



Traditional dental exams routinely miss 76% of cavities.

Learn how today's FDA approved laser cavity finders detect over 90% of cavities, traditional exams MISS 76% of the time!

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Aim High

Your Newsletter from

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Aim High

*A little newsletter with
Expert Advice on Better Living*

“Laser Finds Cavities Traditional Exams Routinely Miss ”

My new patient frowned when I told her about the two cavities I’d found during my examination.

“How can that be?” she asked. “I saw my dentist back home the week before we left – and he said everything was fine. And that was less than four months ago.”

I couldn’t help but feel badly for her. She clearly cared about taking good care of her teeth, so the cavities were a very unpleasant surprise.

“Sometimes cavities can be pretty hard to find,” I said, holding up the wand of my laser cavity finder, “That’s why I started using this.”

She nodded. “I wondered what that was,” she

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“Eating for Lean Bodies Biotransformation”

By Dr. Cliff Sheats

If you were told that eating more – not less – was the key to losing body fat, you would probably respond in disbelief. After all, every diet you have ever tried meant cutting calories, not increasing them.

In Lean Bodies, you will learn to follow a new approach to dieting – one that lets you *eat to lose weight*. Eating to lose weight – it sounds too good to be true. But it works! And in a nutshell, here’s how:

By gradually increasing your calories, by spreading those calories out throughout the day in frequent meals, and by following a moderate aerobic exercise program, you change your metabolism so that it efficiently uses food and burns fat.

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Courtesy of **Brian L. Amison, DDS, LLC**
& team



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said. "My old dentist always used that awful metal pick and a mirror."

"Lots of dentists still do," I said. "But this uses a laser to find cavities that are easy to miss with the old traditional pick or explorer exam. In fact, studies have shown that using one of these FDA approved laser cavity detectors actually lets dentists find over 90% of cavities¹ – even extremely small ones.

"The old way of looking for cavities MISSES 76% of them² – so the laser is quite an improvement."

My patient looked interested so I explained that dentists used picks and mirrors to probe the surface of teeth looking for places where the probe stuck, but given the fact that the surfaces of most teeth are already uneven and filled with natural "fissures" it was easy for cavities to hide deep below the depths of the fissures... where the traditional explorer or pick simply cannot reach.

Hard to Find Cavities

It's a problem that's actually worse today than

it used to be because modern cavities are different.

In the past, decay attacked the enamel first, creating damage a pick could often detect. Now, however, thanks to fluoride in our water, toothpaste and rinses, tooth enamel is a good bit stronger. As a result, the bacteria that cause tooth decay now form tiny, hard to find holes in the enamel, then work their way down to the softer dentin inside the tooth. So a lot of damage can take place long before the cavity becomes apparent.

Some patients have asked why we need the laser cavity finder when "x-rays" can see right through the tooth. Unfortunately, even today's most technologically advanced x-ray systems are *unable* to assist us in locating cavities deep in the fissures of teeth until long after the cavity has grown to considerable size, in some cases nearing the *nerve*.

A Better Way

FDA approved laser cavity finders, like the one we use at our office, use a totally different

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Just schedule a visit for any time before this
offer ends on February 11, 2012

Not to be combined with any other offer

"Laser Finds Cavities Traditional Exams Miss"

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strategy to diagnose cavities.

They take advantage of the fact that laser light shines through healthy teeth but has difficulty penetrating decayed areas. When the laser encounters a suspicious area it beeps and gives me a digital readout of what it's found.

What's more, because it uses laser light rather than a metal probe it can actually "see" into tiny holes in your enamel to detect the decay below.

Some Major Advantages

The biggest advantage of using a laser cavity finder is that we can detect cavities so much earlier. That means we can drill less and preserve more of the healthy area around cavities. In fact we can often take care of the small, early cavities we find with these devices by

using minimally invasive techniques and tooth colored fillings.

So patients are more comfortable and their smiles are more attractive.

If you've wondered about the laser cavity finder I use for your exams, I hope I've answered your questions.

If you'd like more information please feel free to ask me or any member of my team. And if you know someone who would enjoy the confidence of knowing their dental exam can catch cavities early over 90% of the time, just have them give us a call. We'll be happy to arrange an appointment.

1. <http://www.ada.org/4480.aspx?productid=278&catid=42>
2. <http://www.ncbi.nlm.nih.gov/pubmed/?term=%22Validity%20of%20probing%20for%20fissure%20caries%20diagnosis%22>

Want an exam that finds more cavities
while they're small and easy to treat?

"YOU'VE GOT IT!"

We include a
laser cavity finder exam yearly
— at no extra charge.

Call today to schedule your
next check-up and cleaning.

“Eating for Lean Bodies Biotransformation”

(Continued from page 1)

At present your metabolism is probably running in low gear – a condition brought on by repeated attempts at low-calorie dieting. When you drop calories in this manner, your metabolic rate drops as well, and your body simply cannot convert food to fuel as efficiently. As a result, excess calories are stored as fat.

