

Dental News & VIEWS™

Vol. 16, Issue 8

**“Eating Healthy”
for a**

Healthy Smile!

There's no way around it...when you want a healthy smile, you have to pay attention to your diet. The best part is, you don't have to know a lot about nutrition or give up your favorites (like chocolate cake) to preserve your teeth for a lifetime.

We'll show you how it's done!!!

You should know that the moment you start eating, bacteria, already present in your mouth, start converting the sugar in your food into acids. These acids attack the enamel on your teeth and can begin the decay process within 20 minutes!

Bacteria Love Sugar and Starches!

The more often you eat refined sugar (table sugar) and starches, the longer these foods remain in your mouth and the greater your risk of tooth decay. While sugar is a leading cause of decay, it's also a contributor to gum disease because the more

sugar you consume, the more plaque you form.

While sugar is the main problem, however, starches left on your teeth

such as bread, cereal, crackers, beans and pasta, can cause trouble, too.

Feeling like you're doomed to decay no matter what? The truth is, eating the right foods at the right time—followed by proper cleaning—keeps you in total control of your oral health! We can help!

“...when you want a healthy smile, you have to pay attention to your diet...”



**Inside...tips
to save your
money,
your time
and your
teeth!**





Scoping Out "Sneaky Sources" of Sugar!

You know that soda, fruit juice, sports drinks, candy, cookies and pastries are loaded with sugar. However, you may not realize how much sugar there is in milk, yogurt, salad dressings and ketchup...to name a few!

names such as: turbinado, fructose, coupling sugar, molasses, raw sugar, organic sugar, cane syrup or corn syrup. Don't let the name fool you!

The good news is, you can drastically reduce decay and gum disease-causing plaque by eliminating excess sugar from your diet. Just do the best you can. Your efforts will be rewarded a hundred times over. Every little bit helps!

you do for one, you do for the other.

With dental disease, your teeth and gums can deteriorate until both function and structure are impaired. With gum disease, decay and missing teeth affect the way you look, feel, speak and eat—the quality of your life can be impaired!

There Is No Substitute!

Other "hidden sugars" creep up in breath mints, cough syrups, lozenges and antacid tablets. Dentally speaking, you should treat these products like candy...brush or rinse immediately after use!

Besides, there is nothing more attractive than a radiant, healthy smile. And as advanced as modern dentistry has become, there is still no substitute for your natural teeth—free of disease and pain.

By the way, sugar (sucrose) isn't always called sugar. Many sugars appear under safer-sounding

Let's assume you brush and floss daily and have regular check ups... honestly, why all the fuss about your diet? Because your teeth and gums are living tissue. And they depend on the nutrients they get from what you eat! Remember, your teeth and gums are not separate from your body. What

Your good oral hygiene and eating habits, combined with our dental expertise, will help your smile last a lifetime! Schedule your dental appointment with us today!! ❖

Preserve Your

"Beautiful Smile" For Life!



To help you look and feel your best, we genuinely want to help you eliminate dental disease. In addition to daily brushing and flossing, take the following steps to help preserve your teeth and gums for a lifetime:

- ✓ **REDUCE** your consumption of processed foods and refined sugars. The keys are moderation and more whole, natural foods.
- ✓ **AVOID** between-meal snacks. If you must indulge in sweets or snacks, less damage is done when consumed with a meal.
- ✓ **SCHEDULE** regular dental exams and in-office cleanings.
- ✓ **REPLACE** sugar-containing carbonated sodas and fruit juices with water.
- ✓ **LOOK FOR** "hidden sugar" sources.
- ✓ **BEWARE** of so-called "healthy" snacks that are just as bad for your teeth as candy when not removed from tooth surfaces: chewy, sticky foods like nutrition bars, fruit rolls, raisins and other dried fruits.
- ✓ **RINSE THOROUGHLY** or chew sugarless gum when you can't brush after eating!
- ✓ **MAKE SURE** you're getting enough calcium for healthy teeth and bones.
- ✓ **CHOOSE** snacks wisely by replacing sugary, starchy snacks with plain yogurt, cheese, fruits, raw vegetables, nuts and seeds.

New Study Shows...

Preventing Gum Disease Can Save You **BIG BUCKS!!**

When gum disease is caught early, simple treatment can restore your mouth to a healthy state! Treating periodontal pockets can actually be a “treat” to your pocketbook!

A wealth of evidence has already linked periodontal disease to diabetes, heart attack, stroke, respiratory problems and low-weight births. And there is a considerable cost to managing these medical complications.

A recent study published in the *Journal of Periodontology* found that prevention of gum disease may lead

to savings, not only on dental costs, but also on medical-care costs!

The study examined the medical and dental costs for 4,285 patients over three and a half years. Researchers found that cumulative health care costs were 21% higher for those patients with severe periodontal disease as compared to those with healthy gums!!

The “Choice” Should Be Obvious!

These findings clearly suggest that patients with severe periodontal disease can incur higher overall health-care expenses. Because of

the relationship between your mouth and the rest of your body, preventing and treating periodontal disease may be one simple way to decrease your total health-care costs.

Advanced gum disease can actually shorten your life-expectancy, while gum disease prevention can help you maintain your good health. You have nothing to lose and your health (and a healthy wallet) to gain! ❖

Schedule Your Periodontal Exam Now!!



It's time for **BACK TO SCHOOL Oral Exams!**

A healthy smile can enhance your child's self-esteem, social relationships and education! Research shows that untreated decay and resulting pain or infection can impair concentration, lead to learning problems and poor school attendance. Schedule dental check-ups for all the kids in your family, from pre-school to college-aged! It's one exam we'll help them pass with flying colors!!



“No More Ugly Silver/Gray Spots on My Teeth!!”

By Kam Farrell

I feel so relaxed at my dental office that I could actually fall asleep in the chair when my mouth is being worked on...and that's with a local anesthetic!

I am fortunate enough to have a dentist with a gentle touch who is sensitive to how I am feeling from the beginning to the end of each procedure. With the use of state-of-the-art technology, I know I'm getting the best dental care possible.

I told my dentist that I was serious about taking care of my teeth so that I won't need much repair work later on. So we made a deal. I come in for routine check-ups twice a year—even

when I'm not in pain. With early detection and getting work done as it needs to be done—I can honestly say the plan is working!!

The results have been nothing but GREAT. I attribute it to the fact that my dental team really knows what they're doing and stays on top of the latest techniques.

Recently, I had my old silver fillings replaced with tooth-colored fillings. My smile is so much whiter! No more ugly silver/gray spots in my mouth!! You can't even tell that I have fillings in my teeth.

The staff is wonderful; they always call me by name. When I walk into the office, I feel like an old friend coming for a visit. Yes, I absolutely recommend my dentist to others!! ❖