

CHANGING SMILES...

CHANGING LIVES

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You Have Got to be Kidding. . . I've got what? !. . . . **TOOTHPASTE ABUSE????**

Inquiring minds want to know...

Do impacted wisdom teeth really push the other teeth forward causing the front teeth to get crooked?

No, no, no . . . that's a dental myth.

Crowding in the front teeth is usually due to the bite or a lack of jaw development (not enough space). Front teeth that shift after braces are almost always from not wearing retainers.



Don't put your family or friends in JEOPARDY! . . . or especially not in **DOUBLE JEOPARDY!!** Send them to an office where you know they'll be cared for with gentle hands and kind hearts. No gambling with your money or any hard questions here. So if you know of anyone who's teeth are in JEOPARDY, you can be sure that Dr. "Alex Trebek"

Tanaka will have the answers. **HAPPY ANNIVERSARY!!!**

25 Years of Service

Yes, it's running rampant all over the world where brushing your teeth is done on a regular basis. Surprisingly it's not the toothbrush that is the abuser. It's the toothpaste!!!

Since the onset of toothpaste, abrasives were always placed in toothpaste along with chemicals for texture, taste, body and glide. The abrasives were primarily used to help remove stains and plaque from the teeth. Before toothpaste was invented, household agents like baking soda or salt were used.

Distinct wear was noticed on teeth along the gum line. About eighty years ago two dentists came up with two different theories. One said that the erosive marks were created by the toothbrush. The other dentist said that it was from the toothpaste. Both did experiments and the dentist with the toothpaste theory could consistently recreate the erosive marks on the teeth. The other dentist could not.

Unfortunately, the dentist with the correct theory died and did not have a chance to vocally support his research. Thus, the toothbrush theory was adopted. There was also a bruxing theory that was used to explain these erosion marks on the teeth, but this has been proven to be incorrect. About fifteen years ago, history was revisited and both experiments were redone with modern equipment. Low and behold...toothpaste was found to be the culprit once more. It was the abrasives in the toothpaste and not the toothbrush itself that was causing the problem. No matter what brand or type of toothpaste was used, they all wore away at the tooth structure.

If you have the signs of toothpaste abuse, what should you use instead of toothpaste? Use mouthwash. Put some in a small spray bottle, spray it on your toothbrush and brush with the peace of mind that you are not wearing your teeth away. **If we notice signs of toothpaste abuse, we will give you a spray bottle which you can fill with your favorite mouthwash.** Toothpaste can be used occasionally when you notice stains forming on your teeth. Beware of TOOTHPASTE ABUSE!!!



Gladys



Donna

This month we recognize our awesome hygienist. Our patients are so fortunate to have two of the very best hygienist in the state. They do a great job everyday and they both have that soft touch. Have a dirty mouth? Don't worry, Gladys and Donna to the rescue!!!

What people have been saying about our office...

"I won the Heineken Keg for the New Year's drawing!" "Those palm leaf cookies were so nice for Valentine's Day." "That Healthy Foods that Make You Smile contest was so cute. The 3rd graders did a great job. "That singing dog for Christmas was so funny!!!" "The pumpkin pie and Thanksgiving decorations were so festive." "The drawing for the dental Easter baskets was so creative." So stop by often!!!