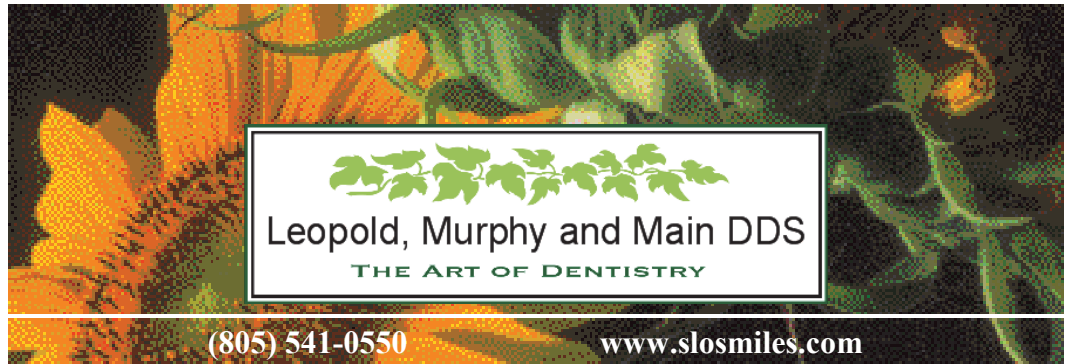


February 2010

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Did you know?

DENTAL CARIES. What is that? Dental Caries is a very complex biofilm infection caused by over 32 different strains of bacteria, and even some strains of yeast, that **cause decay**. A Dental Caries infection is caused when the healthy bacteria in our mouth is replaced by acid producing bacteria. The main causes of this change are:

1. A lack of saliva - there are various causes.
2. A sugary/acidic diet that favors acid-producing bacteria.
3. Transmission through exchange of saliva -It's contagious!

4. Improper home care such as frequency or poor technique. Brushing and flossing are not enough to fight a bacterial infection. To treat the infection, current science shows we need to dissolve the biofilm and correct the PH balance in the mouth. The bacteria that live in the mouth, good and bad, survive in very specific pH ranges. The acid-producing type, thrive at acidic pH levels, and die in an alkaline environment, while the healthy bacteria thrive in a neutral to slightly alkaline environment and die at acidic pH levels. So, an effective way to reverse the infection is by using

alkaline solutions to neutralize the oral pH.

In our office we have invested in a new instrument and product line to help us diagnose and treat Dental Caries infections. The test is a simple 1-minute chair-side bacterial test for assessing your caries risk. The instrument uses ATP bioluminescence to identify oral bacteria. ATP measures the energy output of bacteria. Pathogen producing bacteria produce more than healthy bacteria. The test is quick and painless. We simply take a swab sample of the plaque from your teeth, which when combined with special

Continued on page 3

Veneers



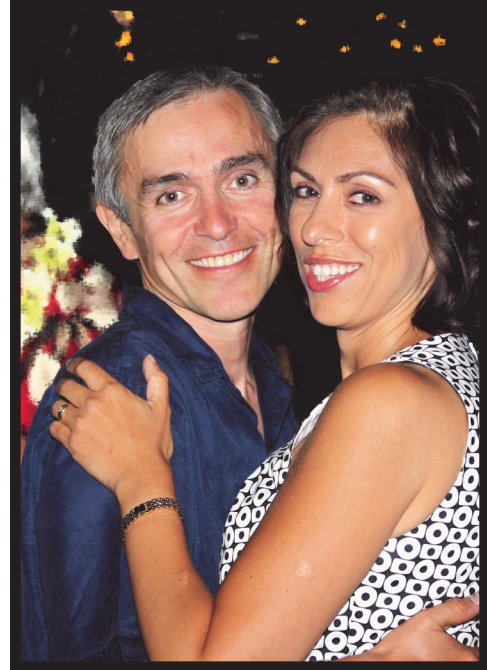
Top: Before Veneers Bottom: After Veneers

Have you been looking at your teeth in the mirror and wondering if there is a way to improve your smile? Veneers may be just what you are looking for. Veneers are used to make cosmetic improvements as well as restore strength and function to teeth that are chipped, worn or broken. They can improve the appearance of teeth that are uneven or irregularly shaped and to close gaps between teeth. They are also used on teeth that have been discolored by tetracycline or other drugs, excessive fluoride or the presence of large resin fillings. Another option to close gaps is the use of Invisalign.

Veneers are custom made from molds taken of your teeth. They are wafer-thin shells made of porcelain or resin composite designed to cover the front surface of the teeth. A new smile could be yours in just two or three appointments. If you are interested in making a change please do not hesitate to talk to your dentist about your options.

On December 12, 2009 our beloved Joanne Main lost her battle with colon cancer. Joanne was the "Sweetie" of Dr. Main, the mother of three wonderful daughters and a dental hygienist in our office for six years. We will feel her loss in so many ways but we will always treasure and be grateful for the time we had with her. Her sense of humor, compassion and courage will be remembered always.

In Memory of Joanne



Many of our patients have asked about donations in her honor. If you would like to honor Joanne in this way, she would have wanted donations made to any of these charities:

1. Stand Up to Cancer – for cancer research
2. The Hearst Cancer Resource Center in San Luis Obispo - for support during treatment
3. Hospice Partners – for counseling and respite

On behalf of Dr. Main and our entire staff, we would like to thank all of our patients who have shown their love and support to the Main Family during Joanne's treatment and following her passing. This experience has been a humbling one for us all. Thank you.

Staff Koodos

New Licenses:

Haley Murphy and Debbie Self have both received their Registered Dental Assistant license.

