



moshiri orthodontics
for a smile that lasts

Fall 2008

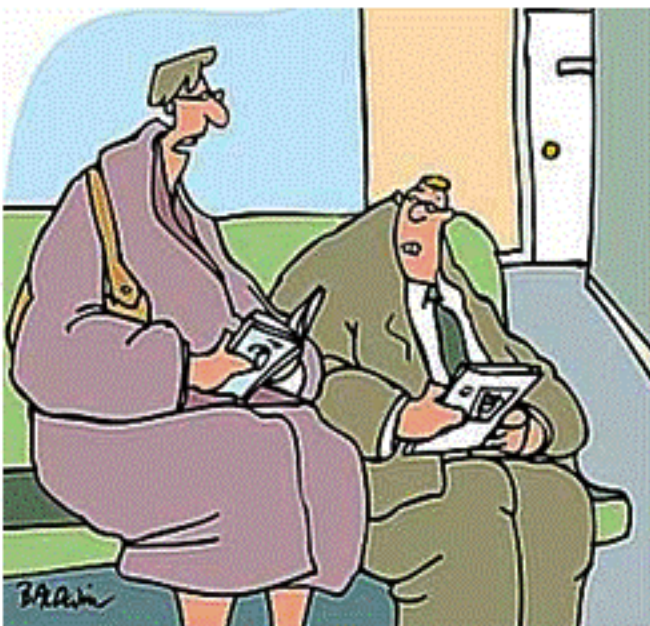
Maybe we're partial...

but we believe our patients are the greatest! If you have any friends or family looking for an orthodontic home, please give them our name. If they start treatment with us, you will receive a \$50 gift card.



If you are not feeling well, please let us know, so that we may determine if your appointment needs to be rescheduled. Thanks!

As you know, payments are due on the first of the month. For your convenience you may bring the payment with you if you have an appointment scheduled during the month. If you do not have an appointment scheduled, please mail your payment in within 10 days of receiving your statement. Thank you!



"I used to have buck teeth. Now I have 5,000-buck teeth."

Dental Hygiene and your Health

Most people are aware that poor dental health can lead to discolored teeth and bad breath. As it turns out, that is the best case scenario. Some of the latest research shows that not taking care of your teeth can actually shorten your life span.

The bacteria caused by plaque from leftover food in your mouth can seep into your bloodstream. This happens through the simple process of eating, drinking and swallowing. It turns out that this same bacteria can get into the arteries surrounding the heart, making heart disease a very real concern.

Periodontal disease (an inflammation of the gums that has reached a point of severity) can be a factor in a whole group of health issues. The bacteria that seeps into the bloodstream from periodontal issues may not only cause heart disease but also stroke, chronic respiratory disease, pneumonia, diabetes and pre-term or low birth weight babies. Why? Because there is a direct connection between what goes on in the mouth and what goes on in the rest of the body. Treat and care for your mouth and the rest of your body might have a fighting chance to ward off some of these serious diseases.

Brushing your teeth a minimum of twice a day with fluoride toothpaste is arguable the most essential component to the maintenance of good oral health. It is essential that you always brush before bed.

Floss daily. If you do not floss, you are missing more than one third of your tooth surface. It is especially important to get children to floss. Most kids have healthy teeth but once they approach adolescence, some of these kids who had perfect mouths, start to develop cavities between their teeth. Usually it is not because they are doing something wrong, but rather a direct result of changing hormones. Flossing as a preventive measure has been shown to significantly reduce these cavities caused by simply growing up.

Eat a well balanced diet and avoid too much sugar.

Start your kids early. Children should see your family dentist by age 1 or 2 for prevention, nutrition and hygiene information.

See your dentist on a regular basis. Regular checkups and professional cleaning are also extremely important to maintain that healthy smile.

www.smilesaintlouis.com