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(207) 781-2448 • 168 U.S. ROUTE 1, FALMOUTH, ME 04105

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HAVE YOU
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WWW.
PORTLANDMAINE
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MEET THE STAFF: *Heidi*

Heidi graduated from University College in Bangor, and has been a hygienist at A Perfect Smile since 2004. When she's not teaching patients to care for their teeth, she loves reading and the outdoors. Heidi and her husband have been married for 6 years and she has a step son who is 9. They just built a new house and are expecting their first baby (a girl) at the end of September. Heidi loves that her job allows her to connect with people. "Making patients comfortable is very important to me. I pride myself on building rapport with my patients."

Q: What would you choose for your last meal on Earth?

A: "Grilled chicken with blue cheese, corn on the cob, and grilled potatoes."

Q: What is your favorite part about living in Maine?

A: "Absolutely everything. I love the seasons, especially the fall! I like hiking, swimming, snowshoeing. I love Maine."

Q: How would you finish this phrase? When I'm not in my scrubs at a dental practice I am...

A: "in very casual clothes – usually working on our house. With the baby coming, it's been a lot of shopping."



Q: Do you have a name picked out for your little girl?

A: At first, my husband and I couldn't agree on a name. Then, one day my husband just suggested Riley and I liked it. My mom's name is Caroline, so her name is Riley Caroline.

Q: What is the best beach you've ever visited?

A: Reid State Park in Georgetown, ME. My husband and I were married there.

Q: I know you like to read, what is the last good book you read?

A: The Twilight Series. I never thought I'd read them, but they are addicting!

FEEL BEAUTIFUL – INSIDE AND OUT!

New! Healthy Rewards Program! From now until December 31st, we will be celebrating your gums! When you start your periodontal (gum) therapy treatment, we'll start a Healthy Reward Program for you. When you have completed your recommended treatment, we'll give you a Healthy Rewards Certificate of Completion. Bring the Certificate to Head Games Salon for your choice of a fabulous customized treatment. You can choose from a therapeutic massage, facial, shave, or pedicure. Now, you can get your gums healthy and treat yourself at the same time!

It will be so luxurious your **WHOLE** body will thank you!



ANNOUNCEMENTS

WELCOME TO
ALL OUR NEW
PATIENTS!



CONGRATULATIONS
to Colin Britton! Colin was
the winner of A Perfect Smile's
Summer Survey contest and
the lucky recipient of a \$100
Whole Foods gift certificate
and a copy of
You: The Owners Manual

A Perfect Smile is now on

facebook

Become a fan today!

THANK YOU

for the great compliments you
have given us regarding the
Sonic toothbrushes we offer
from Oral B. We pride ourselves
on providing top quality
homecare products to benefit
you, our patients.

You will be happy to hear that
Dr. Nelson has researched
several electric toothbrush
options and will now be offering
you an equally superior
toothbrush but with a slimmer
handle. It's the Oral B Pulsonic!
We'll be happy to show it to you
at your next visit – just ask!

EAT UP! CRUNCHY FRUITS AND VEGGIES ARE GOOD FOR YOUR SMILE!

The mildly acidic nature and
astringent quality of apples,
combined with their rough,
fiber-rich flesh, makes them
the ideal food for cleansing
and brightening teeth,"
explains Dr. Nelson.

Crunchy foods, including
apples, celery, and carrots,
act like little toothbrushes
when you chew them, and
they actually help scrub
away stubborn stains over
time. Their cleansing
effect on your teeth may
be noticeable--if ever so
slightly--especially if you're
a coffee drinker who wasn't
eating apples every day to
begin with.

If you start eating an apple
a day as a between-meal
snack and don't get the
chance to brush your
teeth afterward, be sure
to chase it with a glass
of water to rinse away
the sugar, acid, and
any plaque it may
have removed from
your enamel.



DENTAL TRIVIA QUESTION OF THE MONTH:

In what year was the first commercial dental floss manufactured?

Email the correct answer to sarah@portlandmainedentist.com and receive
\$10 off your next visit.

Last issue's answer: Before they are born.



SPOTLIGHT ON: OPEN-MINDEDNESS

by Sarah Nelson

I've spent the summer saying "yes." I'll be moving out of state in a few months so during my last Maine summer (for a while), I've committed to taking every opportunity to try something new and stretch myself. Would I like to go to go see a Broadway show in NYC? Yes. Would I like to canoe the Saco with 30 friends? Yes. Would I like to take a Six Sigma course? Yes. (I later learned that a Jim Carrey movie, *Yes Man*, with the same idea came out a few months ago. Go figure.) Anyway, I have had the best summer of my life and over the past 3 months of saying "yes", I have developed a habit of open-mindedness. Here are some small, simple things you can do to bust out of a rut and get into the habit of trying new things:

- Rearrange your workday. It's easy to get into a rut if you follow the same routine day after day and week after week, but there are lots of little things you could do to prevent this. Try taking your work to a different location (a coffee shop, park, or library, for example) and gain a fresh perspective. Or you could tackle things in a different order. You may be surprised to discover that things actually run better with a slightly different process.
- Mix up mealtime. Never tried



Norwegian food? Curious about Cuban? Here's your chance. Swap something new for your soup and salad routine, and you'll expand your culinary horizons. Try a brand new restaurant. The worst that can happen is that you won't like it and you'll try something else next time! My favorite "off the path" Portland restaurants: Asmara (you get to eat with your hands), Tu Casa (everything is good!), and Oh No Café (best breakfast sandwiches ever).

- Learn online. Whether you want to learn a language or sharpen your web design skills, you can find an online course to

fit your needs with a few minutes of research. Distance learning has exploded over the last several years, and it's a great way to pick up new skills on your own time.

These are just a starting point to help you ease into the idea of trying new things. You could also mine your own interests for inspiration on new hobbies to explore. It only takes one little step outside your comfort zone to make you realize the world is full of adventures and opportunities waiting to be seized. Seek out and embrace these opportunities whenever you can or just start saying "yes" a little bit more.

DID YOU KNOW... ? ANIMALS

■ The name for "piggy" banks comes from the use of family money jars in the Middle Ages made from a type of clay called pygg.

■ An elephant weighs less than the tongue of a blue whale.

■ The tallest giraffe of today is less than one-third the height of the tallest dinosaur from the past



TEST YOUR TEETH SMARTS

Take our True or False quiz to see how much you know about caring for your teeth. (Answers Below)

1. **True or False** Always floss after brushing.
2. **True or False** Limit brushing to 2 minutes
3. **True or False** Of these drinks – fruit juice, sports drinks, and soda – soda is the most harmful to your teeth.
4. **True or False** Having your wisdom teeth increase your risk of gum disease

Answers:

1. **False** Dr. Nelson says to floss before brushing to break up debris and then sweep it away. Flossing at least twice a day is best, but once is enough to keep your mouth healthy
2. **True** Two minutes is plenty for getting plaque off teeth. Scrubbing longer may harm the gums
3. **False** New research finds that sports drinks erode enamel even faster than sodas. Fruit juice isn't as bad as dentists believed, but it turns out that milk isn't as protective as they once thought. Thirsty? Water



- is the kindest on teeth.
4. **True** We know, it's really hard to clean all the way back there! A recent study by University of North Carolina researchers found that 60% of people in their 20s with all four wisdom teeth showed early signs of gum disease.

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168 U.S. ROUTE 1
FALMOUTH, ME 04105

