

Dr. Jodie Moreland.
 5590 South Windermere Street, Littleton, CO 80120
 Office Number – 303.798.4571
 Visit us on the web – www.drjodie.net



FLUORIDE TREATMENT
 Buy one adult fluoride treatment in office
Get Half Off!
 The 2nd treatment within a year.

2009's 5280's Top Dentist!

CELEBRATIONS!



Rockies Game

As a celebration of another year in 5280's Top Dentist, we went to a Rockies game and were even honored on the scoreboard between innings. ✿



Birthdays

For Gayle, Tess and Rob's birthday celebration in July, we went to Shazz Restaurant. ✿

Visit Our Website at:
www.drjodie.net

Smiles!

NEWSLETTER

WWW.DRJODIE.NET

FALL 2009



3rd Annual Blood Drive
 Thursday, November 5, 2009
 1:00 – 6:00pm



You are cordially invited to our 3rd Annual Blood Drive on November 5, 2009!

Our office blood drive is one way we give back to the community. It began in memory of our former office manager who passed away in 2006 from Melanoma.

This year our event will try to better accommodate your work schedule. Bonfils will be set up from 1:00 – 6:00pm in a mobile unit outside our office.

We will be giving away gifts for everyone who participates. All patients, family and friends who sign up to give blood will be entered in our office drawing for prizes. This year we will be drawing for electric toothbrushes and gift certificates to local restaurants.

Please come join us!! Call the office to sign up or you can visit Bonfils online at www.bonfils.org, use site code 6546, a month before the event. ✿



Put a reminder
 in your calendar
TODAY!

Thanks for Your Referrals

We have a warm place in our hearts for those patients who give us the ultimate compliment of a referral. Thank you again for the friends and family you continue to send to our office for their dental needs. In doing this you have let us know that you appreciate the care and concern we strive to provide you. Thank you for the confidence you have placed in our team!

Thank You! ✿



Bonfils Mobile Blood Unit

Ahhh...The Age Old Secret of HEALTH A Couple of Studies to Chew On...Ha Ha

Stone Age Diet Reduces Gingivitis

Plaque accumulation and subsequently gingivitis have been studied extensively. Within eight days of plaque accumulation an early gingivitis lesion is evident by increased gingival crevicular fluid flow. With no oral hygiene, plaque accumulates and gingivitis results. This happens when the normal diet of refined carbohydrates is continued.

Researches evaluated a group of 10 people, two families of four, and two single men who lived for one month in a replicated Stone Age environment near the Rhine River in Switzerland. The environment was carefully controlled by archeological experts and filmed for daily TV viewing. A sports medicine doctor monitored the subject during the experiment and dental examinations were conducted before and after the experiment. No modern oral hygiene products were provided. Subjects were given a small supply of whole grain barley, wheat and spelt, some salt, herbs, honey, milk and meat from domestic goats and hens, but they were not given enough food for the four weeks. They supplemented their diet by foraging for berries, edible plants and catching fish without nets. They were given Stone Age clothes and provided typical huts.

As expected, plaque levels increased. However, researchers were surprised by a reduction in gingivitis, probing depths and a reduction in bleeding upon probing from 35 percent of sites to 13 percent. Bacteria samples were evaluated from the tongue and all sub-gingival area, which revealed a change in the balance of bacteria favoring health rather than disease. It appears the Stone Age diet provided more antibacterial properties and more antioxidants than today's carbohydrate-rich diet. One medical finding was a reduction in blood pressure.

Clinical Implications: Eliminating sucrose and other refined carbohydrates from the diet changes the bacterial makeup of plaque and reduce gingivitis. ✿



Will Daily Exercise Reduce Gum Disease?

Inflammation due to infection stimulates reactive protein (CRP). An elevated CRP level is predictive of heart disease, diabetes and stroke. As part of the National Survey of Adult Oral Health conducted in Australia between 2004 and 2006, researchers evaluated activity levels and gum health in 751 subjects.

Exercise was considered sufficient if it met the Australian Institute of Health and Welfare recommendation of 30 minutes five times per week. Gum disease was diagnosed in 48 percent of subjects and of these, 38 percent had elevated inflammatory markers compared to 21 percent of those without gum disease.

Subjects were divided into four groups based on time spent exercising. As exercise time increased, CRP and IL-1 levels decreased in the gum disease group but remained the same level for the healthy subjects.

Clinical Implications: Daily physical activity of at least 30 minutes resulted in lower levels of CRP and IL-1 for those with gum disease. ✿



CareCredit
Patient Payment Plans

CareCredit Dental Patient Payment Plans

In this time of economic challenge, we want to emphasize how important it is to come in for your dental checkups. Small problems can easily turn into larger problems that are not only more uncomfortable, but also can cost you more out-of-pocket.

We would like to recommend Care Credit as an excellent alternative for patients who need some time getting their dental cost resolved. Depending on the amount charged you can get interest-free payment plans for as long as 12 months.

If you have any questions regarding CareCredit plans, feel free to give the office a call.

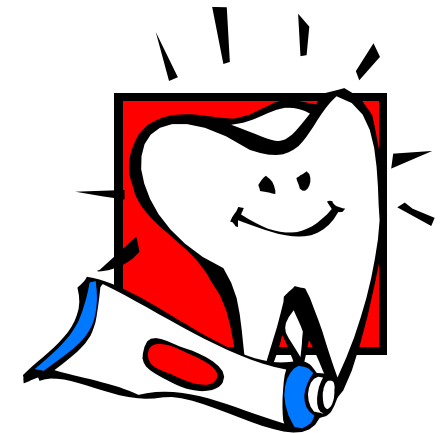
303.798.4571 ✿

Tooth IQ

Website for Dental Health Info

www.toothiq.com is a dental health information website. It was developed by a dentist and is an unbiased resource that includes options, advantages, and disadvantages of most dental procedures.

Contact the office if you would like Dr. Jodie to email you specific information or you can do your research on the website on your own! ✿



Patient Tip

When bringing your children in for their dental appointments, make sure and enter them in our monthly drawing for a SpiderMan SpinBrush.