Consider the results of this research study, published in *The New England Journal of Medicine* (October 5, 1989).

A group of men ate 2,700 calories a day over a three-week period, eating three meals daily. They took a two-week break, then returned. They again ate 2,700 calories a day but divided those calories into 17 small meals a day. Remarkably, their low density lipoproteins (LDL – also known as the “bad cholesterol”) dropped 13.9%; insulin levels dropped 21%.

That familiar adage “If you don’t use it, you lose it” applies to your metabolism. If you don’t eat and you don’t exercise, your metabolism will get lazy and out of shape – much like an unworked muscle. As another familiar saying goes: “Rome wasn’t built in a day.” Nor can your metabolism be rebuilt in a day.

In fact, the process of rebuilding your metabolism will take longer than six weeks... But it will happen – as long as you give the program 100% effort. And the result will be a trimmer, healthier and happier you!

How should you eat when you’re under stress?

Proper nutrition during stress does much to minimize the stress reaction. The first healthy habit that seems to be discarded during stress, however, is good nutrition. Many people either stop eating or start overeating. Both lead to even greater stress.

When under stress, try to preserve healthy eating habits. Proper nutrition is one of the best forms of stress management

How important is stress management in controlling body fat?

Very important. Stress often makes us feel reluctant to exercise or to eat. Or we eat the wrong foods and too much of them. These bad habits adversely affect our metabolism, causing a likely increase in body fat.

Is low blood sugar correctable?

Yes, because 95% of all hypoglycemia is reactive, meaning that it is caused by factors within our control, such as diet. The other 5% of hypoglycemia is caused by medical problems such as pancreatic tumors.

How can I build my adrenal system?

By eating the right foods in the right combinations at the right times of day

What is the glucose tolerance factor or GTF?

It refers to your body’s ability to metabolize sugar. Chromium helps regulate insulin metabolism so that your blood sugar does not drop too rapidly.

How can I boost my immune system?

With supplemental nutrients called antioxidants. These include vitamin C, vitamin E, beta-carotene, acidophilus, garlic, selenium, glutathione, and pycnogenol.

Dr. Cliff Sheats, Ph.D., CNN, DANLA, FRSPH, is a national speaker and world-renown authority on anti-aging, nutrition and fitness.

To book Dr. Sheats for a presentation, please call 972-712-4300.

To subscribe to his free E-Newsletter, please visit www.NewBodyBluePrint.com/index.html.

“The greatest success stories were created by people who recognized a problem and turned it into an opportunity.”

- Joseph Sugarman

“Six Tips for Avoiding Car Accidents”

By Ron Caruthers

Worldwide an estimated 1.2 million people are killed in road crashes each year and as many as 50 million are injured, according to the Population Reference Bureau. However, most accidents aren’t accidents at all, but the fault of one or more of the parties. Here are 6 suggestions for avoiding car accidents in 2012 and beyond:

Follow the speed limit. It can be tempting to drive faster at times, but exceeding the speed limit usually makes little difference in when you arrive at your destination. For instance, over a distance of 50 miles, increasing your speed from 65 miles per hour to 80 miles per hour gets you there only 9 minutes earlier.

On the other hand, at 65 miles per hour, the average stopping distance is 345 feet versus 481 feet at 80 miles per hour. The difference is almost half of a football field in length!

2. Avoid distracted or impaired driving. This includes driving while under the influence of alcohol and drugs (even prescription drugs), driving while texting, and driving while sleepy.

The National Safety Council estimates that nearly 28 percent of crashes –about 1.6 million a year—can be attributed to cell phone talking and texting while driving. Interestingly, in 2009, *Car and Driver* editor Eddie Alterman did an experiment on a deserted airfield that measured his stopping time in different situations. From 70 mph, his stopping distance increased by 4 feet while driving legally drunk (at a .08 blood alcohol level), but the distance went up to 36 feet while reading an email, and 70 feet while sending a text. Vow to avoid all of these distractions.

3. Give yourself plenty of space on all sides.

Don’t tailgate, and make sure you have plenty of ‘elbow room’ on each side of your vehicle. You don’t want to end up boxed in where you have cars on both sides of you. Even if you’re not distracted and following the speed limit, it won’t do you any good if you have nowhere to maneuver if there is a problem.

4. Pay attention to what is around you. Always be aware of what is ahead of you. The California Highway Patrol recommends looking as far ahead as you can to watch for any changes in traffic patterns or sudden slowdowns. Also, be aware of anyone that is tailgating you and watch for what is on both sides of you. Use your mirrors frequently to check these areas.

5. Keep your vehicle maintained at all times. This includes making sure your tires have ample tread, your brakes are in good condition, and your windows are clear enough to see through. This

will ensure that you see things in time and that your car responds to your directions.

6. Wear your seatbelt at all times and insist your passengers do too. This technically won’t prevent an accident, but it will help increase your odds of surviving one.

A government survey concluded that seatbelts saved over 72,000 lives between 2005 and 2009 in the US alone.

These suggestions can help you to avoid accidents while driving, but only if you put them into practice. Here’s wishing you a safe 2012!

