



Your Smiles Make Us Smile

May 2009

Welcome \$PATIENT_FIRSTNAME\$!

Our Newest Arrival

Dr. Allison Workman and husband Marc are the proud parents of a new baby girl! Little Emma Anne came into the world at 6 lbs., 13 oz. and 19 ½" long on April 30th. Big brothers Luke and Sam adore their little sister, but the jury is still out on whether or not *"sugar and spice and everything nice"* can really compete with *"snips and snails and puppy dogs' tails!"* Dr. Workman is scheduled to return to the office the first part of July. Congratulations to the entire Workman family!



Emma Anne Workman



Luke, Sam and Emma Anne

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Lifestyle Factors Linked to Gum Disease

A new study in the May issue of the Journal of Periodontology has identified several lifestyle factors impacting periodontal health. Not surprisingly, the study found **smoking** to be the number one factor that independently affected the progression of periodontal (gum) disease. In addition, a **lack of sleep** was identified as the second most significant factor. Participants in the study who received seven to eight hours of sleep exhibited less progression of periodontal disease than those who received six hours of sleep or less. Other factors noted to demonstrate significant impact were **high stress levels** and **daily alcohol consumption**.

Lifestyle changes could help you improve or protect your oral health, as well as your overall well being. Cigarette smoking has long ago been established as a key risk factor for oral cancer, lung cancer and heart disease. Now we know that smokers are four times more likely to have advanced periodontal disease, one of the main causes of tooth loss and the need for tooth extractions. If you would like to quit smoking, talk to your physician about how to get the help you need, and visit Terry Martin's Guide to Smoking Cessation at: <http://quitsmoking.about.com/>. Also, be sure to take Mom's advice and "get a good night's rest!"

Summer Appointment Reminder

Don't forget to call and schedule an appointment for your **college students** who will be home this summer. We are currently filling appointments for the summer months, and our schedule fills quickly. Reserve a time now for regular cleanings and/or any needed treatment before the school year starts once again!

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