

NEWSLETTER

Don't Be Fooled by "Mistruths" About Your Oral Health!

When it comes to your oral health, simply buying into a rumor can cost you your smile and your well being. So get the real deal from your dental team which is committed to preserving your teeth, for a lifetime!

Myth: Dental Procedures Always involve pain.

Truth: Actually just the opposite. Today's modern comforts and hi-tech advancements offer patients nearly painless dental visits. Remember that most dental procedures are carried out under local anesthetic, so you shouldn't feel any pain. Tell us if you have concerns. We'll ensure your time with us is as pleasant as possible.

Myth: Sometimes bleeding gum are normal.

Truth: Wrong! Bleeding gums are never normal. Bleeding gums are a sign of tenderness, irritation and infection. Think of gum tissue as you would the skin on your hands. If your nails bleed every time you used a nail brush to clean them, you would instinctively know something was wrong. The same holds true when it comes to your gums.

Reminder Notice!

Schedule Back-To-School
Dental Exams!

"MOST SMILES ARE
STARTED BY ANOTHER
SMILE"

Good oral care is the
KEY to good health.



Myth: After a certain age there's no need to bother with daily oral hygiene since tooth loss is inevitable.

Truth: Don't fall for this one! Today older adults are keeping their natural teeth longer thanks to scientific developments and preventive dentistry. In fact, the rate of toothlessness has dropped by 60% since 1960. That's huge! By practicing good oral hygiene and having regular dental exams you can save your gums and teeth at any age.

Myth: There's no need to care for baby teeth since they fall out anyway.

Truth: Not true! Premature loss of baby teeth will interfere with chewing and can affect the child's nutrition. It can also lead to drifting of the adjacent teeth and closure of some of the space needed for the incoming teeth, causing crowding of the permanent teeth. Primary teeth are even more prone to decay than permanent teeth and, because they serve many important functions, they need to be cared for just as much as permanent teeth.

MISTRUTHS ABOUT ORAL HEALTH (CONT.)

Myth: Cavities are the number one cause of tooth loss.

Truth: This may surprise you...*gum disease* is the primary cause of adult tooth loss. And you can have gum disease without any noticeable symptoms. Gum disease not only leads to tooth loss, but also bone loss, and is a source of infection for the entire body! Schedule an oral exam to make sure your gums and bones are in top form!

Myth: The cause of bad breath is dental neglect.

Truth: It may be one cause, but there are many others worthy of consideration. Bad breath, or *halitosis*, can be caused by eating certain foods, tooth decay, gum disease, dry mouth, sinus or respiratory infections, certain medical disorders and medications - as well as poor oral hygiene habits. Let us determine the cause and appropriate treatment plan so you can enjoy close-up confidence every day!

Myth: Oral health has nothing to do with overall health.

Truth: When your gums are infected, periodontal bacterial and its toxic by-products can enter your blood stream and travel to the joints and to major organs throughout the body. Research suggests that gum disease may contribute to:

...the development of heart disease, a leading cause of death.

...an increased risk of stroke.

...a woman's risk of having a pre-term, low-birth-weight baby.

...an increased health threat to people whose health is already compromised by diabetes, respiratory disease or osteoporosis.

Myth: Once a decayed tooth is treated, it's as good as new!

Truth: Not exactly. It is true that advanced restorative materials can restore decayed teeth very close to their original appearance and function. However, the artificial material will never *fully* match the strength, comfort and performance of your natural teeth. If a restored tooth isn't properly taken care of, over time, decay can develop around old restorations. Any time teeth have been filled, crowned or bridged, they will require special attention. (i.e., additional care and regular examination). An ounce of prevention is worth a pound of cure!!!

WHEN YOU WANT TO LOOK AND FEEL YOUR BEST, GET THE TRUTH ABOUT
COMMON DENTAL MYTHS...FROM US!! CALL NOW!



I knew that cosmetic dental technology had improved over the years and I was more than ready for a change...for the better!

Before having my cosmetic dental work done, most of my crowns were over 30 years old. They didn't match in color and my gum line was uneven. But all that was changed now.

I had ten older crowns replaced with gorgeous, perfectly-matched, natural-looking porcelain veneers. I experienced no pain whatsoever during the procedure. And I even went to work the same day my veneers were placed!

The greatest compliment to my dentist is that the improvements are so natural that onlookers can't quite figure out what has changed about my appearance...they just know something is "better." The comments I get are, "you get prettier every day" or "you sure are looking younger these days" and "have you lost weight?"

The staff is caring and nurturing. The whole thing was a pleasant experience. And this is coming from someone who used to hate stepping into a dental office!!

I am so pleased with the results that I would never hesitate to refer my own family and friends!

A "Brush" With Disaster!

Folks haven't always been able to open a tube of toothpaste and brush their dental troubles away..

During the mid-1800s, most teeth-cleaning compounds came in a powder form. Often made of crushed coral or pumice, their coarse grit scoured away not only impurities from the tooth's surface, but also the enamel itself!

Dangerous teeth cleaning compounds continued to appear with the introduction of Tartaroff, a product that could easily destroy three percent of the tooth's enamel in a single application.

During the 1850s, a safer, new toothpaste was developed and in 1873, Colgate started the mass production of toothpaste in jars. Colgate introduced its toothpaste in a tube similar to modern-day toothpaste tubes, in the 1890s.

And now you know the rest of the story!

Call Now! (586) 286-0790