



# CASCADE BITS & BITES

Volume 1 • Issue 1 • Summer 2008

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Healthy Heart

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 509.536.5360

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 Suite 202 ♦ Cascade Bldg.  
 Spokane, WA 99208  
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## *Welcome!*

We hope you enjoy this first issue of Cascade Dental Care's "Bits & Bites" newsletter.

Our goal is to keep you informed with the most current news from Cascade Dental Care. In each issue we'll introduce you to some of our staff and provide you with the most up to date information regarding treatment options available to you.

At Cascade Dental Care we are committed to providing gentle, aesthetic care and exceptional customer service. We also have the added convenience of two locations on Spokane's North Side and South Hill.

Whether you are a current patient of ours, or new to the area and looking for quality dental care, let Cascade Dental Care show you just how simple and gentle dentistry can be.

New patients are always welcome and referrals are appreciated.

## *On the Web*

We are pleased to announce the new Cascade Dental Care WEB site. The site hosts several useful tools for our patients.

On the main page we will regularly provide special offers or links to our latest news. Currently located in that area is a **ZOOM Whitening Special** that we invite you to take advantage of.

While providing general information about Cascade Dental Care and our staff, the site also includes a Patient Resources page. For new patients, the printable patient history form will save time when you see us for your first appointment. This page also features information regarding payment options and links to recommended financing programs.

For optimal care following certain dental treatments, we now provide a series of post op instructions that may be viewed and printed from your home computer. If you have concerns about a procedure, this information may assist you with asking questions in advance, or simply make your home care following treatment easier to understand and more relaxing.



Visit our new web site today and let us know what you think!  
[www.cascadedentalcare.com](http://www.cascadedentalcare.com)



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U.S. POSTAGE  
**PAID**  
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PERMIT #7

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Suite 202 ♦ Cascade Bldg.  
Spokane, WA 99208

Address Service Requested

[www.cascadedentalcare.com](http://www.cascadedentalcare.com)

## Meet the Doctors...



### Robert Walker, DDS

Born and raised in western Montana, Dr. Walker received degrees in Biology and Psychology at Carroll College in Helena. He graduated from dental school at the University of Minnesota and practiced in Minneapolis. Rob moved back to the northwest in 1993 to establish Cascade Dental Care. Rob and his wife Eileen have four sons.



### Michelle Dullanty, DDS

Born and raised in the Spokane area Dr. Dullanty attended the University of Washington and received a degree in Biology. She graduated from dental school at Creighton University in Omaha, NE in 1999 then joined the United States Air Force and completed an Advanced Education in General dentistry residency. Michelle and husband Mike have one daughter.



### Marc Henning, DMD.

Raised in Spokane, Dr. Henning attended college at Whitworth University in Spokane and dental school at the University of Pittsburgh, PA. He completed the Northwest Dental Residency at the Spokane Falls Family Clinic in Spokane. Marc and his wife Molly, are parents to twins, a boy & girl, and are expecting their third child in June.



### Michael Aslin, DDS

Born and raised in Sioux Falls, South Dakota. Dr. Aslin received both his undergraduate degree in Biology and his graduate dental degree from Creighton University in Omaha, NE. Mike has spent most of his dental career in private practice in Spokane. He has a grown son and enjoys snow skiing, riding motorcycles and working on classic automobiles.

## Healthy Teeth, Healthy Heart...

...How routine oral care could save more than your smile.

By the time we reach adulthood, most of us know that the consequences of poor dental health are pretty tough on our teeth. Daily flossing is a vital part of dental care and promotes healthy teeth and gums. Did you know that the simple daily ritual of flossing and good oral health not only protects your mouth, but may also protect your heart and arteries? Suddenly, that little white string becomes more like a lifeline.

Need more incentive to take better care of your teeth? Here are three ways good dental care may protect your health:

### 1. Regular dental care may protect your heart

Lack of flossing can lead to gingivitis and periodontal disease, but the consequences may reach beyond your mouth and to your heart. Research has shown a distinct connection between periodontitis and cardiovascular disease. Men under age fifty with advanced periodontal disease were found to be 2.6 times more likely to die prematurely and 3 times more likely to die of heart disease compared to men with healthy teeth and gums.

**Good News** ~ Flossing regularly can make your RealAge\* as much as 6.4 years younger.

\*[www.realage.com](http://www.realage.com)

In one emergency room study, patients who came to the ER with chest pain were found to have a higher rate of recurring gum infections. Researchers are not sure what is behind the connection, but the worrisome data makes routine dental care a no-brainer for optimal health.

### 2. Flossing may protect your arteries

Flossing and clogged arteries may also be related. Research has revealed that the same bacteria in tooth plaque are also found in the deadly fat deposits that obstruct arteries. Inflammation is a crucial link in the causal chain that leads to plaque and arterial obstruction. Researchers speculate that bacteria from the mouth may enter the bloodstream and contribute to inflammation and artery clogging.

### 3. Good oral health may reduce your risk of diabetes

Periodontal disease appears to make insulin resistance worse. When cells require more insulin to take up blood sugar from the blood stream, blood insulin and eventually blood sugar levels will rise. Increases in blood insulin and blood sugar levels both have undesirable effects, the best known being the development of Type 2 diabetes.

Routine oral hygiene reduces plaque, gingivitis, periodontal disease, and the accompanying inflammatory processes. It may in turn improve insulin sensitivity of liver and muscle cells and reduce blood sugar levels and the need for insulin.

**So, Get Healthy...**make your hygiene appointment with Cascade Dental Care today ~ call 466-9638.