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*Referrals—they're the heart of our practice*

Telling others about us communicates your trust—and that our service makes a difference in your life.



*They're the highest compliment you can send!*

CURRENT RESIDENT OR

# Dr. Lee's *Smile* NEWSLETTER

SPRING

## *Cleaning*

2ND QUARTER / 2011

### Office Hours

Monday	8:00 - 5:00
Tuesday	8:00 - 5:00
Wednesday	8:00 - 5:00
Thursday	8:00 - 5:00

### Our Staff

Michelle Rodriguez, Insurance Coordinator  
Tai Tran, Assistant  
Jason Sonné, Hygienist

### Phone

(408) 978-6601  
[www.drpeterlee.com](http://www.drpeterlee.com)



**D**o you have sore, bleeding gums? Are you worried about your heart's health, and how much time may still be available to enjoy your life and family? A visit to our office just might help solve all these worries simultaneously!

Fighting periodontal (gum) disease through outstanding daily hygiene and regular dental appointments is a three-for-the-price-of-one proposition. Protect your gums! Protect your teeth! And protect your heart in the bargain!

Recently, oral biologists at the University of Buffalo have shown that the levels of two inflammatory proteins known to raise the risk of heart disease can be reduced substantially by regularly treating inflamed gums.

According to an article called "Circulation" in Journal of the American Heart Association, 657 people without known heart disease were studied. It was found that people who had higher blood levels of certain disease causing bacteria in the mouth were more likely to have high levels of plaque (atherosclerosis) in the carotid artery. Clogging of the carotid arteries can lead to stroke. Good reason to keep gum disease under control.





## GOT THE *springtime* BLUES?

Call it the blues, call it the blahs, call it a funk. It strikes us all from time to time, like a spell of bad weather. Springtime can get us down with its sudden temperature changes (summer one day; winter the next)... the loss of that valuable weekend hour when Daylight Savings kicks in... bills and tax woes.

That said, there are plenty of ways to battle a spell of gray clouds. The first and easiest is to focus on what's going RIGHT instead of what went WRONG. Seek out those times in your life when something awful could have happened—and didn't!

### OTHER PROVEN BLUES-BUSTERS:

■ Open the shades, get out of the house and away from TV and computer screens.

■ Stretch your legs. Park in a far corner of the lot and walk. Exercise is good, and lifts your spirits as well.

■ Communicate with your spouse or a

good friend. Describe what's troubling you. Getting it off your chest can also get it off your back.

■ Don't get overwhelmed by huge tasks. Break them into a series of smaller ones that you can accomplish. Then reward yourself when you do.

## ABOUT THE COMMON COLD...

• **ANTIBIOTICS** will not cure the Common Cold. That's why doctors won't prescribe them.

• **FEVER & HEADACHES** are rare in the Common Cold. That's more a sign you're suffering from influenza (the flu). However they can signal a cold in infants and very small children.

• **COLD, RAIN AND DAMP** clothing don't induce a "cold." You're much more likely to contract it by simply shaking hands. Wash your hands



frequently and avoid touching your eyes, nose and mouth.

• **AIR TRAVEL** isn't hazardous if you have a Common Cold—but it may be to your fellow passengers! Avoid air travel if you have a cold or upper respiratory infection.

• **ANTIBACTERIAL SOAP** is no more effective a mechanism against the Common Cold than just plain old soap and water. What's more important is that you wash your hands repeatedly.

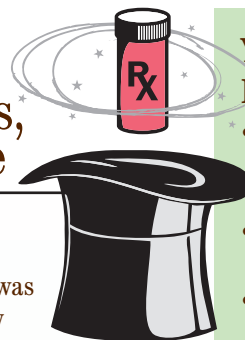
## Antibiotics Wonder Drugs, But Not a Magic Cure

Seventy years ago, antibiotics burst onto the medical scene to cure whatever might be ailing you. This was great during World War II, where military men had to dodge not only bullets but exotic debilitating diseases. Penicillin shot to the rescue.

Soon doctors were prescribing antibiotics for bacterial infections, against which they were wonderfully powerful, and viral disorders—like cold and flu—where they had only a placebo effect at best.

Twenty-first Century doctors have shown more discretion in prescribing these drugs. For one thing, targeted bacteria have become tougher and harder to destroy, even as new antibiotics are being developed. And antibiotics seem to work best on patients who have had the least experience with them.

Don't insist on antibiotics you don't really need. Then take them properly when you do.



### Your Antibiotics Dos to Know

- when to take them, how often and for how long
- to take them at the same time each day
- to take all the prescription, even after you're well
- if you have drug allergies
- to tell your doctor if you experience side effects
- that antibiotics void birth control pills.

### Your Antibiotics Don'ts to Know

- not to take other people's antibiotics nor to share yours
- to throw out any unused antibiotics in the medicine chest. Today's antibiotics are developed to fight specific bacteria, not the entire spectrum of ailments.

### Do You Need Rx for Dental Care?

You may need preventive antibiotics if you have—

- artificial joints
- artificial heart valves
- a history of infective endocarditis
- certain forms of congenital heart disease
- cardiac valve abnormalities following a heart transplant. Ask your MD—if you have other heart, eye, joint or implants not listed above.