

6 New Uses for Toothpaste

Jewelry Polish

Out of the actual thing? Brighten tarnished baubles and precious metals by smearing them with a glob of non-gel toothpaste. Gently buff with a soft cloth until they shine.

Computer Cleaner

Get grubby fingerprints off the keys by rubbing them with a white baking soda-based toothpaste. Let dry, then wipe with a damp cloth.

Swim-Goggle Defogger

Coat each lens inside and out with non-gel toothpaste and rinse. The paste helps prevent haziness.

Hand Deodorizer

After handling garlic or onions, apply a half-dollar-size amount to wet palms, rub together, and rinse.

Nail Brightener

Gently massage a little whitening toothpaste into nail beds to remove any yellowing.

Shoe Shine

Return white or light colored kicks to their fresh-out-of-the-box state by erasing scuff marks with a soft toothbrush and a white non-gel paste. Remove excess with a damp cloth.

Neuromuscular Dentistry

To put it simply, **neuromuscular dentistry** places the jaw into its optimal position, relieving the symptoms associated with **TMJ**. While traditional dentistry evaluates primarily the teeth, bones, and gums, neuromuscular dentistry works with the hard tissues and the soft tissues, muscles and nerves. Neuromuscular dentists understand that your hard and soft tissues have a complex relationship and work to make that relationship a harmonious one. Neuromuscular dentists understand the necessity for including the power source (muscles) and the controls (nerves) which create the movement, pressures, and function of the mouth.

When the jaw is **misaligned**, both the hard and soft tissues are affected and many physiological problems can result, such as headaches, jaw pain, neck and shoulder pain, tinnitus, or ringing in the ears, and

clicking or popping sounds in the jaw joint. In a number of cases, these symptoms are the result of **TMJ** (temporomandibular joint syndrome), also referred to as **TMD** (temporomandibular joint disorder) or **MPD** (myofascial pain dysfunction).



TMJ / TMD is a chronic degenerative disease that often takes years to develop. **TMJ** affects millions of people. People who suffer from **TMJ** have an imbalance in the jaw-to-skull relationship, which is caused by a bad bite (malocclusion).

Treatment:

Neuromuscular Dentistry serves to correct the bite and realign the jaw. First the dentist determines the optimal position of the jaw by measuring the relaxed position of the head and neck muscles, and then repositions the jaw to achieve those exact measurements.

Malocclusion is relatively easy to correct. Treatment options include adjusting the bite, orthotics, orthodontics, or restoring the teeth to their correct positions.

Benefits:

Patients of **neuromuscular dentistry** experience a range of benefits from decreased or eliminated pain and discomfort to better overall health and longer-lasting dental restorations.

News From Around the Office

As a part of our ongoing continuing dental education, Dr. Marty, Shannon, Marci and Britany attended a 3 day course on Neuromuscular Dentistry at the LVI Institute in Las Vegas, NV. You can read more about neuromuscular dentistry in this newsletter and if you or someone you know could benefit from this, please call us today

or talk with Dr. Burbano about this at your next appointment.

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In December we had a new digital Panoramic X-ray machine installed at the office. This advanced machine delivers extremely low radiation and ranks very high in patient comfort.
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January marks a new insurance year for many of you. If you have treatment that you were deferring until this year, let us know and we can get a new treatment plan estimate to you with your 2011 benefits.

"All that is good begins with a smile."

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and watch for jokes,
fun pictures and prizes!

Your Child's First Dental Visit



Just as your child needs regular checkups with the pediatrician, regular visits

with the dentist are necessary, too. Prepare your child for that first visit and the result may be the start of positive, lifelong dental care. **When should my child first see a dentist, and why?** The ideal time for a child to visit the dentist is six months after the child's first (primary) teeth erupt. This time frame is a perfect opportunity for the dentist to carefully examine the development of the child's mouth. Because dental problems often start early, the sooner the child visits the dentist, the better. To protect against problems, such as early childhood tooth decay, teething irritations, gum disease, and prolonged thumb- or pacifier-sucking, the dentist can provide or recommend special preventive care.

How do I prepare my child and myself for the first visit?

Before the visit, ask the dentist about the procedures that will take place during the first appointment so there are no surprises. Plan a course of action for any possible reaction your child may have. Very young children may be fussy and not sit still. Others may become very frightened and cry. Some children may not react negatively at all. Some may enjoy the appointment very much! There are a num-

ber of children's books about going to the dentist. Read these books with your child before his or her first visit to familiarize your child with what will happen at the dentist and help lessen any potential anxiety.

Try to make the upcoming appointment something to look forward to. Help your child understand what will happen during the visit. Also, be sure to bring any records of your child's complete medical history for his or her dental file.

What will happen during the first visit?

Often a first visit is simply a time to acquaint your child with the dentist and the practice. If your child is frightened, uncomfortable, or uncooperative, you may need to reschedule the appointment. As a parent, you should try to remain patient and calm, reassuring your child that the visit is not scary or something about which to be afraid. Any anxiety on your part will be transferred to your child.

Short, successive visits can build the child's trust in the dentist and the dental office and prove invaluable if your child needs to be treated later for any dental problem.

Children's appointments should be scheduled earlier in the day, when your child is alert and refreshed. For children younger than age 2 or 3, the parent may need to sit in the dental chair and hold the child during the examination.

If all goes well, the first

visit often lasts between 15 and 30 minutes and may include any of the following, depending on the child's age:

- A gentle but thorough examination of the teeth, jaw, bite, gums, and oral tissues to monitor growth and development and observe any problem areas;
- A gentle cleaning, which includes polishing teeth and removing any plaque, tartar build-up, and stains;
- X-rays;
- A demonstration on how to properly care for the mouth and teeth at home;
- Nutritional counseling; and,
- An assessment of the need for fluoride.

The dentist should be able to answer any questions you have and try to make you and your child feel comfortable throughout the visit.

When should we schedule the next appointment?

Children, like adults, should see the dentist every six months. Some dentists may schedule interim visits for every three months when the child is very young to build the child's comfort and confidence levels or for treatment needs.

If you have questions about your child's dental needs, please talk to your dentist.