



## “FILLING” YOU IN

A Dental Newsletter from the Office of Dr. Margaret Szott

Vol. 9, No. 1, June, 2011

### Newsletter Spotlight

- Do You “Like” Us?
- Oral Health and Your Heart
- Seal Out Decay
- Cavity Free Kids
- Confirming Appointments
- From Our Family To Yours



Questions or comments, e-mail us at: [sellars3@bellsouth.net](mailto:sellars3@bellsouth.net) or call us at 336-286-9897

### Do You “Like” Us?



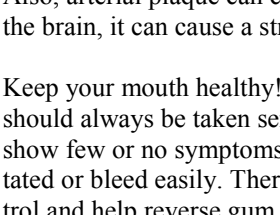
As many of you have seen, we are a practice built upon relationships. It is important to us that we know that your experience with us was better than you expected. If you feel compelled, we would appreciate your feedback. On any of the following website links, you are able to post a “review” regarding your experiences in our office. Please feel comfortable contacting us to let us know how we may serve you better. As always, we appreciate your consideration and business.

Yelp: <http://www.yelp.com/biz/szott-margaret-coleman-dds-pa-greensboro>

Citysearch: [http://national.citysearch.com/profile/664078270/greensboro\\_nc/szott\\_margaret\\_coleman\\_dds\\_pa.html](http://national.citysearch.com/profile/664078270/greensboro_nc/szott_margaret_coleman_dds_pa.html)

YP.com: <http://www.yellowpages.com/greensboro-nc-mip/szott-margaret-coleman-dds-pa-1202200?lid=157821619>

### Oral Health and Your Heart



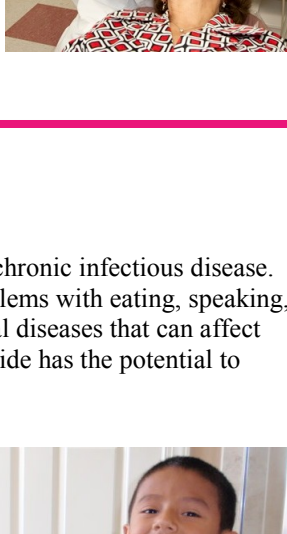
Researchers are finding possible links between periodontal (gum) infections and other diseases throughout the body. Current studies suggest that there may be a link between gum disease and cardiovascular disease. In fact, some research suggests that gum disease may be a more serious risk factor for heart disease than high blood pressure (hypertension), smoking, high cholesterol, gender and age. Studies suggest that people who have gum disease seem to be at a higher risk for heart attacks, although no one is certain how this relationship works. Your oral health affects your overall health, but studies that will find exactly why these problems are linked are still underway.

The current theory is that bacteria present in infected gums can come loose and move throughout the body. The same bacteria that cause gum disease and irritate your gums might travel to your arteries. Researchers are unsure what causes the bacteria to become mobile, but it has been suggested that bacteria can be dislodged and enter the bloodstream during tasks as simple as brushing, flossing or even chewing.

Research shows that your risk of developing cardiovascular disease varies according to the severity of gum infection. The worse the infection, the more likely the bacteria are to become blood-borne. Infected gums bleed, making it easier for bacteria to enter your bloodstream. If bacteria become dislodged, the bacteria can enter through cuts or sores in your mouth and can travel to other parts of the body through your bloodstream.

If bacteria reach the arteries, they can irritate them in the same way that they irritate gum tissue. This could cause arterial plaque to accumulate, which can cause hardening of the arteries and decreased or blocked blood flow. Compromised blood flow to your heart can cause a heart attack. Also, arterial plaque can come loose and travel to other parts of the body. If a blockage occurs in the brain, it can cause a stroke.

Keep your mouth healthy! Gum disease is a serious gum infection that should always be taken seriously. Although gum disease can often show few or no symptoms at all, watch for gums that are red and irritated or bleed easily. There are many new treatments available to control and help reverse gum disease.



