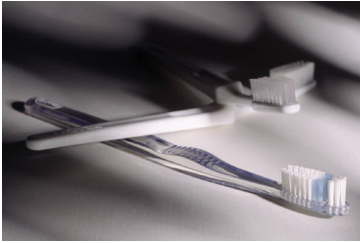


Laura K. Hannon, DDS



**1st Quarter
2011**

Keep Your Heart Healthy, Brush Twice a Day

So what does brushing your teeth have to do with keeping your heart healthy? Both periodontal and cardiovascular disease are inflammatory conditions. Our bodies' response to infection is inflammation and when the inflammation becomes chronic, disease can occur.

According to researchers, having one disease may actually increase your risk of developing the other. (For more information, visit www.perio.org.)

"Bad" bacteria that is allowed to grow under gum tissue in the mouth causes infection, which leads to inflammation and, if untreated, could result in periodontal disease. Brushing twice a day, flossing daily, and not skipping out on routine dental check-ups will keep your gum tissues healthy.

When you visit our office for your routine visit, your exam includes periodontal charting. Dr. Hannon uses a small probe to assess and measure your gum tissue. Healthy gum tissue is pink and fits like a gasket around each tooth, keeping "bad" bacteria out.

So that you know your gum tissue is healthy, Dr. Hannon shares the measurements with you and partners with you should you need further care. You receive personalized dentistry delivered from the heart.

Knowing about the mouth and body connection gives you what you need to be healthy and have energy...to your health!

- Laura K. Hannon and Team

Healthy Body, Healthy Outlook

Several years ago in my continued search for knowledge to lead to health and energy, I researched whole food supplements and began a regular regimen. Being a dentist is physically and mentally demanding and requires long term stamina. Whole food supplements harmonize with the body to help improve function. With improved function comes more energy, focus, and stamina. Over the years I have also benefitted from whole food supplements by fine-tuning my intake to gear up for the cold and flu season, prepare for high altitudes when hiking and skiing, and to protect the delicate balance in the gut when traveling abroad. These benefits are also available to our dental team and patients, just ask us. If you would like to research more, a great book titled Why Do I Need Whole Food Supplements? By Lorrie Medford, C.N. is available in our reception area. Be the best you can be for yourself and for your family!

- Dr. Laura Hannon

Bacteria...Yuck?

- "Good" bacteria in our mouths helps keep "bad" bacteria from taking over.
- Too much harmful bacteria creates conditions that can lead to receding and bleeding gums.
- Balancing the "good" and "bad" bacteria is as easy as chewing a probiotic mint.
- Ask for more information at your next visit or go to www.evoraplus.com

"The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience."

- Eleanor Roosevelt



Your Dental Team (from left to right) – Julie, Vicki, Debbie, Dr. Hannon, Marlene, Kim

Each New Year brings new resolve, new ideas, new energy. Your Dental Team is excited to grab hold of this energy and turn it into terrific benefits for our patients.

Many patients are already noticing how much nicer their mouths feel with the probiotic recommendations. Other patients have improved their overall health with whole food supplements and report they feel better about themselves and their health.

What about you? What new goal can we partner with you to achieve?