

Dr. Jared Stubbs & Dr. Lisa Daft's

Brushing Up On The News

Produced to improve your dental health and awareness

Winter 2011

fromthedentists

We would like to thank all of you for continuing to make our office your dental home. You are the most important factor in our practice. We simply would not exist without your support.

Our entire team strives to be ready and able to take on your needs and to help you reach your objective. We pride ourselves with keeping up on the current trends in dentistry by attending the best continuing education courses that we can find, even if we must travel to learn the latest dental information and obtain the best skills. Hopefully the result is a dental office that fully meets your needs and expectations.

We recently ran a report to see how many people had been patients for 25 years or more. We were astounded that this number was over 400! Not to mention the hundreds that have been with us for over 20 years.

Thank you all for your years of support!

Yours in good dental health,

Dr. Jared Stubbs & Dr. Lisa Daft

turnthepage

Save money ... and your sanity!

5 harmful habits. Are *you* guilty?

Work out the green way!



Your Child's Dental Visit

A child's first dental visit is an important thing. All involved, the child, the parents and the dental team, want it to be an easy and pleasant time. If the first visit is a healthy child check up the experience will be much better than an urgent visit to deal with an already painful tooth. We have found that the first visit is at an early age (3-4 yrs old); before cavities have occurred things usually go quite well. When taking the child to the dental treatment room, the primary objective is to transfer the child's trust of their parent to the dental team. This is best accomplished if the parents assist in introducing the dentist or assistant in a matter of fact way, and allowing the dental team to visit with and care for the child while the parent waits in the reception area. This way the busy attention of our young patient is on the new dental experience, and the dentist or hygienist can concentrate on the patient. Our objectives are based on the recommendations set by the Academy of Pediatric Dentists. It is normal for a child to have some anxiety or fear. By concentrating on your child the dental team has the best opportunity to ease them through it.

We look forward to providing your kids a comfortable, positive experience at each dental visit.

Thank you for all your referrals. We appreciate them!

The Game's Afoot Go green & have fun!

Green gyms are in, and it's a growing movement. Traditional gyms use a lot of electricity, and increasingly providers are looking at how they can become more energy-efficient. In the meantime, consider working out on your gym's self-powered equipment instead of the energy-hogging ones.

Another way to reduce your eco footprint is by being more active outside in every season...

- | | |
|---|--|
| <input type="checkbox"/> Garden | <input type="checkbox"/> Play tennis |
| <input type="checkbox"/> Use a push mower | <input type="checkbox"/> Swim |
| <input type="checkbox"/> Canoe or sail | <input type="checkbox"/> Snowshoe or ski |
| <input type="checkbox"/> Walk | <input type="checkbox"/> Run |
| <input type="checkbox"/> Bike | <input type="checkbox"/> Hike |

And what about this? By participating in conservation activities like trail building, you can stay fit, connect with the environment, and help your community.



Whitening & Veneers



Fast Track – Fast Results ▶

There are some claims you can believe in

When an employer or prospective client has to make a choice and all else is equal, your appearance and grooming could make or break your chances. So it's only reasonable that you want to look your best. It's good to know that while many products promise more than they can deliver, you can count on cosmetic dentistry to give you long-lasting results you'll be proud of.

We'll be happy to talk to you about affordable non-surgical treatments like whitening, recontouring, bonding, and veneers that can literally transform

your smile, often within only one or two visits.

- **Whiten your smile** by as many as eight shades with safe reliable dentist-supervised teeth whitening.

- **Brighten your smile** with enamel-colored fillings to replace older metal and stained white fillings.

- **Re-shape teeth, close spaces between teeth, repair chips and fractures, and strengthen teeth** where enamel has been lost with bonding or beautiful translucent hand-crafted porcelain veneers.

Cosmetic dentistry means more

than camouflaging smile flaws. Sure, permanent **dental implants** that replace lost teeth will keep you looking good, but they also prevent tilting and shifting teeth that will both alter your bite and your ability to speak, eat, and chew. **Gum recontouring** can restore balance and symmetry to a too-gummy smile or uneven gumline that detracts from otherwise healthy beautiful teeth.

In the competitive world of business where opinions are formed in only seconds, we're proud that we can help you feel self-confident – and confident in us.

