

New Year.. New Smile

**By Dr. Allan J. Milewski,
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I always make New Year's resolutions. They usually include fishing more and eating less. This year I am determined to do both, especially the fishing! How about you? Is this the year you become determined to do what it takes to be healthy? Why not resolve to make 2010 the year of your healthy smile?

This is what we know. Research shows that there is a correlation between the health of your mouth and the health of your heart. Bacteria laden plaque can get between your teeth and gums, enter your



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bloodstream, and may affect your heart. This is serious stuff folks. Professional cleanings on a regular basis can help stop the onset of periodontal, or gum disease. If gum disease is present, it is very important that you receive proper treatment to stop potential damage to your health.

Research also tells us that there is a direct correlation between the health of a child's baby teeth and their adult teeth. We have all been dealt a genetic card that can help determine what health challenges we may face. Getting your child to a dentist as a toddler, and regularly there-

after, can help stop potential problems before lifelong damage is done. It also sends a message to your child that the care of their teeth is important.

Many times patients avoid going to the dentist because of fear. Maybe they fear hearing that they have problems with their teeth or gums. Maybe they fear treatment can hurt. Maybe they fear that whatever needs to be done might be expensive. All these fears are real, and all of them can stop you from achieving the good health you deserve.

There is no reason dental treatment should hurt. Period. There are ways to manage

treatment to make it affordable. Period. And remember, if you think you are going to hear that you have a problem, what you are really hearing is "We have a SOLUTION that can help you". That's what we do. We are here to help you make your life better.

So make 2010 the year of a healthy smile and more fishing! Now that's a New Year's resolution worth keeping!

For more information on your dental health, contact Dr. Allan J. Milewski, D.D.S. at (330) 725-2242 or visit him on the web at www.MedinaFamilyDentistry.com.

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