

# **SKYLINE DENTAL, LLC**

## **OFFICE NEWSLETTER**

**Dr. Michael Olin  
Dr. Mehdi Salari**

**Dr. Karen Coe  
Dr. Zack Porter**

2137 NE 4<sup>th</sup> Street  
Bend, Oregon 97701

Phone: (541) 389-4807  
Email: [info@SkylineDentalLLC.com](mailto:info@SkylineDentalLLC.com)  
[www.SkylineDentalLLC.com](http://www.SkylineDentalLLC.com)

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### **DENTAL NEWS & INFORMATION**

## ***SWEET TALK (Xylitol)***

(Excerpts from the Academy of General Dentistry magazine & website)

Xylitol is a sugar alcohol sweetener that is found in birch tree bark, beets, corncoobs, raspberries, mushrooms, and other natural sources. Its sweetness is equal to that of sugar, but it has about 40% fewer calories, making it a popular sugar-free substitute. Xylitol not only cuts calories, it also reduces cavities!

### ***HOW DOES XYLITOL REDUCE CAVITIES?***

Xylitol helps prevent the primary bacteria associated with cavities, from attaching to teeth and tissues in the mouth. Xylitol also cannot be metabolized by bacteria; so the process that creates harmful, enamel-eating acids is drastically slowed.

### ***HAS XYLITOL BEEN TESTED FOR SAFETY?***

Yes. Human consumption of xylitol has been confirmed for safety by a number of agencies, including the U.S. Food & Drug Administration, The World Health Organization's Joint Expert Committee on Food Additives, and the European Union's Scientific Committee on Food.

Pet owners should note that xylitol is not recommended for dogs, as they are apparently not able to metabolize it properly.

### ***HOW OFTEN IS XYLITOL BEING RECOMMENDED TO BE EFFECTIVE?***

Xylitol is a natural and convenient way to supplement daily dental care. It does not take the place of regular brushing and flossing, but it does help minimize the risk of dental decay.

Xylitol gum or mints used three to five times daily (for a total intake of 5 grams) is considered optimal. Because frequency and duration of exposure is important, gum should be chewed for approximately five minutes and mints should be allowed to dissolve in the mouth. We recommend using xylitol immediately after meals and snacks to help reduce plaque, inhibit adhesion of bacteria to the teeth, and reduce the contact time of sugar on the teeth.

We would not recommend regular chewing of gum, if you suffer from chronic TMJ or uncomfortable clicking/popping of your jaws when chewing and eating.

### ***WHAT PRODUCTS CONTAIN XYLITOL?***

Xylitol can be readily found in chewing gums, toothpastes, mouthwashes and other oral care products, candies and some pharmaceuticals. On food labels, xylitol is classified as a carbohydrate and more narrowly as a polyol.

### **OFFICE NEWS & HAPPENINGS**

#### **Your Child's Dental Health**

Regular visits to the Dentist help reinforce good brushing, flossing and other healthy oral habits for children. We can start seeing kids as soon as their teeth appear; to discuss proper care of the teeth, diet/nutrition, prevention and fluoride. Feel free to bring your youngsters along with you on your cleaning appointments, so they can get a ride in the chair and see for themselves that going to the dentist can be easy and fun.

#### **Classroom Field Trip to the Dentist**

Please let one of the Dentists in our office know, if you would like to schedule a 20-30 minute Field Trip for your class. We would be happy to have students and classes in our office, or we can make a special trip out to your school if that would be more practical (we can accommodate classes up to 18 students in our office).

We would prepare a free and age-appropriate presentation covering topics such as:

- Brushing & flossing,
- Healthy foods and snacks,
- The importance of regular checkups and cleanings,
- What Dentists do (a few of our procedures & tools),
- Take questions and comments from the class.

You may also let us know if you have an older child or student with an interest in Dentistry, Dental Hygiene or Dental Assisting. Students are always welcome to "Job-Shadow" and get a first-hand view of careers in dentistry.

#### **Newly Redecorated Downstairs Reception Room**

We hope you will enjoy our newly redecorated downstairs Reception Room. Not that we like to make a habit of letting you sit and wait ... but it should hopefully make your visit to our office a bit more relaxing and comfortable.

#### **\$20 Gift Certificates for your Referrals**

As a token of appreciation to our existing patients, we will be mailing a Gift Certificate good for a *\$20 credit at our office*; when a New Patient to our office lists your name as the referral source to our dental practice (full details at our Front Desk).

We appreciate our existing patients and would welcome your extended family and friends into our practice. Feel free to refer your family and friends to our website ([www.SkylineDentalLLC.com](http://www.SkylineDentalLLC.com)) for an overview of our practice, services and policies.

Please check with our Front Office for additional details and limitations about our Referral Appreciation Credit.