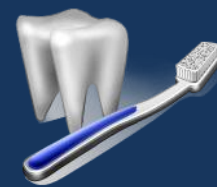




macklerlutinsbenitez
periodontics / implants



Summer 2014

Office Newsletter



Before & After

Lip Repositioning

We are excited to announce a new surgical technique we are providing in our office called "Lip Repositioning". This procedure can help eliminate "gummy smiles" in patients with high lip lines.

When diagnosing patients with gummy smiles, it is imperative that the lip position and its function are integrated as part of our evaluation in order to achieve the optimal level of esthetics. We can be misguided by thinking that all cases can be resolved by changing the gingival length instead of combining surgical approaches that include the lip. This case shows the predictable results of doing lip repositioning without gingival recontouring.



Learn more about Periodontal Disease and how it can affect your overall health! Visit www.perio.org to learn more!



Golf Tournament

Our office was happy to be a tee sponsor for the Greensboro Medical & Dental Managers Golf Tournament this year. Through this fundraiser the group was able to raise over \$8000 which was then split into 2 donations to Big Brothers Big Sisters of the Central Piedmont & Guilford Partners Dental Clinic.



untreated gum disease can lead to bone loss around teeth, which can cause teeth to loosen and fall out. Studies suggest that toothless adults may be more likely to have chronic kidney disease than adults with all of their teeth. Make sure to brush your teeth twice a day and floss once a day to keep your gums healthy!





Acid Erosion

How acidic is your diet?



Are you at risk?

The lower the pH, the higher the acidity and therefore the higher the risk that it may cause acid erosion. You might think that's a lot – but as the pH chart to the right shows, a surprising number of foods are acidic. Even healthy foods and drinks like fruit juices can have harmful levels of acidity. Studies show that tooth enamel begins to dissolve at a pH below 5.5 and dentin below 6.7⁷ – many of the foods on this list are more acidic than this.

PH Chart

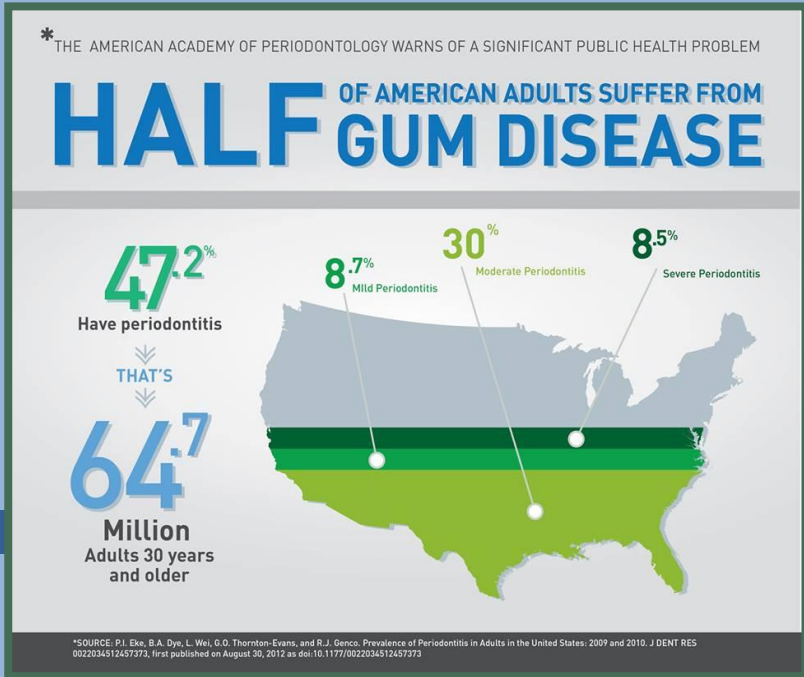
Lemon Juice	2.0 - 2.6	White Wine	3.7
Wine	2.3 - 3.8	Honey	3.9
Sports Drinks	2.3 - 3.8	Ketchup	3.9
Tonic Water	2.5	Raisins	4.0
Oranges	2.8 - 4.0	Beer	4.0 - 5.0
Strawberries	3.0 - 4.2	Buttermilk	4.2
Grapefruit	3.1 - 3.2	Yogurt Natural	4.2
Apple Sauce	3.4	Eggs	6.6
Apple Juice	3.5	Whole Milk	6.7
Apples	3.5 - 3.9	Water	7.3
Salad Dressing	3.6		
Orange Juice	3.7		



Meet Jessica our newest team member. Jessica is from Greensboro and joined our practice in April. She is recently engaged to her boyfriend of 7 years, Juan. Jessica enjoys gardening and painting in her spare time!!! You will see her assisting Dr. Benitez or helping out in the clinical area. Help us give her a warm welcome to our practice!!!

Welcome Jessica

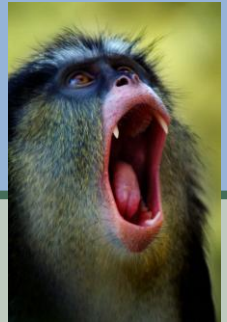
Be sure to check out our office on **facebook**



XyliMelts[®]

for dry mouth
Soothing, long-lasting relief

XyliMelts stimulate saliva flow to moisturize the mouth and coat it in a soothing oral lubricant that eliminates discomfort associated with dry mouth. Adhering disc technology makes it possible to use while sleeping, when dry mouth is at its worst.



Don't monkey around... FLOSS your teeth

