

Prevention for the New Year!

Happy New Year! We hope all of your holidays went well! We all tend to start out the New Year thinking about how to get healthier and stay healthier.

There is an old saying that states, "An ounce of prevention is worth a pound of cure." In our practice, **everything** we do is about prevention! We are always trying to prevent gum disease and tooth decay. We laugh because we are forever trying to put ourselves out of business [never succeeding]. There is always more decay and gum disease to treat. We have also found a link between gum inflammation and Heart Disease, making it more important to keep your gum tissue healthy in the fight against Heart Disease!

That being said, there are several simple things that we can all do to be dentally healthier. Using **Fluoride** on a daily basis benefits young and not so young. We write many prescriptions for Preident toothpaste. Basically, it is a strong fluoride toothpaste that has 2 great qualities: Preventing and Reversing tooth decay! For those that are battling gum disease, it prevents the growth of bacteria in your mouth. (Fluoride acts on your teeth like wax does on your car.) We call this cheap dental insurance. The key here is you have to USE it!

Routine Dental Cleanings are another weapon in the battle against disease and decay. We treat everyone as an individual. Some people are cleaned every 3-months; some every 4 months. Many come in for regular 6-month appointments. The frequency of your routine cleanings will depend on your oral flora. Having your teeth cleaned brings down the bacteria levels in your mouth. These bacteria typically reach their peak of repopulation at 90 days (3 months). Individuals with gum disease or who have potential gum problems are encouraged to schedule every 3 months to help keep these levels down. It's not always the person who gets a lot of tarter that gets their teeth cleaned this frequently.

Toothbrushes are a topic that comes up frequently here. We always recommend you use a soft brush – THROW THOSE HARD ONES AWAY! Make sure to dispose of your toothbrush every 3 months to help with bacteria levels. It is important to brush your gums as well as your teeth since they DO hold your teeth in your mouth! If you should get a cold, Flu, or Strep Throat, ditch your toothbrush and get a new one!

Sonic Toothbrushes are a sure thing! Rarely is it the individual who invests in one that does not get a great result! They are an excellent choice for patients with gum disease or potential gum issues. **Phillips Sonicare** is the toothbrush we recommend. They are typically priced around \$100 - \$140 but are WELL worth the investment.