

Grand Dental Studio Health Update

Your Health Is #1 to Us!

On January 23, 2007, *The Wall Street Journal* reported that there is a link between oral health and overall health. This was the front page of their health section and there were some surprising revelations. A report from Harvard researchers has recently indicated that there is a powerful link between poor gum health and pancreatic cancer. Gum disease has also been linked with heart disease, stroke, diabetes, and pregnancy problems.



A person suffering from gum disease has a mouth teeming with bacteria found in plaque, the sticky film that forms on teeth. These bacteria can cause gums to become inflamed. In addition, the bacteria can also invade other parts of the body including cells in the coronary arteries. Nobody knows why gum disease may be linked with pancreatic cancer. It may be the chronic infection in the gums that triggers inflammation throughout the body. Or it may be that oral bacteria trigger a chemical process in the body that results in high levels of nitrosamines, cancer causing compounds that are also in tobacco smoke.

It is estimated that 35% of adults have some form of gum disease and about one-third of those have a moderate to severe form. The most common nonsurgical treatment is "scaling and root planning," an intensive teeth cleaning above and below the gum line that often requires a local anesthetic.

Early research suggests that treating gum disease may lower risk for heart and other problems associated with poor health. You can review the complete article in *The Wall Street Journal* online. At Grand Dental Studio, we are committed to improving your overall health. Gum disease is a serious matter but it can be prevented with good oral hygiene practices. **Ask your dental hygienist at your next appointment about their tips for good oral health. A few ideas are also presented in this newsletter. We are committed to preventive dental care which means taking care of your dental health before anything major occurs. It is a philosophy of care that we take very seriously and our committed to for your entire family. Your health is #1 with us!**



Employee Profile

Liz has been a tremendous asset to Dr. Henry's practice for over 10 years. She has completed over 500 hours of continuing education in all areas of dentistry including, cosmetic dentistry, Lumineers, Invisalign, and neuromuscular dentistry. She is originally from Newcastle, OK and now resides in Yukon. Liz is quite the animal lover! She has 3 cats and loves to tell you their latest shenanigans. Liz also enjoys gardening, shopping, and traveling. You might ask if you can tag along on her next Vegas trip!

invisalign

Dr. Michael Kirk
&
Dr. Jan Henry

LUMINEERS™
BY CERINATE

Education Corner

We are proud to be one of the select dental teams in Oklahoma City to have advanced training in restorative & cosmetic dentistry.

Drs. Kirk and Drs. Henry attend numerous continuing education courses each year to stay on top of what is happening in dentistry and healthcare in general.

That is why we are proud to offer Lumineers™ and Invisalign™. Both procedures require many hours of training to become a certified dentist. Our team does hours of training too!

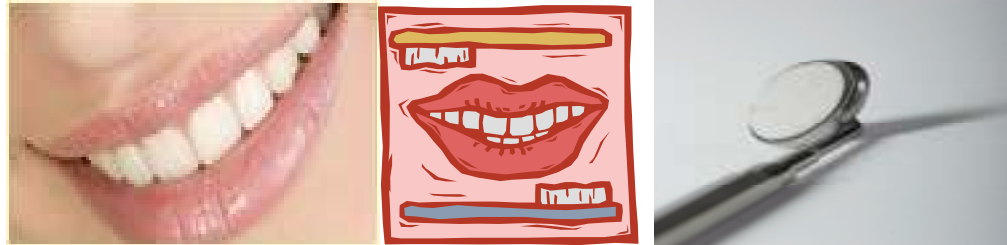
Our goal is to provide you with state-of-the-art dental care today and tomorrow. We invest in our team to honor that goal.



Grand Dental News

MISSION STATEMENT

At Grand Dental Studio, our mission is to provide General, Cosmetic and Implant dental care in a way that we hope changes your perception of dentistry. Our vision is to pamper and care for you in ways you have never experienced in a dental office before.



Dental Hygiene 101

1. Brush your teeth 3 times per day.
2. Floss your teeth / gums 1 time per day.
3. Rinse your mouth with water if you can't brush after a meal.
4. Have your teeth professionally cleaned 2 to 4 times per year.
5. Head warning signs indicated by your dental team.
6. Go easy on the coffee, red wine, condiments and things that tend to stain your teeth.

**See the article about oral health linked to pancreatic cancer on page 3 inside.*

OUR OFFICE HOURS

Monday	7-5
Tuesday	7-5
Wednesday	7-5
Thursday	7-3
Friday	By Appt.

For appointments with Dr. Kirk, call:
(405) 848-3719

For appointments with Dr. Henry, call:
(405) 840-3400

PLEASE NOTE: Confirming Your Appointments and Courtesy Calls

To help remind you of your hygiene appointments, we will **call one week in advance to confirm** that you are able to keep your reservation. At that time, please let us know if you would like a day-before courtesy reminder call. We try to remind you the day before your appointments, but we are sometimes unable to do so. Having confirmed your appointment a week ahead affords you time to plan and allows us to make other arrangements if necessary.



**Grand Dental Studio's Zen Garden
Winterscape—January 10, 2007**

Play Time



Spencer Stone and Dr. Kirk at *The Journal Record* Best Dressed Event held in January.



Stephanie & Mike Sanderson with Andrea Sykes at the Best Dressed Event. Stephanie and Andrea are your dental hygienists. Don't they look gorgeous!



Sandra Kirk with Dr. Kirk and Dr. Henry at the Best Dressed Event



Dr. Kirk and Dr. Henry at the Governor's Inauguration Ball held in January at the Cox Convention Center.

Kids Have Fun in Snow & Sun

Grant (Dr. Kirk's baby boy) has fun in the snow this winter.

Cody (Stephanie's son) is living it up at last summer's Grand Dental Studio pool party.

You do remember summer don't you?



Grant - 21 Months



Cody - 4 years old

Did you Know?

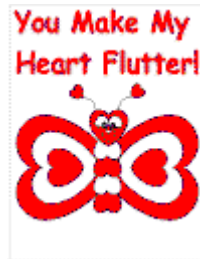
99.7 % of adults say that a smile is an important asset.

74 % of people say that an unattractive smile can hurt a person's chance for career success.

62 is the number of times a woman smiles per day.

8 is the number of times that a man smiles per day.

Straight from Allure Magazine, 2007.



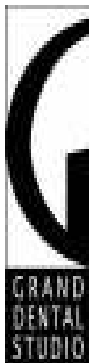
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