Pregnancy Perio Risk

Oral health could affect you & your baby

For some time, advanced gum disease, called *periodontitis*, has been linked to complications of pregnancy including premature birth, low birth-weight, toxemia, and gestational diabetes. Research has strengthened this association by showing that gestational diabetes appears in women with gum disease – even if they don't smoke or drink. Gestational diabetes usually disappears once the baby is born, but it places you at a greater risk of developing Type 2 diabetes later on.

So how to prevent gum disease? The best prevention is regular dental care and thorough daily brushing and flossing to remove the buildup of plaque, the natural biofilm that is always present in your mouth.

Pregnancy is a time of hormonal fluctuations that can alter the bacterial and acidic balance in your mouth and leave you a little more susceptible to gum disease. That's why, during your pregnancy, we may suggest more frequent follow-up than you're used to. Yet everyone at every age needs to maintain their oral health because gum disease has also been linked to cardiovascular diseases, osteoarthritis, kidney disease, cancers, respiratory diseases, and diabetes in the general population.

No matter what your stage of life, don't wait until you see symptoms of inflammation including redness, puffiness, or bleeding gums. Even if you think you are problem-free, don't skip your recall visits.

We screen for gum disease at every visit ...because we like to see you smiling.



5

Just Lose Five
Drop these now...

Using tools on teeth

Ouch. Knives, forks, keys – our inventiveness is legend. You risk damaging teeth and gums! Carry dental floss instead.

Using teeth as tools

Tearing food packets, prying off container lids and bottle caps, and chewing pens and pencils can lead to cuts, damaged jaw joints, or chipped and broken teeth.

Using tobacco products

Smoking cigarettes and cigars, or chewing smokeless tobacco, can lead to oral cancer as well as gum disease, tooth loss, and unattractive staining.

Indulging your sweet tooth

Too many sugary soft drinks, acidic power drinks, candies, and other sweet treats are well-known culprits.

Avoiding routines

Don't skip brushing and flossing your teeth or your regular dental visits. Avoid costly dental bills instead by preventing tooth decay and gum disease with excellent home care. You'll also be keeping your breath fresh and your smile white and appealing.

Easy On You

Easy on your wallet

Here are some budget-friendly ways to de-stress:

Picnic in the park. Relax, dress casually, and don't worry about which fork to use. Take a simple pre-prepared meal with you.

Dine at home. Have a special family meal. Let everybody pitch in. It's fun to share the cooking (and cleaning!), and even little ones can help.

Step back. Back in the day, a leisurely car ride to the countryside or a long meandering walk through the neighborhood were simple and affordable ways to stay tuned to nature, community, and family.

Create a home spa. Alone, or with friends and family at your "spa," create a custom facial, manicure, and pedicure. Raiding your fridge and cupboards for natural spa ingredients just adds to the fun.



No Cavity Club

August winner

MICHAEL ARAUJO

Rheana Cappuccio
 Madison Burbank
 Jared Kogut
 Jessica Kogut
 Justin Cardoza
 Felix Zeller
 Jack Goulart
 Tayla Lamoureux
 Cody Boehner
 Blake Anderson
 John Egan
 Jacob Twitchell
 Mackenzie Hanna
 Patrick Trudeau
 Kristen Boehner
 Rebecca Poisson
 Sydney Trudeau
 Ashlyn Messier
 Tara Swanson
 Logan Maxwell
 Ashley Silveira
 Angie Franck
 Jenna Massoud
 Ariana Callender
 Hanna Deingenis

Billy Fitzgerald
 Ryan Gilmore
 Ryan Lamoureux
 Ethan Lanciaux
 Nick Ledoux
 Sophie Scott
 Cameron Rose
 Ben Winslow
 Olivia Blais
 Amelia Brown
 Angela Resendes
 Charlotte Millette
 Alexandra Maxwell
 Emma Goulart
 Nathaniel Brown
 Kennedy Hall
 Ben Baglini
 Mia Webster
 Katelyn Ransom
 Aidan Silk
 Meagan Mungovan
 Emily Mungovan
 Owen Morris
 Hailey Russell
 Joshua Resendes
 Sarah Abdow
 Terry Gilmore

