



Katherine M. Hakes

D.D.S., F.A.G.D

*Family and
Aesthetic Dentistry*

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Fluoride Rx For All Ages

It's hard to think of healthy teeth without thinking about fluoride. Ever since it was introduced into drinking water more than 30 years ago, fluoride has been synonymous with caries reduction and brighter smiles. Study after study has shown that fluoride can safely prevent cavities and strengthen teeth, no matter how old you are. Every dollar invested in fluoride saves over \$80 in dental treatment.

Fluoride is like a jump-starter for your saliva. Scientists have found that calcium and phosphate were incorporated into teeth at a much faster rate when

fluoride was added to saliva and actually strengthens and makes your teeth more resilient to acid attacks.

Fluoride helps prevent tooth decay. It bonds to teeth as they grow, making them more resistant to decay. That makes it a great cavity fighter for children. But fluoride is not just kids' stuff. Its prevention properties are helpful in fighting tooth decay in patients of all ages. It is also effective in decreasing sensitivity around exposed root surfaces.

Our office recommends that our patients brush twice a day with fluoridated toothpaste, and floss at least one time daily since Spokane has not yet introduced fluoride into its water systems.

Dr. Hakes also prescribes a concentrated fluoride treatment once yearly for patients of all ages. Along with healthier, stronger cavity free teeth comes the benefit of less expensive dental treatments.



it's the toothtruth

Drinking fluoridated water from birth has been shown to reduce tooth decay by as much as 50%. By the time your children reach age six, we should be working together on a strategy to prevent tooth decay that includes regular checkups, appropriate fluoride use, dental sealants, and proper brushing and flossing techniques.



We believe that every patient should be offered the highest quality of dental health care that is consistent with their dental needs and values.

Katherine M. Hakes, DDS, FAGD
Family & Aesthetic Dentistry
Fellow, Academy of General Dentistry
5011 West Lowell Road, Suite 130
Spokane, WA 99208-8587

Web site www.hakesdental.com

Office Hours

Mon-Tue 7:00 am – 5:00 pm
Wed-Thu 7:00 am – 2:00 pm

**For A Brighter,
Healthier Smile
Call Today!
(509) 464-3100**

Practice Features/Patient Benefits:

Family & cosmetic dentistry

Digital x-rays

Periodontal maintenance

NTI/TMJ therapy

Crowns & bridges

Dental implants (*restorative phase*)

Bonding & veneers

Tooth whitening

Tooth-colored fillings

Visa, MasterCard, Discover, Capital One Healthcare Finance, Wells Fargo Financial and checks welcome



Diagnostic Detection

On the brink

If you've ever opened a newspaper, listened to the radio, or watched television, you've heard of tests that are used to detect substances in the body. Well, saliva, your natural digestive aid and buffer against bacteria, can also be screened to detect disease and cavities.

Saliva is complex. It contains forty essential proteins including many that are also found in blood and urine, thirteen electrolytes and minerals, and seven small organic molecules. It can already be used to detect oral cancer, and scientists are working to locate protein signatures that will detect diabetes, arthritis, and other systemic diseases – many linked to gum disease.

Some day oral fluid testing will be used routinely to predict who will develop cavities, approximately how many they'll develop, and even which teeth are most vulnerable.

Protect Yourself!

Your absolute perio priority

Astronomers debated for two years before redefining what a planet is and removing Pluto from the planet roster. Has that re-arranged the constellations? Not at all. In the same way, while scientists dispute the exact mechanism whereby gum disease affects our bodies, it doesn't alter the fact that it does. Research shows that virtually 100% of dental professionals and physicians believe that there is a link between your oral health and your overall health.

Here are
10 FACTS
about gum
disease...

Don't debate. Ensure you always keep your regularly scheduled recall appointments.

01: Gum disease is common & preventable.

02: There are no signs in the beginning.

03: It is caused when plaque (bacterial film) builds up & causes gums to become infected.

04: The early stage is called gingivitis.

05: With gingivitis, your gums become red & swollen, & can bleed easily when you brush.

06: Gingivitis can be reversed.

07: If left untreated, gingivitis can progress into a more serious form of gum disease called periodontitis.

08: The symptoms for periodontitis are the same as for gingivitis, but involve more of the supporting structure.

09: Periodontal disease can lead to tooth loss & the destruction of supporting bone in your jaw.

10: Cardiovascular & inflammatory diseases, premature births, toxemia, diabetes, & other systemic diseases have been linked to gum disease.

Cavity Strategies

Defeat sweets

Tooth decay happens when the acidity in your mouth rises and demineralizes your beautiful natural tooth enamel faster than your body can remineralize it. What raises acidity? Foods that contain starches and sugars like sweet treats, and even some fruits, vegetables, and juices! We can treat early minor decay with fluoride, but we'd rather help you to prevent it.

We can show you how to clean your teeth properly and provide sealants which are thin plastic coatings that protect your molars. Your own saliva can help neutralize acid and remineralize your enamel, so sometimes we suggest that you chew sugar-free gum to stimulate saliva if you need to.

All said and done, the best way to prevent decay is to brush and floss regularly, avoid sugary snacks, and maintain regular dental visits.



pull out the floss today

Welcome Toni!

Our long-time Dental Assistant, Junior has hung up her lab coat and brought out her golf clubs. We wish Junior well as she winds down from over 40+ years in dentistry.

Watch for a new face in our office. Toni comes to us as a 2002 graduate of Apollo College. She will be assisting in the hygiene and restorative areas. We are excited that Toni has joined our team and we know she looks forward to meeting and serving all of our patients.

Toni enjoys camping, horseback riding, and the outdoors in her spare time.

Congratulations

No Cavity Club Winners

Rebecca De Rocher

Gina Fiorillo

We Welcome New Patients! (509) 464-3100



Continuing Education

Dr. Hakes and her team are committed to continuously learning and being trained in all aspects of dentistry. We believe it is our obligation and responsibility to our patients to offer the most up-to-date techniques and knowledge then present it with the highest quality of skill. This also enables us to achieve another important goal – assisting you in making educated, knowledgeable decisions in the treatment options available to you and your family. Below are the areas in which we are achieving those goals.

Dr. Hakes

- Attends monthly meeting of the Spokane Study Club
- Anterior Dental Esthetics 01/07
- Oral Pathology 01/07
- Occlusion (bite) 02/07
- AGD – Methamphetamine 02/07
- Conscious Sedation 07/07
- TMJ Disorders 01/07
- Practice Management 02/07
- Computer Update Training 03-02/07
- Implants 03/07

Tami and Cathy – RDH's

- Attend Quarterly Meetings of the Inland Northwest Hygiene Study Club
- Complete 16 hours of Accredited Courses yearly

Diane – OSHA/WISHA

- Keeps our entire team up-to-date on changes and handles all our Basic Life Support and Medical Certifications.

Donna, Janet – front Office

- Attend WDS and Insurance Solutions classes to keep abreast of the ever changing requirements of insurance, Computer Tech and Upgrade classes.

Diane, April and Toni - Clinical Coordinators

- Attend SSC classes
- Cerec™ training, Accreditation Updates

Our entire team spent four days of intense Invisalign® Training (invisible braces), in July 2006. Our team is excited to share all this new information with you, ask for your complimentary CD.

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