide cosmetic enhancements like teeth whitening, bonding, porcelain veneers, and gum sculpting. With oral health, the choice is yours.

Your healthy smile – it's sustainable – and empowering!

Live Life Well

Fight oral cancer

Knowing that the *lifestyle choices* you make can affect your risk for oral cancer is an important step toward its prevention. Although people who smoke or use smokeless tobacco remain at highest risk, for the great majority of those who do not use tobacco, dietary choices and physical activity are the most important modifiable factors of cancer risk.

Here are the *American Cancer Society's* recommendations for individual choices:

1. Eat a variety of *healthful foods*, with an emphasis on plant sources.
2. Adopt a *physically active* lifestyle.
3. Maintain a *healthful weight* throughout life.
4. If you drink alcoholic beverages, *limit consumption*. Alcohol combined with tobacco increases the risk of oral cancers.

Your other most important step? Regular dental exams. Oral cancer can be caught early, even as a pre-cancer.



After 25 years, four children, thousands of miles commuted on Route 93 and hundreds of patients touched both professionally and personally, Diane Cole, RDH has moved on to new adventures and new arenas. We are all grateful for her years of dedicated service. She leaves a significant imprint on the practice.

To fill our hygiene practice we introduce Cheryl Brady. Cheryl earned a degree in Psychology from Bridgewater State College and her Certificate in Dental Hygiene from Forsthye School of Dental Hygiene. She brings with her experience in dental assisting and administration. We look forward to her energy and new contributions to our dental team.



Cheryl

Sending you the warmest of wishes for the *new year*



From the entire staff at Dr. Robert Hughes's

office information

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Office Hours

Monday	8:30 am	–	8:30 pm
Tuesday	8:30 am	–	8:30 pm
Wednesday	8:30 am	–	2:00 pm
Thursday	8:30 am	–	6:00 pm
Friday	8:30 am	–	2:00 pm

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Office Staff

Shelley Office Manager
 Cheryl..... Dental Hygienist
 GeorgetteDental Assistant

Checks



Mini-While, Maxi-Style Teeth whitening

Headlines heralding the future of facial transplants may seem like extreme cosmetics today, but so did many of yesterday's predictions. We're committed to improving people's looks and their outlooks through safe, convenient cosmetic dentistry. But there are people out there who are still lining up for gimmicks and gadgetry. Impulses like piercings, as well as Botox and injections of silicone, are all on some people's lunchtime agendas.

We have a beauty treatment that offers maximum results! It's called teeth whitening, and it will complement your lifestyle and pocketbook. It can be completed in one office visit, or with a few at-home treatments. A whiter, brighter smile is a great long-lasting investment. The only impulse you'll act upon? Smiling!

Committed To You Now and always

Have you ever wondered why we are so committed to continuing education and to leading-edge technology, procedures, and materials? You are the reason.

Your enthusiasm and commitment to our team and our practice is contagious and encourages your friends and family to come and see us. In turn, our healthy, bustling practice is the engine that generates our ongoing ability to invest time and money in excellence.

Please accept our gratitude for your support and commitment to our practice family ... and yours. It's been our privilege and pleasure to provide the highest standard of preventive dental and oral health care to you, our patient, your families, and your generous referrals.