

# Dental Health News®

Compliments of Dr. Richard Heide

## News from the office of...



**Dr. Richard Heide**

Welcome to the latest issue of our newsletter. We're pleased to have this opportunity to say "hello," and to bring you tips for making the most of your smile! Check out our suggestions throughout the newsletter on how to improve your oral health, ensure the freshest breath, and keep your smile as bright and healthy as possible.

When you call to schedule your continuing care appointment, remember to ask us about the latest, most effective ways to whiten and brighten your smile.

Enjoy this newsletter, and please pass it on to a friend or family member who may also be interested in reading up on the latest dental health news.

All the best,

*Richard Heide*

Dr. Richard Heide

## COUNTDOWN TO THE PERFECT WEDDING SMILE

Every bride dreams of walking down the aisle, stunning white dress cascading behind her, beaming groom waiting to take her hand. But wait — are the smiles photographer-ready, all set to feature in photos that will be viewed for generations to come?



Whether you're the bride, groom, member of the wedding party or honored family member or friend, you'll want to make sure your smile is photo-ready for the big day by coming in for a dental consultation as soon as you know the wedding date.

To determine the health of your mouth, and the degree of work that needs to be done, you are wise to address fixing your smile sooner rather than later. Let's talk about the many factors involved in creating the perfect smile, starting with the condition of the teeth and gums, the spacing and straightness of the teeth, the condition of any fillings, crowns or other existing dental work and, of course, the color of the teeth.

**Please call today for an appointment to discuss your dental concerns:**

**I have teeth that are chipped, broken or cracked.** Please advise me if bonding, veneers or crowns can solve these problems.

**I have gaps between my front teeth.** Do I need orthodontic work, or can they be corrected with an easier solution?

**I have teeth that are crooked or overlapping.** Can they be straightened or aligned in time for the wedding?

**I have staining on my teeth. What kind of tooth whitening do you recommend?** And what if my teeth don't respond to tooth whitening: are there other options?

**Although my teeth are straight, my uneven gums throw my smile out of sync.** How can this be remedied?

**My teeth are too (pointy/ square/ uneven in length).** I understand you can reshape them easily and comfortably. Could you please explain how this works?

Please call today to find out how easily we can change an everyday smile into a once-in-a-lifetime-event smile!

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# SAVE YOUR BREATH!



**You may already have completed your spring-cleaning and organized your spring wardrobe, so why not view the new spring season as an opportunity to embark on a fresh oral hygiene program, too?**

Halitosis (bad breath) is a common oral health concern. Whether one's chronic bad breath (as opposed to temporary "morning breath," or bad breath from garlic, onions or other odorous foods) is caused by dental hygiene issues or gastrointestinal problems, the culprit can usually be traced back to bacteria — the root of many dental problems. In fact, bacteria is directly linked to dental caries (cavities) and gum disease, as well as bad breath. Keeping excess bacteria in check is a continual process, beginning with proper dental hygiene.

It's essential that you brush and floss your teeth daily in order to get rid of the food that can collect between your teeth, on your tongue and in and around your gums. If food particles are not removed, they can decay, leaving an unpleasant odor in your mouth. Because oral bacteria excrete volatile sulfur compounds, it's essential to continually remove those bacteria from your teeth, gums and tongue. In fact, stick out your tongue. If you see a white layer of plaque at the back of your tongue, you can be sure it's creating the perfect breeding ground for bacteria — and therefore bad breath — to flourish.

Persistent bad breath can be a sign of gum disease. If you notice you have red, swollen or tender gums that bleed when you brush your teeth, or gaps in-between your gums and your teeth, you may be experiencing the first signs of gum disease. Talk to us about steps you can take to halt or even reverse the indications of this preventable disease.

Dry mouth can trigger bad breath when the production of saliva, known as "nature's mouthwash" because it washes away bacteria and sulfur compounds in the mouth, slows down. Dieting, fasting, dehydration and certain medications can slow down the production of saliva, as can salivary gland problems or continuous breathing through the mouth. In addition to bad breath, dry mouth can also put patients at risk for cavities and gum disease. When saliva is not present to flush away foods, food particles might adhere to teeth and begin the decay process.

As mentioned earlier, what you eat can cause bad breath, but what you don't eat can also leave a bad smell in your mouth. For example, low-carb diets force the body to burn stored fat instead of carbohydrates for energy. As excess fat gets burned away, the body releases ill-smelling chemicals called ketones through the breath and urine. The high-protein component of low-carb diets can also contribute to halitosis from the breakdown of food particles that produce sulfur compounds.

Tobacco use, a respiratory tract infection, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbances, and liver or kidney ailments are also some possible sources of bad breath. If we determine that your mouth is healthy and that your oral hygiene is on track, we may suggest a visit to your family doctor to determine alternate medical causes of bad breath.



**If you have any concerns at all about your breath, please don't be embarrassed to ask us for suggestions.**



# Protect Your Teeth Against Enamel Erosion

Enamel is the hard, protective outer layer of your teeth. If it erodes, it can be very uncomfortable, with symptoms ranging from tooth sensitivity and discoloration, to painful cracks in the teeth. What is tooth erosion caused by, and how can you prevent it?

The acid in the foods and drinks we put in our mouths can cause tooth enamel to wear away. While the calcium contained in your saliva will help remineralize (strengthen) your teeth after enamel is exposed to small amounts of acid, saliva alone is not enough to fight a constant barrage of acids from carbonated drinks, fruit juice or wine, or even the effects of acid reflux or frequent vomiting.

