



Dentally Speaking

..... with Dr. Arthur J. Natvig

Produced to improve your dental health and awareness

Fall 2011

A Change Of Seasons

It's hard to ignore it, but fall has definitely arrived. Green leaves are turning to red, evenings have gone from light to dark and store shelves are already full of holiday "cheer." For many of us, the summer is often less a season of indulgence and more often a time of procrastination. Now becomes the time to do that work you've been putting off. Fall also marks the final months to utilize dental plans and flexible spending accounts. Make sure you maximize your options!

On behalf of all of us here, we continue to thank you for the pleasure of serving you. We wish you well as you journey into the new fall season and the final chapter of 2011. We look forward to seeing you soon!

*In good health,
Arthur Natvig D.D.S.*

turn the page

- Are your prevention efforts effective?
- 6 ways to an ageless smile!
- Teach your kids well!



5 TOP TIPS

4 Prevention

Here's a menu to keep you smiling!

Online or off, the digital world can present some risks to the unwary. For example, research suggests that young teenagers tend to consume more sugary snacks during prolonged gaming, which in turn can increase the likelihood of tooth decay. As well, teeth whitening products which are accessible online may not be a safe choice at any age, because they could harm gums and damage teeth enamel. When it comes to good oral health, trust your dental team.

Here are 5 tips for every member of your family:

- See us first to make sure your mouth, teeth, and gums are healthy before starting any whitening program.
- Choose one of our supervised whitening options for safety and the maximum results only we, your dental care team, can provide.
- Stick with your maintenance schedule to keep your smile bright. No whitening is permanent and regular professional cleaning is essential to remove stains and the tartar that can cause gum disease.
- Keep sweet food, desserts, and drinks to mealtimes and brush thoroughly afterwards. It's consumption over extended time periods that heightens the risk of decay.
- Acidic food and drinks can be just as harmful to your teeth as sugar. The acid erodes tooth enamel and can make your teeth sensitive, more vulnerable to cavities, and unattractive.

Virtual reality can be a great place to visit at any age, however real-time brushing and flossing combined with dental visits are still the best for problem prevention to safeguard smiles.



INSIDIOUS INFILTRATORS

Fact: Gum disease is linked to, and may impact, other serious health issues including type-2 diabetes.

Both of these diseases affect millions – children and seniors as well as those in the prime of life. Just as approximately half of type-2 diabetes sufferers have no symptoms, in the earliest stage of gum disease (called *gingivitis*), you might not even realize you have it.

WATCH FOR WARNING SIGNS:

- red or tender gums
- bleeding when brushing or flossing
- chronic bad breath
- receding gums
- loose teeth

Regular recare visits help us monitor developing oral health conditions that have the potential to adversely affect your overall body health. If you don't know you have a disease, you can't treat it ... but we can detect gum disease and treat it right away!



A GREAT GRIN IS *Ageless*

Restorations will give you reason to smile

Studies show that people in cultures that do not focus on oral health often suffer a litany of related and progressive health problems. Gum disease and tooth loss have been correlated with cognitive decline as well as hearing loss in later years, for example. Because of this, it is vitally important to ensure lost or damaged teeth are replaced or restored promptly to insure you can eat and speak properly, avoid further damage, feel good about your appearance, and maintain your positive outlook.

Ensuring healthy gums and teeth that last a lifetime begins with good oral care in childhood, but sometimes teeth can become damaged, broken, or lost. We can restore and replace teeth with beautiful esthetics at any stage of your life...

- **Inlays** are tooth-colored fillings for the biting surfaces of molars.
- **Onlays**, also tooth-colored restorations, sit on the biting surfaces and wrap over one or more cusps of molars.
- **Veneers** offer beautifully shaped straight white teeth while hiding small imperfections.
- **Crowns** cap individual teeth, lending support to compromised structure.
- **Bridges** effectively replace a lost tooth with a replacement tooth, using adjacent teeth as anchors.
- **Implants** are a secure permanent way to replace one or more missing teeth.

Call today to book your consultation to discuss solutions designed for your individual presentation, preference, and budget. Don't wait to restore your smile... Your good health depends on it.

*Call us
today for
solutions
to your
ageless
smile!*



“Ascared” Of The Dentist?

Not your kid!

Kids' fear of “going to the dentist” is usually anticipatory and unfounded. Here are a few tips to help eradicate the potential for life-time dental anxiety by ensuring positive dental experiences throughout childhood.

Show no fear. Even if you experience anxiety, do not communicate this to your child.

Set the bar high.

Demonstrate excellent home care and encourage your child to practice at an age-appropriate level. Pitch in when necessary.

Start early. Call us to discuss the best time to start your child's dental visits, beginning with a get-to-know-us appointment, and if we complete an oral exam, you will be right by your child's side. Afterwards, make the day even more special by going out to lunch or catching a movie together.

Instill pride. Praise your child for taking good care of their smile ...not for their bravery.

Ice Cream Owww!

Icy incidents

How fast can you say *sphenopalatine ganglioneuralgia*? It's the scientific name for “brain freeze.” It happens when you eat something very cold very quickly. You can try pressing your tongue to the roof of your mouth to warm it, but it's best to eat things like ice cream slowly to avoid the discomfort which, weirdly, you feel in your forehead.

That's because when the affected blood vessels signal the largest cranial nerve, your brain interprets the pain as a headache. The trigeminal nerve is also the culprit behind many head, neck, and face aches that are actually generated by the temporomandibular jaw joint. It's no wonder that some sufferers of Temporomandibular Joint Disorder (TMD), a dysfunction of the jaw, don't think to ask their dentist.

Ask us. We'll inform your brain, not freeze it!



Fall Smile Makeover

"Its never too late, or too early to become whoever you want to be."

- Benjamin Button

Harold found our office just recently. He had been self conscious about his smile since a childhood football injury caused discoloration, he was finally ready to seek treatment. Harold claimed his teeth greatly affected how he felt about himself. He had even perfected a way of smiling and talking to best avoid showing his teeth.

Now Harold is a new man! Contrary to his first couple of visits, he confidently strutted in our office for his last follow up appointment with a new sense of self. When we asked Harold why he trusted our office with his care he said, "I legitimately went to three different offices before deciding on yours. I ended up feeling the most comfortable with Dr. Schwartzman and I also felt like I wasn't getting ripped off." Harold continued, "My experience has been excellent, I honestly have no complaints. I feel like Dr. Schwartzman was there to help me every step of the way and make sure I was comfortable." Harold is eager to begin his new life with his newly found confidence. We certainly wish him the best as he interviews for prestigious positions around the New England area.



Before

After



office information

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Office Hours

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Don't Fall Behind!

Use your benefits

As we get further into the year, time starts to run out for you to make the most of your insurance and flexible spending accounts before they expire. Whether we recommend a treatment plan, suggest a lifestyle change, or encourage you to use up your annual insurance benefits, our sole motive is always to help you achieve optimal oral health!

We will start to remind you more often as the days pass, but only because we don't want you to lose valuable benefits which won't carry over to next year. Please take a moment to check your remaining insurance benefits and flexible spending account balances ... then book an appointment to make the most of them!

Pacific Dental Aesthetics is happy to provide a complimentary cosmetic consultation to any patient or new patient referral who may be interested in transforming their look. Give our office a call to schedule your appointment!