



OFFICE HOURS

**Monday–
Thursday**

7:50am-4:50pm

Friday

(ADMINISTRATIVE
ONLY)

9:00am-1:00pm

Please note:

If you are a patient of record and are experiencing a dental emergency, please call (410) 828-1253 to reach the Doctor on call.



INCLEMENT WEATHER POLICY

We will contact all patients if the weather prohibits the office from opening on time. And remember, you can always check our Facebook page for updates.

Chairside Chatter

OSBORNE & KELLER, DDS, PA



WINTER 2017



From our family to yours...

HAPPY NEW YEAR

Wishing you a year full of happiness and good health.

FYI: Diabetes and Oral Health

Studies suggest a significant correlation between gum disease and diabetes. Researchers have found that people with periodontitis (gum disease) have a much harder time controlling blood sugar levels, whereas those whose blood sugar is not well controlled may experience an increased incidence of gum disease. Gum disease develops when biofilm, a thin layer of bacteria which constantly forms on everyone's teeth, causes the surrounding tissues (which hold teeth) in place to become irritated and inflamed. The early stages of this inflammation (referred to as gingivitis) causes your gums to become red, puffy and swollen. Periodontitis (advanced gingivitis), can, if left untreated, cause both tooth and permanent bone loss.

Signs of periodontitis include: red, and swollen gums that bleed easily, especially when brushing and flossing; gum tissue that has pulled away from teeth, creating a 'longer' appearance; the presence of pus/exudate between teeth; persistent bad breath or a bad taste in your mouth; loose or 'moving' teeth; a noticeable change in the way teeth fit together when biting, and/or a change in the way dentures or removable dental appliances fit. Again, people with diabetes may have an increased risk of developing gum disease than those without diabetes. If you are experiencing any of these symptoms, please contact our office to schedule an appointment.





CELEBRATING 2017

the 'OK" way



AMIE-Snowboarding the slippery slopes on a sunny Saturday
(say that 3 times real fast)



KIM-Ready for Ugly Sweater Weather



LIZ-Reached her goal of "100 feet below sea level" in January 2017.



KRISTI-
Who else remembers January 24th, 2016???



SNOW

JUDY-
The Asheville, NC
"Home away
from Home"
is almost ready.



JENN-Enjoying some
January sunshine in
Puerto Vallarta, Mexico



**KRISTEN
& Landon-**
Making the
most of the
Pennsylvania
snow.



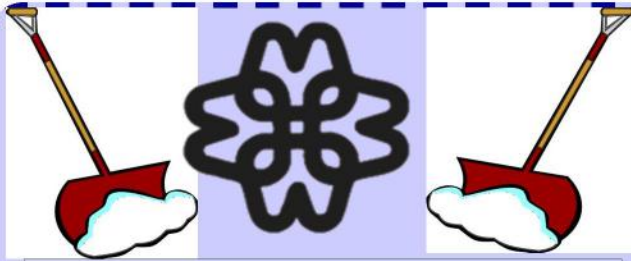
OFFICE HOLIDAY PARTY 2016

Dr. Tom Keller
and Linda

Dr. Al Ousborne
and Peggy

Dr. Pat Ousborne
and Esther





OUSBORNE & KELLER, D.D.S., P.A.

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**We invite you to experience
EXCELLENCE BY CHOICE**

Welcome Readers!

We're pleased to provide this latest issue of our newsletter. Feel free to pass this copy along to a friend and help 'save a tree' or enjoy it on Facebook or at www.ousborneandkeller.com

If you have a friend, family member or coworker who you feel would appreciate our commitment to fine dentistry and an uncommon dental experience, please ask them to call (410) 828-1177 to schedule an appointment.

We always welcome new patients who are referred by **YOU**, our cherished dental family.



FRIENDLY REMINDER:

January & February are traditionally **very** busy for our **Hygiene** department. To ensure that we are able to best serve you, please remember to **reserve** your appointment **in advance** and that we do require **48 hours notice** for all cancellations.



CONGRATULATIONS

to **LAURA** (*again*)

Winner of the
**Door Decorating
Contest**

Ousborne and Keller
-an Ethical
Approach to Innovative
Dentistry

-Over 50 years of exceptional service
with compassion, professionalism and integrity-

