

# CITRUS CARE DENTAL

## NEWSLETTER

*Citrus Care Dental, where your smile matters*

A Quarterly Newsletter

2011 Spring Issue

### Dear Patients,

**C**elebrate the 2nd year of Citrus Care Dental's Newsletter. We feel we have accomplished in giving patients the information and knowledge they need to maintain and improve their dental health in the past year.

Whats New this year! Our focus this year is on a happy and healthy new year. We would like to introduce you to our new section in the newsletter 'Get fit & healthy with Dannielle Beaupre. This extra section will benefit our patients to learn about physical wellness to maintain the quality life style and its relationship to their dental health.

The spring season is here. Let start the season with good dental health and a good diet. Dental check ups and cleanings every 4-6 months is always a good idea to maintain good dental health.

Our staff and I would like to thank you, our patients, for your gifts of appreciation and all the thank you letters we received in the past year. We feel over whelmed and joyful from your gratitude. We hope our patients will continue to enjoy and learn from our newsletters. It is our sincere appreciation from our hearts that we thank you. We are always searching for ways to improve our patients dental experience and care that we provide.

For a reminder, Citrus Care Dental accepts Citi Health Card which is 0% interest for up to 6 month when your treatment is paid in full. Apply the same as a credit card by phone or online at <http://www.citicards.com>. For more details, please feel free to ask our front desk about it. We also offer free 2nd opinions if a patients bring their current xrays.

We are also proud to announce that we are a new member of Citrus County Chamber of Commerce.

We hope you to enjoy our newsletters for another year come.

*Gary S. Padgett DDS*



**Dr. Gary S. Padgett**

### UPDATE & EVENTS

◆On March 23th, Citrus Care Dental will once again participate in the Health Fair 2011 in Bella Vita Spa located in Citrus Hills Terra Vista to provide dental health information and answer any questions.

◆On February 17th, Citrus County Chamber of commerce held the Ribbon Cutting Ceremony for the new member, Citrus Care Dental Association.

◆On February 9th, our hygienist, Susan, visited the residents of Sunflower Springs Assisted Living in Homosassa to discuss and answer questions about oral Health and many area of dentistry.



Ribbon Cutting Ceremony  
Member of Citrus County Chamber  
of Commerce



# Get Fit & healthy

## with Dannielle Beaupre

Citrus Care Dental and Dr. Padgett would like to introduce our patient Dannielle Beaupre. She is well known as being one of the top fitness trainers in Central Florida. She is a fitness consultant / trainer in Bella Vita Fitness & spa at Terra Vista Citrus Hills.

We sincerely hope this section will give our patients the information to maintain and develop a healthy smile and body. This is the first of a series of articles that we hope you can all benefit from.



I am very flattered and excited to join Dr. Padgett and his staff in writing this newsletter to share my knowledge in diet, health and exercise. Let's get fit and healthy together!

**Jump start the new year by making reasonable goals that you can achieve.**

**Eat healthy meals and snacks six to eight times a day in small portions.**

**Drink six to eight glasses of water a day.**

**Try two hours of strength training a week.**

**30 minutes of cardio-exercise three times a week.**

**Keep a journal of what you eat and your daily exercise.**

**Get plenty of rest at least 8 hours a night.**

**Remember to take one day at a time**

**TIP:** Do more for your heart. A new study relating periodontal disease to heart disease suggests that if you see your dentist regularly, it will make you about one third less likely to suffer from heart disease in older age.



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

## Staff TALK

Welcome to spring season. Day light savings is here. It is time for us to enjoy the wonderful outdoor time again. Our office is excited about all the good changes we had and all the excellence things we have accomplished. Now you can find us on the website of [Citrus County Chamber of Commerce](http://Citrus County Chamber of Commerce) or follow our ad in the Yellow Pages and your local directory.

Please don't hesitate to call or let us know if you have any concerns or questions. We are here to help you.



❖ Susan: *The experience at Sunflower Springs Assisted Living was wonderful.*

*The residents raised many excellent questions which allowed me to share many details my knowledge in dentistry. It was delightful to see how much they enjoyed hearing the information I shared with them. I enjoys going out in the community and speaking to groups about oral health. You can reach our office if you think your group could benefit from our oral health presentations.*



# Completed Case Smile Enhancement

**T**HIS MONTH WE ARE FEATURING A VERY SPECIAL PATIENT. BRENDA, WHO MANY OF YOU KNOW IS OUR OFFICE ADMINISTRATOR. OVER THE COURSE OF HER LIFE SHE HAS HAD NUMEROUS DENTAL PROCEDURES AT DIFFERENT TIMES THAT DID NOT BLEND WELL WITH COLOR AND SHAPE AND FUNCTION. SHE WANTED TO IMPROVE HER SMILE AND HAVE IT LOOK NATURAL.

The problem was some fillings and restorations that did not all match in shape and color and length along with a bite that was not stable nor esthetically pleasing.

The solution was to create the smile with uniform color, shapes and relationships while also correcting the bite relationship of the teeth.

