

Dr. Hansen's Smile Newsletter



Web: www.ChristineHansendds.com



Christine E. Hansen, DDS
Restorative & Cosmetic Dentistry

What's Happening Around The Office of Dr. Christine E. Hansen?



Dear Patient

Happy New Year, I hope you have a happy and healthy 2017!

As you know, with the new year most dental insurance plans reset the annual maximum allowance, so if you have been putting off seeing us...Give us a call.

We have been working with two important new initiatives that will help us serve you better.

First we have been beta testing a new software which will significantly improve our ability to explain your dental conditions and diagnoses in a clear fashion. Some of you will start to see these results immediately as we complete your 5 year update exams. The new software should also allow us to be more proactive in our day to day communication with patients. As you may know Dr. Randall Inouye, a Stanford Professor specializing in Orthodontics, TMJ and Sleep Apnea has been using our office for the last year to treat his sleep apnea patients.

In his 'spare time" Dr. Inouye has also been mentoring Dr. Jurash and I on treatment of sleep apnea. During the coming months some of my team and I will be training with Dr. Inouye and the weekends. I expect this will allow us to offer sleep appliances to our patients later this year.

Jeanne Rosner MD is a patient in our practice who has written an important article on inflammation. For the last several years Dr. Rosner, formerly a Pediatric Anesthesiologist at Stanford, has focused on nutrition, health and wellness education through her "Soul Food Salon" I have excerpted a portion on the last page and have posted the entire article on my website.

Last year you honored us by referring more than 200 new patients to our office. In our increasingly mobile world we always have patients moving away, so a flow of new patients is critical for a healthy dental practice. Thank You.

Our iPad winner this quarter is Amy Bokker shown to the right.

Best Wishes,

Christine Hansen, DDS

Christine Hansen, D.D.S. and Team



Voted Best Dentist in Palo Alto 2014,2015,2016





Have you ever been bitten by a mosquito? Had a cold? Stepped on a rusty nail? I am sure the answer is yes to having experienced at least one of these scenarios

You likely had a combination of some redness, swelling and pain critically important reactions that occur in our body to acute body inflammation . These reactions are a sign that our body is protecting us from outside threats and danger.

When inflammation persists for a long period of time and/or serves no purpose, It is called chronic inflammation. The outcome of chronic inflammation can be ongoing tissue damage and destruction (healthy neighboring tissue can be affected too), thickening and scarring tissue and eventual death of cells and tissue.

Chronic inflammation frequently goes unnoticed until serious disease is diagnosed. The chronic, often imperceptible, low -level inflammation appears to be the root cause of many grave illnesses such as heart disease, cancer, neurodegenerative conditions (Alzheimer's and Parkinson's diseases, for instance),

depression, asthma, allergies, obesity, rheumatoid arthritis and diabetes.

Reducing the risk for chronic inflammation is the best health strategy for disease prevention. Chronic inflammation can be influenced by genetics but can be offset by:

- Environmental changes
- Rest and good sleep habits
- Social Relationships
- Maintaining and ideal body weight and avoiding obesity
- Regular exercise
- Stress reduction
- Dietary changes

-Jeanne Rosner, MD

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- Our Services Include:
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 - Sedation Dentistry
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 - Dental Implants
 - Bonding
 - Veneers
 - Crowns
 - Bridges
 - Grafting
 - Emergency Dental Care
 - Denture Fittings

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