Katie Cappuccio
 William Ransom
 Morgan Machado
 Grace Prew
 Zoe Webster
 Gabe Tella
 Alyssa Lamoureux
 Julia Szykowski
September winner
ROBERT STRYCHARZ
 Vanessa Fonseca
 Celeste Potter
 Julia Mccarthy
 Adriana Dady
 Hailey Mccracken
 Owen Thurston
 Ankit Kotwal
 Kailey Southworth
 Sonia Dady
 Bryan Andrews
 Jonathan Frazier
 Callie Frazier
 Joshua Poisson
 Alexis Ciallella
 Jessica Tella
 Krissy Gately
 Keira Enos

Ryan Enos
 Sophia Sangiovanni
 Mathieu Salois
 Jaxson Sousa
 Derek Schmaeling
 Elsa Lehrer
 Tom Gordon
 Jaiden Mayo
 Libby Dyson
 Antonia Simmons
 Cammy Garabian
 Emily Prew
 Adam Dady
 Noelle Bolcon
 Ryan Gallant
 Kyle Peters
 Ryan Quaranta
 Alex Peters
 Robert Sheanan
October winner
JEFFREY MILLETTE
 Giana Bairos
 Matthew Dumond
 Hunter Norris
 Jacob Soares
 Connor Thibert
 Sophie Bailey

Samantha Daft
 Emma Johnson
 Alex Quaranta
 Jacob Mardirosian
 Jake Titone
 Bret Achin
 Mia Dipippo
 Isabel Bellanti-Diehl
 Hayley Bartlett
 Liza Sousa
 Bernie Mallon
 Aidan Soliday
 Tara Dwyer
 James Daft
 Madison Daft
 Andrew Basile
 Sam Soares
 Kayleigh Costa
 Nick Rondeau
 Lauren Harrington
 Isabella Bartlett
 Rachel Pion
 Kurt Lawson
 Paul Landry
 Olivia Rainho
 Kyle Mello
 Jessica DeMelo

Sarah Escola
 Sara Mallon
 Amanda Carvalho
 Jessica Daft
 Zachary Hanna
 Taylor Norris
 Una Soliday
 Wyatt Daft
 Michelle Landry
 Julia Souza
 Meghan Pereira
 Nicholas Farrell
 Alexander Bellanti
 Mathieu Dundas
 Thomas Dyson
November winner
MICHAEL BRUZZI
 Luke Sylvester
 Nicholas Dimuccio
 Jack Mcknight
 Angelo Ciallella
 Alyson Quin
 Max Dimuccio
 Daniel Cordeiro
 Dylan Beausoleil-Sepe
 Barry Conway
 Breanne Benoit

Gavin Obrien
 Zachary Dimuccio
 Samantha Fregault
 William Davis
 Kyle Bisbano
 Jack Doorley
 Justin Prueett
 Jacob Gardner
 Tyler Fernandes
 Matt Heaney
 Ae Jee Booth
 Rebecca Davis
 Alie Teitz
 Raquel Sousa
 Logan Sylvester
 Hannah Carey
 Kate Faria
 Kara Bisbano
 Connor Finelli
 Alex Shani
 Sydney Souto
 Shane Mello
 James Canedo
 Emaline Wilson



officeinformation

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Office Hours

Monday 8:00 am – 5:00 pm
 Tuesday 8:00 am – 7:00 pm
 Wednesday 7:00 am – 7:00 pm
 Thursday 7:00 am – 5:00 pm
 Friday 8:00 am – 4:30 pm
 Saturday closed

Contact Information

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Office Staff

Denise, CherylOffice Team
 Christine, Anna, Colleen, Susan
Hygienists
 Joann, Kayla Assistants



It Takes A Great Team...

In October our team attended our first national dental meeting, the ADA Annual Session in Orlando, FL. We had a unique opportunity to participate in a team building course "The Incredible Race" (based on The Amazing Race) where we raced through Epcot against 10 other dental teams from across the country. We proudly placed third and received bronze medals! During this exercise we had to interact with each other outside of the dental office environment which was fun and enlightening. Many of us saw that we have strengths we might not have realized we had. It was great to see team members contribute in different ways and be able to have a team member lead our group at different times depending on who had the best idea on how to find the answers to the clues. What we learned is it takes our entire team to make our office run smoothly and to make our patients feel that they are getting the best possible dental treatment. We are all individuals and each of our personalities is a great attribute to our team!



We also took a team class on provider-patient communication and classes on health and wellness, fluoride, and the latest update on new composite filling materials.