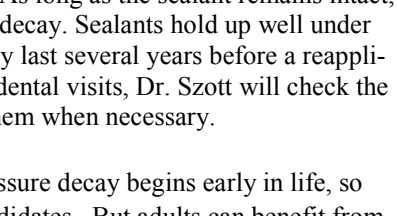
Remember, gum disease is caused by plaque buildup. Brush and floss regularly to remove plaque that you can't see below the gumline; and remember to schedule regular checkups. If you remove the plaque, you minimize the chance for getting gum disease.

### Seal Out Decay

Amy Scott, RDH

Tooth decay affects children in the United States more than any other chronic infectious disease. Untreated tooth decay causes pain and infections that may lead to problems with eating, speaking, playing, and learning. The good news is that tooth decay and other oral diseases that can affect children are preventable. The combination of dental sealants and fluoride has the potential to nearly eliminate tooth decay in school-age children.

Dental sealants are thin plastic coatings that are applied to the grooves on the chewing surfaces of the back teeth to protect them from tooth decay. Thorough brushing and flossing help remove food particles and plaque from smooth surfaces of teeth. But toothbrush bristles cannot reach all the way into the depressions and grooves to extract food and plaque. Most tooth decay in children and teens occurs on the chewing surfaces. Sealants protect those areas from tooth decay by keeping germs and food particles out of the grooves.



Permanent molars are the most likely to benefit from sealants. The first molars usually come into the mouth when a child is about 6 years old. Second molars appear around age 12. It is best if the sealant is applied soon after the teeth have erupted, before they have a chance to decay.



Before Sealant

Sealants are easy for Dr. Szott or her hygienists to apply, and it takes only a few minutes to seal each tooth. The teeth that will be sealed are cleaned. Then the chewing surfaces are roughened with an etchant solution to help the sealant adhere to the tooth. The sealant is then “painted” onto the tooth enamel, where it bonds directly to the tooth and hardens. A special curing light is used to help the sealant harden. As long as the sealant remains intact, the tooth surface will be protected from decay. Sealants hold up well under the force of normal chewing and usually last several years before a reapplication is needed. During your regular dental visits, Dr. Szott will check the condition of the sealants and reapply them when necessary.



After Sealant

The likelihood of developing pit and fissure decay begins early in life, so children and teenagers are obvious candidates. But adults can benefit from sealants as well. Key ingredients in preventing tooth decay and maintaining a healthy mouth are twice-daily brushing with an ADA-accepted fluoride toothpaste; cleaning between the teeth daily with floss or inter-dental cleaners; eating a balanced diet and limiting snacks; and visiting the dentist regularly. Sealants can put extra power behind your prevention program.

### Cavity-Free Kids

All kids 12 years of age and younger who are cavity free at their dental hygiene appointments now get to enter their name into a monthly drawing for a \$20 gift card to Toys & Co. At the end of the month, a name is randomly selected and in addition to the gift card, the winner's photo is placed on the cavity-free board in our reception area for an entire month. All other cavity-free kids have their name listed on the board as well. Congratulations to all of our Cavity-Free Kids. Keep on brushing and flossing ...Because a Smile Lasts a Lifetime!

#### Cavity-Free Kid Monthly Winners:



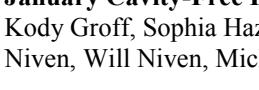
**Jack Chaney**  
December



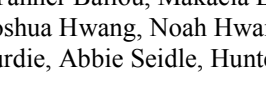
**Will Niven**  
January



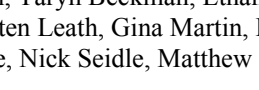
**Benjamin Arnold**  
February



**Taylor Barnett**  
March



**Leyla Munden**  
April



**Elise Nall**  
May

**December Cavity-Free Kids:** Jack Chaney, Lucas Cory, Nathan Cory, Ian Donnelly, Peyton Gray, Bobby Hall, Trey J., Luke Phillips, Ben Regester, Evan Tucker.

**January Cavity-Free Kids:** Tanner Ballou, Makaela Beckman, Taryn Beckman, Ethan French, Kody Groff, Sophia Hazlett, Joshua Hwang, Noah Hwang, Kristen Leath, Gina Martin, Ellie Niven, Will Niven, Michael Purdie, Abbie Seidle, Hunter Seidle, Nick Seidle, Matthew Szott.