Ron Caruthers is the nation’s leading expert on planning and paying for college. He can be found at www.GetFreeFinancialAidForCollege.com.

“In seeking happiness for others, you find it for yourself.”

— Anonymous

“Star Power”

By Florence Markoff

As a rule, prizes are named for the people who established them. The Nobel Prize is named for Alfred B. Nobel, the Swedish chemist who invented dynamite, and the Pulitzer Prize for Joseph Pulitzer, one of the most dominant and successful journalists of the late 19th century.

Not surprisingly, though, the entertainment industry does thing differently.

For example, who would ever guess that the movie industry's most coveted award was named for a wheat farmer who probably never got closer to the movie business than a seat in his local theater?

Needless to say, there's a story...

Back in 1928, when the Academy of Motion Pictures first began giving awards for excellence in various categories, the statues had no name at all. But in 1931, Margaret Herrick, the academy's secretary, looked closely at one of the statues and said "He reminds me of my Uncle Oscar."

The name stuck and the prestigious award has been called Oscar ever since.

There's a story behind the name of the television production award given by the American Academy of Television Arts and Sciences, as well.

When the award was first created, the academy considered calling it an "Immy" – a nickname for the image orthicon tubes used in television cameras at that time. Somehow, though, "Immy" just didn't sound right -- so, instead, they chose the more feminine sounding "Emmy."

Not to be outdone, the American Theatre Wing's

award's masculine sounding "Tony" awards are actually named for a woman.

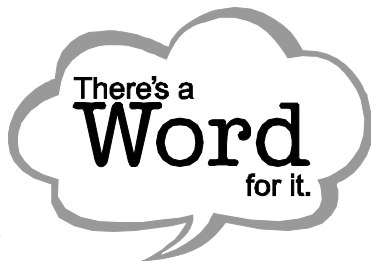
Her name was Antoinette Perry. An actress, director and producer, she helped found the group, which was known for its "Stage Door Canteens" that provided entertainment for American servicemen in cities around the country during the Second World War.

After her death in 1946, her friends and colleagues, looking for a way to celebrate her contribution to the American theater, decided to name the awards in her

honor.

Since 1947 the Tonys have been given every year to honor distinguished achievement in the theater and are one of the entertainment world's most important – and most coveted – awards.

Word lover, writer and radio personality Florence Markoff lives in Providence, RI.



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“Another household that lists itself as being headed by a cat!”

“Air Fresheners, Scented Candles May Spur Allergic Reactions”

Allergists say as the popularity of scented products has risen, so have complaints from their patients about reactions to them.

"We're seeing more patients with the problem," said Dr. Stanley Fineman, president-elect of the American College of Allergy, Asthma and Immunology (ACAAI). "I've seen patients who say, 'I go into somebody's house and I just can't stay there. I have increasing nasal symptoms, sneezing and coughing. There is no allergy skin test for air fresheners, but people can definitely have a physiologic response to it.'"

A Workplace Problem

Dr. J. Allen Meadows, an allergist in Montgomery, Ala., said some of his patients have to contend with scented oil diffusers and plug-in room deodorizers in the workplace. Co-workers will plug one in, causing others in nearby cubicles to start sneezing and coughing.

Often, workers who like the fragrance think those who complain are just being "difficult."

"It smells good to them, so they don't believe someone could be bothered by it," Meadows said. "I have some of the same sensations myself. If the odor of the fume smells like a food I don't have a problem with it. But if it smells like a flower, I have to escape."

Fineman, an allergist at Atlanta Allergy & Asthma Clinic in Georgia, cites a 2009 study published in the *Journal of Environmental Health* that found significant numbers of Americans affected by pollutants in everyday products.

About 11 percent of more than 2,000 adults surveyed reported hypersensitivity to common laundry products. About 31 percent reported having an "adverse reaction" to scented products on other people, and about 19 percent reported having breathing difficulties, headaches or other health problems when exposed to air fresheners. Rates were higher among people with asthma.



Volatile Organic Compounds

Scented candles and air fresheners emit VOCs, or volatile organic compounds, which are chemicals that form a gas or vapor at room temperature, Fineman said. The VOCs present in air fresheners often include formaldehyde, petroleum distillates, limonene, alcohol and esters.

One plug-in air freshener released more than 20 different VOCs, of which seven were classified as toxic or hazardous under federal laws.

But Gretchen Schaefer, vice president of communications for the Consumer Specialty Products Association, an industry group, said that VOCs aren't necessarily harmful.

"Anything that emits a scent -- flowers or the scent of pine if you walk through a forest or your Christmas tree -- is emitting a VOC," she said.

In the United States, air fresheners are subject to the Toxic Substances Control Act and the Federal Hazardous Substances Act, which requires that manufacturers inform consumers of risks and ingredients that could contribute to that risk. But some experts say the requirements aren't stringent enough.

“The will to win, the desire to succeed, the urge to reach your full potential? These are the keys that will unlock the door to personal excellence.”

— William Somerset Maugham