Follow these tips to help avoid the destructive effects of acid on your tooth enamel:

- Reduce or eliminate drinking carbonated drinks.
- If you do enjoy an occasional carbonated or acidic drink, have it pass through your mouth quickly — don't sip it over an extended period of time — and use a straw, when possible, to reduce the liquid's exposure to your teeth.
- Rinse your mouth with water after consuming an acidic drink, and wait an hour before brushing, to allow the enamel to remineralize.
- When you do brush, use a soft toothbrush, and fluoridated toothpaste.

**PLEASE ASK US TO DISCUSS THE CAUSES, EFFECTS AND STEPS NECESSARY TO FIGHT ENAMEL EROSION IN ORDER TO MAINTAIN THE MOST HEALTHY, COMFORTABLE AND ATTRACTIVE SMILE POSSIBLE.**



# Ensure Purr-fect Oral Health for the *Whole* Family!

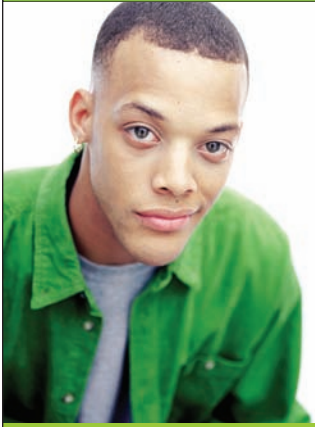
While this obviously isn't a pet clinic, we know that many of our patients have cats and dogs, so we thought it worthwhile to spend a few minutes discussing dental issues to watch out for in your pet's mouth.

Like humans, dogs and cats are susceptible to gum disease. In fact, by the time your pet is three years old, there's an 80 percent chance that his or her gums are already under attack. The same research that has linked poor dental health to poor overall health in humans is applicable for animals. Like in humans, any bacteria and infection in an animal's mouth may spread through the bloodstream to cause heart, kidney or liver disease. These diseases can cause serious damage to the organs and potentially lead to premature death.

Does your pooch have "doggy breath"? This can actually be odor from the by-products of bacteria in the mouth, and it is often the first sign that your pet has gum disease or

other dental problems. Your veterinarian should give Fido or Fluffy a dental checkup and professional teeth cleaning once or twice a year, but, in between visits, you'll need to make an effort to remove plaque from your pet's teeth, too. Ask your veterinarian about the many pet-specific oral cleaners and oral hygiene solutions available today, and about dental-friendly foods and treats that will make achieving good oral health easier for both you and your pet.

Be your pet's best friend by ensuring many years of health and happiness, from head to tail!



# SHOULD I CALL ABOUT MY TOOTHACHE?

Many of us have toothaches that come and go, sometimes depending on what we bite into, or the temperature of a food or a beverage. When the pain goes away, we forget about it until – ouch! – it happens again. At what point should you call us to have your toothache checked out?

Whether it's a sharp pain or a dull ache, a toothache should never be ignored. While most problems are minor and can be easily treated in our office, a toothache may indicate a more serious issue, including a dental infection or abscess, a cracked tooth, gum disease, an exposed tooth root, a broken or loose filling, temporomandibular disorder or even a sinus or ear infection.

In some cases, the "dental" pain felt by some patients has been the first indication of oral cancer. In other, rare, cases, pain in the teeth has been a symptom of heart disease, especially if the patient feels pain in the left part of the jaw.

**It's always wise to make an appointment to come in and check out the severity of your problem. In the meantime, try to relieve toothache pain by:**

- Rinsing your mouth out with warm salt water
- Flossing teeth to dislodge any trapped food particles
- Taking aspirin, ibuprofen or acetaminophen
- Using a cold compress on the outside of your cheek to help relieve any pain or swelling. Never use heat as heat incubates and promotes bacterial growth.

## A Reason to Smile for Current AND Future Patients!



*The best compliment we can receive from our patients is the referral of your friends, colleagues and family members. In fact, referrals and word-of-mouth recommendations are our number one source for new patients, so if you know of someone who's looking for a new dentist, we would very much appreciate you passing our information on to them.*

### Refer a New Patient Today!

**What's in it for you?** A "thank you" referral gift of \$25 towards any of our dental services, including whitening, when the person you refer completes their first dental visit with us!

**What's in it for them?** New patients will receive their initial dental examination and consultation, absolutely free!

*Thank you for your confidence in our services, and for sending your friends, family and colleagues our way!*

## Richard Heide, D.D.S., F.A.G.D.

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### **Office Hours:**

Mon., Tues.: 8 a.m. - 5 p.m.

Wed., Sat.: 8 a.m. - 1 p.m.

Thurs.: 11 a.m. - 8 p.m.

Fri.: Closed

### **Our Services Include:**

- Lumineers®
- Relief From Snoring
- Instant Smile Makeover
- Non-Surgical Periodontal Therapy
- Bridges
- Bonding/White Fillings
- Crowns
- Veneers
- Teeth Whitening
- ZOOM!® Whitening

- Dental Implants
- Dentures/Partial Dentures
- Extractions
- Root Canal (Endodontics)
- Inlays/Onlays
- Low-Interest Payment Plans Through Citi Health Card
- Visa®, MasterCard® & Discover® Cards Accepted



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