



JULY 2010

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Dear Patients and Friends,

On your next visit to our practice, you will notice some new faces. We are pleased to announce the addition of our new team members Brandi Mazarella, BS, RDH, and Shannon Pack.

Brandi joined us in May as our new hygienist. She possesses more than ten years of hygiene experience. She will help you feel comfortable while she provides optimum oral health care and dental hygiene education. Please visit our website, to learn more about Brandi in the "Our Team" section.

Shannon is joining us as our new office coordinator. She will be replacing Jackie, who along with her husband Steve, is relocating to Iowa to be closer to family. Shannon has also been in the dental field more than ten years. She will greet you with a friendly "Hello" upon your arrival to the office or on the phone. Her role is to ensure that you feel "at home" in our practice. Shannon worked closely with Jackie to effect a seamless transition and will answer any questions you may have about Stephanie K Dentistry.

Brandi and Shannon look forward to meeting you during your next visit to the office and, along with Diane and Dr. Kethcart, are committed to providing you and your family with superior, gentle dental care.

**IN THIS ISSUE:**

- Gum Disease Linked to the Heart
- Summer is the perfect time to introduce your kids to our practice
- We now have "laughing gas"/nitrous available in our office
- Send confirmation for your appointment with a click of a button

**Attention:**

- \$500 off Invisalign® treatment through August 31, 2010

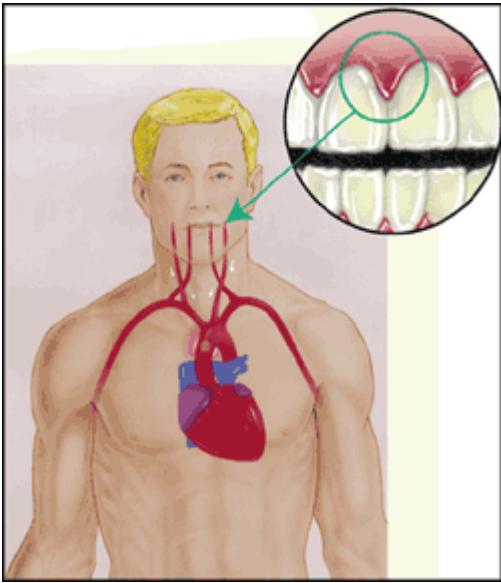
\*restrictions apply with insurance\*

- **PLEASE ADD OUR EMAIL TO YOUR SAFE ADDRESS LIST:**

[info@stephaniekdentistry.com](mailto:info@stephaniekdentistry.com)

This will help you receive reminder emails for your appointment times as well as the latest information about our office.

## Gum Disease Links to Heart Disease and Stroke



### Heart Disease

Several theories exist to explain the link between periodontal disease and heart disease. One theory is that oral bacteria can affect the heart when they enter the blood stream, attaching to fatty plaques in the coronary arteries (heart blood vessels) and contributing to clot formation. Coronary artery disease is characterized by a thickening of the walls of the coronary arteries due to the buildup of fatty proteins. Blood clots can obstruct normal blood flow, restricting the amount of nutrients and oxygen required for the heart to function properly. This may lead to heart attacks.

Another possibility is that the inflammation caused by periodontal disease increases plaque build up, which may contribute to swelling of the arteries.

Researchers have found that people with periodontal disease are almost twice as likely to suffer from coronary artery disease as those without periodontal disease.

Periodontal disease can also exacerbate existing heart conditions. Patients at risk for infective endocarditis may require antibiotics prior to dental procedures. Your periodontist and cardiologist will be able to determine if your heart condition requires use of antibiotics prior to dental procedures.

### Stroke

Additional studies have pointed to a relationship between periodontal disease and stroke. In one study that looked at the causal relationship of oral infection as a risk factor for stroke, people diagnosed with acute cerebrovascular ischemia were found more likely to have an oral infection when compared to those in the control group.

# Services You May Not Know Our Office Provides

## Dr. Kethcart Family Dentistry

Our office is a full service family dental office. Dr. Kethcart sees children as well as young adults and their parents. If your child has not seen a dentist yet, a visit to the dentist is a good way to learn proper oral hygiene at an early age. The American Academy of Pediatric Dentistry recommends a good time for the first visit is when the first tooth erupts and at least by age 1. This first visit is to establish a dental home, make your child comfortable with our office and begin a thorough prevention program with your child.

Children and young adults should be seen twice a year for regular dental cleanings, x-rays and exams. Summer is the best time for your children to have their regular checkup and cleaning because it is generally not as busy as the school year. If a child or young adult is scheduled in the summer, they can also be seen again before the end of the year during the holiday break from school. In this way they will receive the two cleanings, exams and x-rays that are needed for good oral hygiene.

Dr. Kethcart provides fillings, sealants, baby tooth removals, baby tooth crowns, permanent tooth removals for braces and hygiene care for your children and young adults. She also provides Invisalign Teen, clear braces, for your teenagers. Please call our office to schedule an appointment for any member of your family.

## Nitrous Oxide (“Laughing Gas”)

Dr. Kethcart now offers nitrous or "laughing gas" in our office to patients who are anxious and fearful of receiving dental treatment. Nitrous oxide is also a good option for patients whose gag reflex interferes with dental treatment.

Nitrous, a blend of nitrous oxide and oxygen, is a safe and effective inhalation agent as it has rapid onset, is well tolerated, and reversible. It is administered with a comfortable mask placed over the nose. When the nitrous is adjusted to the appropriate levels for the patient, Dr. Kethcart can proceed with the dental treatment. It will reduce the sensitivity pain and can produce a pleasant relaxation sensation. After the treatment is complete, the patient is given pure oxygen for a short period eliminating the effects of nitrous.

There are many benefits of nitrous and it is often a good option to help patients who are nervous, anxious or that have a gag reflex during dental treatment to become relaxed and calm. Please ask Dr. Kethcart and other members of the team about using nitrous during your dental treatments.

## Confirming Your Appointment

When you receive an email about your appointment from our office you can click on the CONFIRM button at the bottom of the email reminder to confirm and reserve your appointment. This is a great way to communicate with our office and we greatly appreciate it.

# Care To Share?

If you care to share the gift of dental health with someone you know and care about, please use the card below.

Your referral of patients to our practice is the greatest compliment we can receive. We are building our practice by delivering dental care excellence to patients like you , and sincerely hope that you will share your experience with others.

Thank you for your continued support!

–Dr. Kethcart, Brandi, Diane and Shannon


**DR. KETHCART'S CARE TO SHARE**

Our practice would like to take this opportunity to thank you for your commitment to health and wellness. If there is someone in your life that you Care to Share the gift of health with, please tell them about us and share this referral card with them as a way of saying *"I care about you"*.

In appreciation of each referral given, a *\$30 care to share credit* will be given to each, and can be used on the dental care service of your choice. Remember to sign your name below so that we know whom to thank. We look forward to growing throughout the years with more patients like you.

***Redeem this \$30 care to share credit toward dental services of your choice***

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New Patient's Name                      Referred by



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