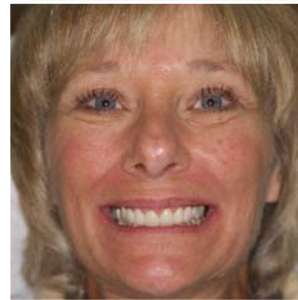
After some time, we then created the final porcelain restorations using computers to design and fabricate the final crowns and bridges and veneers. We use the computers to scan our final models and then use cad cam technology to fabricate our final restorations using zirconium porcelain and milling machines.



Before



After



The Result is a restoration that looks as lifelike as a real tooth with exceptional bio-compatibility with the surrounding tissues. A beautiful natural smile with a stable bite.



[ Acrylic temporaries ]

This is how we started: First, we created acrylic temporaries to match our wax models in a color that we felt would compliment her skin tone. Then we had the patient try the temporaries out and see how they all worked and felt.

## Recipe by Dannielle

### Chicken, Bean & Quinoa Salad 20 minutes cooking time, for 2 servings

- ▶ Quinoa is the only grain that provides all the essential building blocks for muscle.
- ▶ Chicken breast protein helps make muscle and spurs one of your body's fat-burning mechanisms.
- ▶ Cumin and chili powder in this dressing help reduce post workout inflammation.

**Nutrients per serving:**  
Calories: 408, Total Fat: 17 g., Saturated Fat: 2 g., Trans Fat: 0 g., Cholesterol: 45 mg, Sodium: 586 mg., Total carbohydrates: 42 g., Dietary Fiber: 9 g., Sugar: 6 g., Protein: 27 g., Iron: 4 mg.

6 oz skinless chicken breast, sliced

**Marinade:**

1. juice of 1 lemon & zest of half lemon
2. juice of 1 lime & zest of half lime
3. 1/2 tsp each of ground cumin & chili powder
4. pinch of cayenne pepper or crushed red pepper flakes

**Salad:**

1. 4 cups chopped romaine lettuce
2. 1/2 avocado diced
3. 1/2 cup each of chopped tomatoes & chopped orange bell pepper
4. 1/2 cup corn kernel (roasted or canned)
5. 1/2 cup each of black beans and cooked quinoa

**Dressing:**

1. juice of 1 lemon & 1 lime
2. 1 tsp each of chili powder & ground cumin
3. 1/4 cup chopped fresh cilantro
4. pinch of salt
5. 1 tbsp extra virgin olive oil

1. Mix together the marinade ingredients & pour onto chicken in a large ziplock bag, shake bag to mix well and set aside for 10-15 mins.
2. Meanwhile, prepare salad ingredients and set aside in a large mixing bowl.
3. Mix together dressing ingredients and pour over salad.
4. Remove chicken from bag and brown in a pan for 3 minutes per side, cooking until no longer pink. Place cook chicken on the top of salad. Mix to combine. Serve.

# Dental Care

## Diet and Your Dental Health

**Y**our diet : Including what and how often you eat plays an important role in attaining and maintaining a healthy smile. Many foods, beverages and candy can set the cavity process in motion.

Dental caries (cavities) is caused by a thin film of bacteria called 'plaque' that coats your teeth. When you eat or drink, the plaque bacteria digest any sugars and produce acids that attack your tooth enamel. The stickiness of plaque keep these acids in contact with the enamel. With repeated and prolonged exposure to these acids, our enamel eventually can break down resulting in caries.

It is important to remove plaque regularly by brushing your teeth twice daily and flossing or using another interdental cleaner once a day. If plaque builds up, it can cause swelling and bleeding of the gingival (gum) tissue. Eventually, the hard and soft tissues that keep your teeth in place can be damaged, and you run the risk of losing teeth. Patients should visit the dentist regularly for complete oral examination and professional cleaning.

Frequent snacking or sipping on sugar-containing beverages such as soda, juices, sports drinks, flavored waters creates an environment for decay because it exposes your teeth repeatedly to acid attacks. Keeping an eye on the amount of sugar in your diet also can help protect your smile.

You can minimize the risk of developing cavities as a result of consuming sugar by limiting foods with added sugar in your diet. Also eat sweets as part of a meal rather than as a separate snack.

Saliva flow increases more during meals than during snacks. Saliva helps weaken cavity-causing acids and rinses food particles from the mouth. Chewing gum also stimulates salivary flow. The increased flow adds calcium and phosphate to the saliva which help strengthen tooth enamel.

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

A balance diet is important to maintain your overall health. The united state department of Agriculture (USDA) recommends that you select a mix of foods from the following groups:

- ◆ Fruits and vegetable, especially dark green and orange ones.
- ◆ Foods made with whole grains, such as whole wheat bread, brown rice or oatmeal
- ◆ Milk products such as low-fat yogurt or low-fat cheese.
  - ◆ Beans and meats such as chicken, fish or lean beef
  - ◆ Oils such as cooking Oils or oils found in nuts and some types of fish.



Citrus Care Dental Association, PLLC  
 514 Citrus Memorial Allen Ridge Healthcare Center  
 N.Lecanto Hwy., Lecanto, FL 34461  
 Phone : 352-746-3800  
[www.citrusdental.com](http://www.citrusdental.com)

To receive the CCDA newsletter, please subscribe at [info@citrusdental.com](mailto:info@citrusdental.com) or download from our website.

Gary S. Padgett, D.D.S.

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