Continued Education

Our entire staff recently completed re-certification in CPR and the use of an AED (Automated External Defibrillator). Our office keeps an AED on site as part of our emergency kit.

Health and Fitness Expo - 5K run

The following staff members participated in the 5K fundraiser for CHC in January and placed well in their age groups:

Lynn - 1st place!!! Way to go Lynn!
 Dr. Main - 2nd place!!
 Izabel - 3rd place!!
 Cambria - 6th place
 Sam - 18th
 Heather - 19th

We are so proud of each of them.



What's in the water at Leopold, Murphy and Main DDS?

Kaycie delivered a healthy baby boy - January 6TH
 Kara delivered a beautiful baby girl - February 1st

Laura, Dr. Murphy's assistant, is expecting a bundle of joy in August

Quote in a Cryptogram

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
17				24									12		20										

P E						N A																			
20	24	4	25	3	12	17	9	23	14	8	13	17	12	3	20	24	12	19	3	3	4	25			
					N						A A			E				A N				E E P			
11	21	14		3	12	9	8	13	22	17	4	17	13	14	24	4	13	17	12	6	24	24	20		
											E														

Elmer G. Letterman
Business Executive

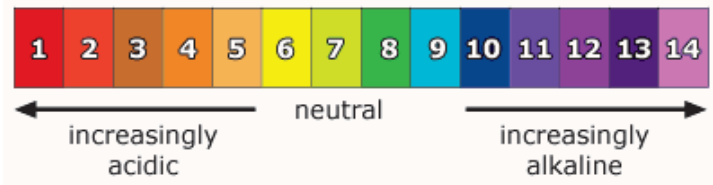
Vitamin C, Calcium and Green Tea

It's February. Some of us may have already begun slacking off on our New Year's Resolutions. Here's two more reasons to recommit to your goal of choosing to eat healthier – your teeth and gums. Foods high in vitamin C are important for tissue health and calcium is important for bone health. Research shows that an inadequate amount of these nutrients in our diet can lead to a higher rate of periodontal disease, which in turn can put us at risk for other serious health issues.

Vitamin C rich foods: broccoli, tomato, papaya or mango, kohlrabi, jicama, kiwi, and of course, oranges.

Calcium rich foods: milk products, white beans, navy beans, chickpeas, tofu, soybeans, almonds, cabbage and broccoli (notice that broccoli has both nutrients).

It has long been speculated that green tea possesses many health benefits and now research has found a link between green tea and significantly lower instances of periodontal disease. A key in this decrease is the presence of the antioxidant catechin, which can reduce inflammation in the body. Green tea is also a pH neutral beverage!



Beverages and their acidity/alkaline level

	Acid pH level	tsp. sugar per 12 oz.		Acid pH level	tsp. sugar per 12 oz.
Battery Acid	1.00		Snapple Tea	3.20	7.6
Lemon Juice	2-2.60		Mountain Dew	3.22	11
Sunny De-light	2.40	6.3	Milk - cow	6.40-6.80	
Pepsi	2.49	9.48	Milk - 2%	6.80	3.5
Coke Classic	2.53	9.3	Water	7.00	
Capri Sun	2.60	5.5	Soy Milk	7.00	
Grapefruit Juice	3.00	35 grams			

*Personality can open doors,
but only character can keep
them open.*

bioluminescence reagents within the swab, will create a reaction which is then measured with the meter. The meter will give a score between 0 and 9,999. A score under 1,500 is considered relatively healthy, while higher readings show considerable risk for decay.

This technology not only allows us to measure your risk for decay today, but also helps measure your progress as you follow the recommended protocols for reducing risk. The initial treatment to kill the biofilm bacteria and repopulate with healthy non-acidic strains of bacteria takes 3 months, or longer in some cases. Follow up tests will be done to monitor the progress of your treatment. When your mouth has reached healthy levels of bacteria you can begin a maintenance routine. This should significantly decrease the likelihood of future cavities.



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The Art of Dentistry

Mission Statement

Our mission is to deliver quality, comfortable dental care to you, our patient. We are committed to treating you in a respectful compassionate, and timely fashion. We will strive daily to educate you on the importance of your oral health and it's implications as it relates to your body as a whole. Our goal is that when you leave our office, you will feel good about your dental experience.

E-MAIL

We are still collecting e-mail addresses from our patients. We know some of you are anxious to receive it electronically, please be patient with us.

In the "contact us" page of our web site you can send us your e-mail address and we will add it to your file. As we get a large enough database of e-mail addresses we will begin to send the newsletter electronically.

www.slosmiles.com



Veneer - a wafer-thin shell bonded to the front of teeth

All Under One Roof

You may be one of those fortunate people who seem to only require the routine cleaning and exam. However, there may come a time when you need something more than preventative treatment or would just like to spruce up your smile. Some of the services we provide in addition to General Dentistry are:

- Laser Surgery
- Night Guards
- Oral Sedation
- Periodontal Maintenance
- Sealants- Children & Adults
- Sulcular (Gum) Laser Decontamination
- Veneers
- Whitening
- Oral-B Triumph
- OxyCare 3000 and Waterpik Ultra Oral Irrigators
- Oxyfresh Toothpaste, Rinse and Soothing Gel
- Thieves Toothpaste and Mouthwash
- TheraSol
- MI Paste and Dry Mouth Gel
- Bleach Refill Kits
- Cold and Canker sore medication
- CariFree Treatment & Maintenance Kits

We also stock several items for your continued care at home: