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*Leading-edge  
 dentistry with a  
 gentle touch.*

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# Kerry Johnson, DDS

## Newsletter for Family and Friends

*Winter 2009*

Special Points of Interest:

- Sealants
- New Patients/Referrals
- 2009 Referral Payoffs
- Raising Cavity Free Children
- Dental Health Savings Acct.
- Payment discounts
- Gum Disease and your Heart

TRIVIA CORNER

See Page 2 for the question. Call, fax, e-mail or send a note with your answer, we will put them into a drawing and the winner will receive a gift card for dinner out.



Congratulations to the winners of the stuffed animals: Owen, Tessa and Tyler.  
 And in August: Trisha.

Hello everyone!

Thank you to the children in the practice who have so exuberantly participated in the naming of the stuffed animals. Speaking of children, please check out the article on page two titled "Raising Cavity Free Children". With February being Children's Dental Health month, please be sure to schedule your children for sealants and regular fluoride treatments. We know sealants have significantly decreased cavities over the years. Our hygienists are happy to apply a fluoride treatment when your children are in for their cleanings.

Next time you are in the office be sure to complete a Patient Feedback survey. They will be located at the front desk. We really value your input and are eager to listen. Our goal is to hear you say "I would not go anywhere else for my or my family's dental needs." Thanks for your trust and we look forward to seeing you real soon!

Warmly, Dr. J

*February is Children's Dental Health Month.....*

Nearly 90% of children's cavities occur in deep pits and grooves of the molar teeth.

## Why are Sealants so Important?

One of the most recent advances in preventative dentistry has been the development of sealants. These materials protect the pits and grooves in the back teeth from bacteria that may cause tooth decay. Cavities on the chewing surfaces of the back teeth make up almost 90% of the decay in children's teeth. By applying sealants to

these surfaces the incidence of tooth decay can be prevented or reduced.

A sealant is a clear or white plastic coating applied to the chewing surfaces of the back teeth.

Sealants are applied quickly and painlessly. The chewing surfaces are cleaned, etched to improve adhesion, washed and dried. Then the

sealant material is applied to the tooth surface. A special light is used to help it harden. Children with newly erupted permanent molars or premolars are excellent candidates for sealants. *Sealants can only be applied to cavity free surfaces, so it is important to have them applied as soon as possible..*

The Sonicare FlexCare Toothbrush uses ultrasonic-cleaning action to remove plaque between teeth and along the gumline. Sonicare gives you naturally whiter teeth and healthier

## Trivia

I am a 6 letter word.

Letters 6-5-2 spell out a drink.

Letters 4-5-2-3 spell out a fruit.

Letters 1-2-6 spell out a pet.

Letters 3-2-6 spell out

a pest, which often gets eaten by 1-2-6.

What am I?



## Deanna's Corn Chowder



6 slices crispy bacon crumbled-set aside

Add following ingredients and bring to boil, reduce heat, cover and simmer 15-20 mins:

1 3/4T. chopped onions

13/4 diced potato

1 can creamed corn

1 1/2 cup frozen corn

1/4 cup chopped celery

1/4 t. salt

Pinch of pepper

1 1/3 c. chicken broth

Once 15-20 minutes

done, add:

1/3 c. water

13/4 T. flour

Stir in to above mix.

Add 1 2/3 c. milk. Heat but don't boil.

Bon Appetite!

## Welcome New Patients! And Thank You for Referrals!

### New Patients:

Bogdan, Konrad, Emelia and Ela L., Kamala C., Leo H., Elisa C., Maria K., Joshua S., Judy H., Adelyn H., Michael F., and Ben H.—

**WELCOME TO OUR OFFICE**

### Thank you so much to the following patients for their referrals:

Mike S., Gloria H., Lisa K., Kathleen T., Bogdan L., Sheryl K., Rebecca S., and Melinda S.

### Payment Discounts:

(for balances over \$200 and applies to only to patient portion for those with insurance)

-5% off when paying with cash or check

-10% off if you are 70+ years of age

-3% off when paying by credit card

**\*\*Ask us about our interest free financing\*\***

### Sonicare FlexCare Toothbrush Special

**\$20 off until April 1st**

Try the toothbrush that will significantly improve your oral health!

## Our 2009 Referral Program offers big payoffs

We love our patients and enjoy the energy you bring to our office! We want to thank you for your referrals and let you know how much we appreciate you telling your friends and family about us. If you referred someone and did not

hear from us, please let us know, it might be because the patient you referred did not give your name as a referral source. We do not want to overlook anyone. Beginning in February 2009, for every patient you refer we will put

your name in a drawing for a \$300 Visa gift card. We will draw one winner in June and another in December. You will still receive a \$20 Weis card with each referral.



## Secrets to Raising Cavity Free Children

1. Although most babies do not have teeth until about six months of age, a daily cleaning in infancy with a clean gauze pad will get your child accustomed to the process.
2. Incorporate a toothbrush and fluoride toothpaste into the routine by the time your child reaches 18 months.
3. Your child's first visit to

- our office should be by age three.
4. Make sure your child gets the benefits of the latest cavity prevention like fluoride and sealants.
5. Do not give your child a bottle at night with juice or milk.
6. Children under seven need help brushing thoroughly.

7. Beware of habitual consumption of soda, juice, sports drinks, iced tea and other sugary snacks.
8. Finally, research has shown that children learn the behavior they observe. So, reality is that your dental health is just as important as your child's



*“Our team of caring professionals will provide dedicated, family-oriented service focusing on quality, individualized care. Together, we obtain clinical and technological excellence in a comfortable, relaxed atmosphere. Our goal is to educate you in oral health and motivate you to commit to a long-lasting smile.”*

-Dr. J

### 5 Ways to save money and taxes with an Health Savings

#### Account::

1. Contributions to an Health Savings Account are tax deductible.
2. Qualified withdrawals are tax-free.
3. Unused funds rollover to next year.
4. Accumulated funds earn tax-free interest.
5. Compatible high-deductible health insurance saves thousands on premiums.

To learn more visit [Health-Savings-Account-101.com](http://Health-Savings-Account-101.com)

It's easy, makes money and saves money, acts like an IRA and gives you freedom to choose your healthcare provider.

We are coming to the web soon for your convenience.....more information to come.....



### Gum Disease and your Heart

The most common strain of bacteria in dental plaque can cause blood clots that induce heart attacks when they escape into the bloodstream, researchers report.

Previous studies have found the incidence of heart disease to be twice as high in people with periodontal disease, but scientists did not know why. “Now

we show a potential biological reason”, says Marck Herzberg of the Univ. of Minnesota.

Additional studies show that bacteria in plaque also is linked to:

- a potentially fatal endocarditis in which the sac around the heart becomes inflamed.
- lung infections in

people with chronic lung diseases such as chronic obstructive pulmonary disease.

-a higher risk of giving birth to premature, low-birth weight infants.

So, have your teeth cleaned regularly and floss daily.

*USA Today, 2004, Tim Friend.*