

Patient Newsletter

for the patients of Dr. Russ Morgan

Winter 2004-2005

It is our sincere wish that your holiday season was wonderful in every way, full of love, family, thankfulness and happiness.

Sugar Revisited - as all you have heard from our office (perhaps too many times) sugar is the primary culprit in causing tooth decay and gum disease. In a recent study released from the University of California, examining over 7,000 people, people with elevated sugar levels were almost twice as likely to develop dementia. So sugar is really a poison to your body.

Russ Morgan DDS Bowling Team - Dr. Morgan sponsors a local bowling team consisting of Dorothy Strozier, Clara Sample, Bronche Purnell, Celea Shaner, Ruth Horsey, JoAnn White, and Betty Jackson, and they recently placed 5th in the statewide WBA tournament. Way To Go Girls.

Listerine - Contrary to the advertising for Listerine, swishing with Listerine is not as effective as flossing. Recently the makers stopped these claims per a court order. Listerine is a wonderful pre-brushing rinse, and it is the most effective mouth wash overall. However, nothing will replace the physical cleaning of your teeth.

Watch who you kiss!! The bacteria that causes tooth decay and gum disease are communicable (by kissing), so be picky!!

Since our last newsletter, Dr. Morgan spent a week in San Diego at a dental conference updating his knowledge on the latest techniques and materials for esthetics and implant restorations, as well as attending three other one and two day conferences.

Dr. Morgan has EMT tooth saver kits available for those parents of active children. These kits are used to place a portion of a fractured tooth, or the whole tooth in case of an oral accident. The solution in the vial helps keep the tooth moist in the correct type of solution to increase the predictability of a successful tooth saving procedure. The shelf life of the solution is 6 to 9 months (it changes color when it expires) and is sold at the cost of \$14.00. It is kept in the refrigerator.

There have been several significant personnel changes since the last six months. If we have "dropped the ball" in any way, please give us the opportunity to correct the mistake. Please feel free to call me at home at 410-543-0434. Thank you.

New Oral-B Sonic toothbrush is available - To help fill the needs of patients that prefer a sonic electric toothbrush, Oral-B has released their version called Sonic Complete. According to Oral-B's own research, the Oral-B Excel electric toothbrush cleans 40% better than even their own sonic toothbrush. However, if anyone would like to try the sonic toothbrush, we have coupons for a free 12-day trial. Just let us know.