

Dear Friends:

Summer has wrapped up and the fall brings in a new school year. Seeing our younger patients go through their stages is pretty neat. We see the little ones excited and nervous to start kindergarten, the tweens who are making the transition from elementary school to Junior High and Middle School; and the teenagers who think they have it all figured out heading to high school and beyond.

It is really amazing to see these transitions from a Dental point of view. Early on it is very important to teach them good oral Hygiene. Make sure they are brushing twice a day and flossing once. Training them to do this early will ensure they grow up with good strong teeth.

In the tween years mouths changes the most, kids are losing the last of their baby teeth, start dealing with what seems like giant teeth, and sometimes have to consider braces. It is interesting how among some youths Braces becomes almost a right of passage.

During all of these stages regular dental care is the easiest and less costly way to ensure healthy teeth and gums. So don't forget to make your twice a year check-up appointments.

NVD

Dr. J.E. Martinez
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NORCO VALLEY DENTAL

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951-817-1166

Doctor's Word

Ask Dr. Martinez

Dr. Martinez,
Why do my teeth hurt when I take a bite of ice cream or drink cold water?

A.R. in Norco

Dear AR,

Teeth can be sensitive to cold for a few different reasons:

1. Gum recession is one reason. The roots of teeth are what are sensitive to cold. (see picture) When plaque is not regularly removed from the gum line the gums begin to recede. As the gums recede the dentin is exposed and reacts when it comes in contact with cold. During your regular check ups plaque is scrapped off of the gum line to allow your gums to remain healthy and cover the dentin. In certain cases a deep cleaning is necessary. This process involves scraping the teeth below the gum line. This helps gums that have begun to recede get healthy and grow back.
2. The loss of enamel is another. The grinding of teeth, clenching or improper brushing are things that contribute to the loss of enamel. The excessive consumption of carbonated drinks and energy drinks is one of the biggest causes of enamel loss. Those drinks are very acidic. Acid eats away at the enamel. Always use soft



tooth brushes and brush with light pressure. The use of hard toothbrushes or excessive pressure also leads to the loss of enamel.

3. Old leaky fillings are also a cause for sensitivity to cold. Fillings that have been in your mouth for years tend to get rusty and lose their seal. Once the seal is lost, cold fluids can leak through the filling reaching the areas of the teeth that are connected to nerves and sensitive to cold. Replacing leaky fillings with tooth colored composite fillings often eliminates the uncomfortable feeling you get when drinking something cold.

So these are a few of the possible reasons for sensitivity to cold. If you are experiencing discomfort, or worse pain, when you have something cold in your mouth, it is best that you get this checked out as soon as possible. You can contact the office at 951 817 1166.

Dr. J.E. Martinez

We are very proud to be the dental office of choice for Mr. Arthur Koch. Mr. Koch's first visit to this office was on **January 9, 1962.**

That is over 47 years of going to the same office. Thank you for your loyalty Mr. Koch.



WHAT'S NEXT?

From November 1st to November 24th you can sign up for the Turkey raffle. Drop your name in the box at the front desk for a chance to win one of 3 turkeys for your Thanksgiving Dinner. Good Luck!!

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