**February Cavity-Free Kids:** Benjamin Arnold, Carmen Baker, Madeline Baker, Kennedy Boston, Bryce Griffith, Jayla Grimes, Ryan Jackson, Kendall Krommes, Rachel Lurie, Gabriel McNeil, Noah Morton, Madison Muscatello, Jacob Shoffner, Sylvie Sorensen, Kayleigh Swan, Hannah Swanton.

**March Cavity-Free Kids:** Taylor Barnett, Sophie Blankenship, Abby Brinker, Hannah Dallas, Jacob Dallas, Allias Frost, Blake Gardner, Jack Garrison, Ben Gutknecht, Matthew Langston, Henry Klier, Shane Mays, Walt Sellars, Molly Stewart

**April Cavity-Free Kids:** Alex Alston, Andy Bir, Clare Bristol, Amir Faeizi, Hadden Hazlett, Matthew Mann, Leyla Munden, Carly Richardson, William Teasley.

**May Cavity-Free Kids:** Lily Cecil, Daniel Church, Elizabeth Cole, Maia Edwards, Carl Klier, Ian Luther, Sean Luther, Maddy McCartney, Caroline Miller, Kate Miller, Audrey Mills, Ava Mills, Sara Mills, Elise Nall, Celeste Ollis, Kirby Ollis, Micah Ollis, Daniel Shoffner, Josh Spinks, Isabella Thungren, Jenny Thungren.

### Confirming Dental Appointments

#### A Message from Charles

As more and more patients become dependent on the internet and computers, we have found that e-mail confirmation of dental appointments offers significant convenience. The e-mail you receive three days prior to your appointment allows you to click a button at the bottom of the screen, automatically confirming your appointment. It sometimes takes a few seconds for the images on this e-mail to load.

Margaret, this is just to remind you that you have a dental appointment scheduled for 5/11/11 at 9:00 AM with our office.

If you have not already confirmed your appointment with us, please click the "Confirm Appointment" button below, or give us a call.

For questions regarding your appointment, please call (336)286-9897. We look forward to seeing you soon.

Margaret Coleman Szott, DDS, PA  
Phone: 336/286-9897  
Fax: 336-286-3791  
Email: [sellars3@bellsouth.net](mailto:sellars3@bellsouth.net)  
<http://szottdds.com>

**...time for your dentist appointment!**

**CLICK HERE** [Confirm Appointment](#) [Contact Provider](#)

We realize that some of you would still like to be contacted “the old fashioned way” via telephone. If you have a preferred confirmation method, e-mail, voice mail, or both, please let us know and we will accommodate your needs.

Please realize that our confirmation calls are more than just a reminder about your appointment. We are asking that you take a few seconds to let us know that you will be at your scheduled appointment, either by clicking the reply button on the e-mail or calling the office. When you schedule an appointment, the treatment room and time is reserved only for you. Confirmed appointments allow us to be completely prepared for you upon your arrival in our office. If we are made aware, with ample notice, that you need to reschedule, we can offer your time slot to a patient that might be having tooth pain or other some other emergent dental need. Thank you for your attention to this matter. We are striving to make coming to the dentist easy and efficient for everyone.

### From Our Family to Yours

We would like to introduce you to our newest team member, Shea Wood. Shea is a Registered Dental Hygienist and has been working in our office on Wednesdays and some Thursdays since December. Shea is originally from Greensboro. She graduated from Northeast High School and went on to Alamance Community College to study Dental Assisting. She later earned her degree in dental hygiene from Greensboro Technical Community College. Shea is married and has three daughters. She enjoys spending time with her family, going to the movies, and travelling. Much to Dr. Szott's dismay ☺, she is a huge, UNC Tarheels fan.



**Shea Wood, RDH**



Hygienist Janet Luther is expecting another baby in early August. Her third child (sixth child in her blended family) is a girl and will be named Katelyn May Luther.

After her maternity leave, she does plan to return to work as a hygienist in our office on Mondays and Tuesdays. We are all very excited for Janet and her family.

**Janet Luther, RDH**



