

# TOOTH TALK

*The Newsletter That Fills You In!*

Volume 6, October, 2009

## HEALTHY MOUTH & BODY

Poor oral health and gum disease does not just cause bad breath, tooth decay and eventual bone and tooth loss. Multiple studies have shown that your oral health is an indicator of your *overall* health. Evidence is mounting that inflammation and bacteria resulting from periodontal disease can be a risk factor for heart disease, stroke, Alzheimer disease, diabetes, rheumatoid arthritis, sexual dysfunction in men and pneumonia (bacteria from gum disease can cause small clots that may contribute to the buildup of fatty deposits in the arteries, chronic inflammation impedes blood flow to the brain and other parts of the body, and it is suspected that bacteria can travel to the lungs and cause pneumonia).

Prevention is the best medicine! Brush and floss regularly, rinse with a mouthwash and keep your regularly scheduled dental cleaning and exam appointments.

## GIVE A SMILE TO A FRIEND!

## WE APPRECIATE YOUR REFERRALS!

### Congratulations to Drawing Winners!

STEVE ARCURI & LAURA PENRY

Winners of \$100 Dinners at *Union Hotel & Willi's!*

Thank you to \$15 Starbucks Gift Certificate winners: Kurt Wickland, Chris Henley, Melissa Miale, Marc Busalacchi, Dee Marigo, Dana Yelda, Tina Del Buono, Ian Nickles, Mark Malone, Mark Moshier, Lily Akimoff, Nicole Moulton, Pam Bushling, Jennifer O' Neal, Brian Harrington & Dorothy Spierings.

*Next Quarter - Madrona Manor!*

## CARECREDIT CAN REDUCE YOUR FINANCIAL STRESS!

CDA-endorsed CARECREDIT offers interest-free, flexible repayment options.

Contact us at (707)545-7575 or vicdds@sbcglobal.net

PRODUCED BY VICTOR J. COSTANZA DDS

## OUT OF THE DOCTOR'S MOUTH !

### STRESS AND ORAL HEALTH



"IF YOUR TEETH ARE CLENCHED AND YOUR FISTS ARE CLENCHED, YOUR LIFESPAN IS PROBABLY CLENCHED, TOO." – ADABELLA RADICI

If you are stressed your oral health may be suffering. Stress can lead to mouth sores, clenching and grinding teeth, periodontal disease, poor oral hygiene and unhealthy eating routines (one study showed that 56% of people surveyed said that they brush and floss less when they are stressed, which can lead to gum disease and tooth decay).

If you feel that stress is causing any of these issues for you we can help! We can prescribe medicines for canker sores and a nightguard or other appliance to help you with the teeth grinding and clenching to head off TMJ problems. You may also want to increase your hygiene appointments from every 6 to every 4 months if home oral hygiene is suffering.

## TIPS TO REDUCE STRESS

Take some deep breaths • Take a few moments to relax or meditate • Forgive • Pray for yourself and others • Laugh • Spend time with family and friends • Play with a pet • Exercise • Eat healthy • Make time for a hobby • Think positively • Have gratitude • Volunteer to help others in need • Love as you want to be loved.

# TONGUE IN CHEECK!

Bring this completed Dental Word Teaser in to your next appointment for a \$5.00 Gift Certificate to Starbucks!

Unscramble the four jumbled words one letter to each square to form common words. Then arrange the letters in the purple boxes to form the surprise answer suggested by the cartoon.

WHY DID THE QUEEN  
GO TO THE DENTIST?

M O W N A

T L E W A H

N O E H T R

S L A C T E



FOR A

Answer in next newsletter.

Answer to last puzzle: A "Sweet Tooth"

# HELP YOUR SMILE & HELP A CHILD!

Make Your Cleaning Visit!  
We'll Donate \$1.00 to  
SHEPHERD'S HOUSE

Shepherd's House in Windsor was created to benefit at-risk youth and their families. Assistance includes learning to form healthy relationships, crises and family intervention, ESL and translation, help with parenting, schooling and employment, as well as life-skill development and opportunities for artistic expression and community service.

Shepherd's House serves as a safety net for troubled youth who have fallen under the radar of or have not been reached by conventional community resources. They are making headway with dozens of children and their families to reduce substance abuse, crime, gangs and truancy (Shepherd's house is certified to offer community service hours for youths on probation).

Mentors and resources are needed and the opportunities for helping are as varied as children are. To donate time or resources, call Todd Michero or Greg Fauss at (707) 836-0100.

*"Children need models more than they need critics."  
Joseph Joubert*

"If people concentrated on the really important things in life, there would be a shortage of fishing poles." - Doug Larsen



Victor J. Costanza, D.D.S.  
4655 Hoen Ave., Suite 6  
Santa Rosa, Ca. 95405