



WORD OF MOUTH

Premier Dental of Evergreen 32156 Castle Court #108 Evergreen, CO 80439 303-679-6400



Simple Warning Signs of a Serious Condition

- 1. Do your gums sometimes bleed when you brush?**
- 2. Do you have places in your gums that get red or sore?**
- 3. Will bad breath just not go away?**

These symptoms might not seem like much, but they could be the first signs of gum disease.

Every mouth has good and bad bacteria. Gum disease occurs when millions of harmful bacteria have multiplied under your gumline and started an infection. Because the bacteria live and grow in pockets below the gumline, brushing and flossing cannot stop the infection. The best way to fight back is to visit a dentist.

Consistent oral hygiene at home and regular visits to our office will keep your gums healthy. If left untreated, gum disease will get serious and could potentially lead to tooth loss or more serious health issues.

Timely, professional treatment is the only way to stop gum disease before it gets serious.

If you notice any bleeding or soreness in your gums, schedule an appointment with our office.

Together, we can fight back against gum disease and keep your whole smile healthy.

Dental Hygienists: Your Mouth's Best Friend

If you've been to a dentist recently, you've probably noticed something has changed. Your hygiene appointment is no longer just a cleaning. Today's dental hygienists are as instrumental in diagnosing oral problems as a dentist. Recently, the American Dental Hygienists' Association formally recognized the importance of a hygienist's diagnosis with regard to their patients' oral health.

During your appointment, a dental hygienist will:

- review your medical history
- remove the plaque and tartar from your teeth
- do a pocket-depth check of your gums to look for any signs of periodontal disease
- take x-rays (if indicated)
- clean, polish and floss your teeth
- check for signs of oral cancer
- explain how to treat or prevent any issues that seem troublesome
- formulate a home care plan to keep your mouth healthy

In our practice, hygienists will also follow up this diagnosis with an easy home care plan for you. You may notice your mouth is a little healthier. If so, you have one important member of our dental team to thank, your hygienist.



YOUR CHILD'S FIRST PRIORITY?

The Surgeon General has identified dental care as the most prevalent unmet health need among America's children. How do we begin to meet this need? Studies show it all starts at home.

The American Academy of Pediatrics recommends that parents start brushing infants' teeth as soon as their first tooth appears. You can do this by using a wet washcloth over their gums or with a baby toothbrush. Once they reach one year parents should have their children brush twice a day. Ask our dentist or hygienist for advice on the appropriate-sized toothbrush for your child.

HERE ARE SOME OTHER THINGS TO DO TO MAKE YOUR CHILD'S MOUTH HEALTHIER:

SWITCH IT UP. Allow your kids to brush your teeth, then switch to have them brush their own.

FEED THEIR TEETH. Too little calcium and vitamin C may make them more susceptible to gum disease, a condition that can lead to bone and tooth loss.

DON'T SMOKE. Be a good role model and keep kids away from smoking, the number one preventable risk factor for gum disease.

READY, SET, PLAY. Making a game of brushing keeps them interested in doing it themselves. Have a race: who can be the loudest, foamiest or longest brusher?

PRACTICE MAKES PERFECT. Let them play dentist on a favorite doll or stuffed animal to help them perfect their technique.

Finally, you also need our help. Regular dental check-ups should start before your child is two years old and should occur at least once a year.

Dairy Products: Good for Your Teeth and Your Gums

According to the American Academy of Periodontology, eating dairy products not only fortifies bone and tooth health, but may also help promote gum health. In a recent study, people who consumed the lactic acid in foods like milk, cheese and yogurt reported it significantly improved the depth of pockets and firmness of attachment to gums, both indicators of periodontal disease. And studies show that good periodontal health may contribute to good health overall. So hit the dairy aisle. It can go a long way to keeping your body—and your mouth—in tip-top shape.

WE LOOK FORWARD TO SEEING YOU SOON



A visit every six months is a good schedule to keep when you're trying to keep your mouth in good shape.

We are ready to schedule an appointment most convenient for you.

PLEASE GIVE US A CALL TODAY!

Premier Dental of Evergreen 32156 Castle Court #108 Evergreen, CO 80439 303-679-6400