

# Goodheart Dental Newsletter

January 2008

## Gracie Paige Ransom

On November 12, 2007 Goodheart Dental Assistant Carma Ransom had her first baby, Gracie Paige. Gracie was three weeks early. She weighed 5 lbs 1 oz. Carma is due back in the office in late January.

## Lumineers Coming Soon



### Invisalign

Straight teeth are not just for kids anymore. Many insurance companies pay for adult orthodontics. Invisalign can make it easy to get straight teeth as an adult.

We will provide an insurance check for benefits on adult orthodontic coverage. If your insurance company does not cover adult orthodontics then Goodheart Dental has other financing options. Give our office a call so we can get you started today.

### 5 Causes for Bad Breath

1. An odor from sinus drainage or post nasal drip
2. Stomach or digestive problems.
3. An indication of gastrointestinal disturbance, diabetes, liver or kidney ailment
4. Food particles in the mouth collecting between teeth. Avoid foods like garlic, onions, coffee, fish, cabbage, and alcohol
5. Smoking

**\*\*\*FUN FACT\*\*\***  
32% of Americans said bad breath is the least attractive trait of their coworkers

### 6 Solutions for Bad Breath

1. Drink LOTS of water.
2. DON'T SMOKE!!!
3. Eat healthier and eat foods that do not cause bad breath. (i.e. garlic, coffee, etc.)
4. Brush your tongue.
5. Brush twice daily and floss once daily.
6. Take your dentures and partials out at night and brush them thoroughly.

## Keeping Your Tongue Clean! Is It Important?

Did you know your tongue's papillae harbors debris by the millions from oral bacteria? When this bacterium accumulates on the tongue's surface it may smell foul, and become thick and unsightly. An overall healthy mouth requires daily plaque control of the tongue in conjunction with the teeth. This kind of healthy mouth and fresh breath can be achieved with the help of a tongue scraper. Ask one of our dental professionals at your next visit what you need to do to get optimal oral health.

### Oral Sedation--

There are many reasons that over 50% of the population put dental care at the bottom of their list. Some are downright fearful while others have suffered with a bad experience in the past. Or some need extensive care and simply can't find the hours in the day. It's time to breath easy. Oral sedation is here; treatment can be performed more comfortably than you ever thought possible. With oral sedation, we can accomplish extensive amounts of dentistry at one time, and most will have little to no memory of the experience. Please call our office today if you have questions about our oral sedation dentistry.

### Did You Know?

1. The average woman smiles 62 times a day, and a man smiles only 8.
2. Kids laugh around 400 times a day, and grown ups only laugh around 15.
3. Smilers in school yearbooks are more likely to have successful careers and successful marriages, than poker face peers.
4. 83% of people believe their teeth are more important than their eyes and hair.
5. More people use blue tooth brushes over red ones.

