

This is the first edition of Shamblott Family Dentistry's e-newsletter. We hope to provide you with interesting and useful information, including updates on dental care. As always, please call the office at **952-935-5599** if you have any questions. And let us know if there are topics that you would like to see in future editions of our newsletter.

In this issue, read on to find out about our specials, our staff, a special recipe, and three stories about dental health: sleep apnea, gum disease, and the top ten reasons dental care is important in this economy.

July Sedation Special

Book a July sedation appointment and receive 10% off all work completed in July. Call today: 952-935-5599. Want to learn more about Sedation Dentistry? Click here for more details: [Sedation Dentistry Information](#)

Care To Share Program

The greatest compliment we receive is when one of our patients sends us a friend, family member or co-worker with their own personal referral. In fact, 7 out of 10 new patients come from referrals. Click here for our [Care to Share Certificate](#).

Staff Highlight: Lorna

We love our staff and want you to get to know them better. Some of our employees have been with us since Dr. Shamblott took over the practice in 2002, and most have been with us for more than four years.

Lorna joined our team 2 1/2 years ago, making her our "newest" Dental Assistant. Lorna enjoys all types of music, from rock to blues to classical. She even enjoys the disco that often fills our office. But listening to music isn't enough. One of Lorna's favorite activities is swing dancing, which she tries to do as often as possible.

Featured recipe: Cantaloupe Salsa

2 cups finely diced cantaloupe
1/2 medium red bell pepper, cut into small dice
3 medium-sized green onions, or 1/2 small red onion, chopped
1 small jalapeno pepper, minced
2-3 Tbsp lime juice or rice wine vinegar
2-3 Tbsp chopped fresh cilantro
Salt and ground black pepper to taste

Mix all ingredients in a medium bowl, using the smaller quantity of lime juice and cilantro and a sprinkling of salt and pepper. Let stand 20-30 minutes. Before serving, adjust seasoning and add more lime juice and cilantro.

Sleep Apnea

Obstructive Sleep Apnea (OSA) is a potentially life threatening condition that is more common than generally recognized. Over 20 million Americans suffer from OSA and don't even know it. Untreated, Sleep apnea can cause or worsen high blood pressure, risk of heart attack, risk of stroke, pulmonary hypertension, weight gain, migraines, hyperactivity in children, memory problems, impotency and sexual dysfunction, depression, anxiety, job impairment, motor vehicle crashes.

Shamblott Family Dentistry provides testing to screen for sleep apnea - and it can be done in the comfort of your own home. If you are diagnosed with mild to moderate sleep

apnea, we can make you a device to help prevent the side effects of sleep apnea.

If you have already been diagnosed with OSA, and don't use your CPAP machine, we have alternatives that can help you, too. **Call us at 952-935-5599 for more details.** Click here for more details: [Sleep Apnea Information](#)

Gum Disease

Did you know that Gum Disease (Periodontal Disease) increases your risk of having ...

- A fatal heart attack by two times
- Heart disease by 1 1/2 times
- Stroke by four times
- Chronic obstructive pulmonary disease (COPD) by two times
- Pre-term and low birth weight babies by seven times
- Preeclampsia by two times
- Diabetes
- Osteoporosis
- Pancreatic Cancer
- Alzheimer's disease
- Arthritis

According to the U.S. Surgeon General, "a person is NOT healthy without good oral hygiene." Your mouth is a mirror to your overall health. Please **ask your hygienist** (Anne, Cathy, or Lori) how to reduce your risk of gum disease so that you can live longer!

Top Ten Reasons Dental Care is Important in the Current Economy

Thinking about delaying your dental care until the economy gets better? Worrying about spending money to see the dentist for your regular exam and cleaning? Planning to wait until it really hurts to visit the dentist? **Here are ten great reasons to make an appointments TODAY to help you SAVE money and protect your assets, as well as your teeth, mouth, and general health.**

1. People with nice smiles, clean teeth, and no bad breath have an easier time finding jobs, interacting with customers, and succeeding in a down market. In this economy, every little bit helps.
2. Routine maintenance is cheaper than repairing problems. If you have dental insurance, there is no out of pocket cost for most cleanings and exams.
3. Dr. Shablott will take x-rays to look for problems that you can't see or feel. It's cheaper and less painful to fix a small problem, before you can feel it, than to fix a big problem when it finally hurts.
4. Decay only stops spreading when it is removed and the space is filled. If you don't stop it with a small filling, it will get worse and could lead to a root canal and a crown.
5. If you ignore a problem until the damage is severe, you could lose your tooth or teeth. Routine cleanings and exams cost far less than replacing teeth with bridges, dentures, partials, or implants.
6. Small dental infections can easily and quickly become large, dangerous infections that could

send you to the hospital or even, in severe cases, cause death.

7. Regular dental visits can help prevent or control gum disease. Gum disease can increase your chance of heart disease, diabetes, low birth weight babies, stroke, and more. Take care of bleeding gums, loose teeth, red or painful gums, bad breath, or a bad taste in your mouth today to prevent bigger, more risky and costly problems down the road.

8. If you have dentures or partials, regular visits can help monitor changes in your mouth and prevent fungal infections under your device. This can help prevent painful, expensive problems and dangerous disease down the road.

9. Dr. Shamblott will check for oral cancer at every visit. This is an aggressive form of cancer with a poor survival rate.

10. Dental problems do not get better, nor go away, without treatment. Spend a little now to prevent big expenses down the road. You'll be glad you did.

