



Smile Highlights

with Dr. Dianne Brown

Healthy reminders to maintain your best smile

Summer 2009



Clean & Gleam!

Maintenance pays

It's always the right time to take care of your teeth – to book a recall cleaning session at the dental office. To protect and maintain your oral health, your confidence, and your smile!

If your teeth and gums are in good shape, a hygienist or dentist can examine your mouth and clean your teeth in the same appointment. The object of a cleaning is to check for potential problems and remove the causes that can lead to them. That means getting rid of food debris, plaque or calculus that accumulates around the teeth, while looking for early signs of decay. We may recommend a fluoride treatment or radiographs, and you may even get a refresher course on home care. If there are any other problems that need attention, you'll get an appointment with the dentist.

If you already have gum and teeth problems like periodontitis and bone loss or lots of calculus and deep pockets, your cleaning will be more complex. It takes longer than just cleaning and polishing the tooth surfaces. In all, it might take a few trips to the office and some hygiene homework.

Regular maintenance is the best way to avoid major repairs. It's just as true for teeth as it is for most things in life. So give yourself the attention you deserve. Call us for a recall cleaning session. You'll be happy you did!

Whitening That Works!

Helping you amplify your smile



If you're thinking about rejuvenating your smile let us save you the disappointment of experimenting with store products that don't work for your smile or offer only temporary results. We'd like to discuss options with you, and then provide whitening solutions that are both safe and effective ... and can amplify your unique smile.

We can recommend safe teeth whitening products that over a few days or a few weeks can whiten accumulated surface stains created by everyday eating and drinking, meet the challenge of stains trapped in micro-cracks in tooth surfaces, and remove stains within the tooth structure caused by illness or medication – something only a dentist can do.

We can also replace conspicuous older fillings with white, contemporary composite fillings that are long-lasting, durable, and – no contest – better looking than silver fillings!

Why the emphasis on dentist-supervised teeth whitening – even at home? As dental professionals, helping people look their best brings with it a responsibility to ensure that results are achieved in a safe, reliable, and effective way. It is remarkable how often we see that safe, simple procedures can boost a patient's self-confidence.

Please call us. Every smile is unique and every whitening solution is best suited to a particular patient and a particular purpose. We'll be happy to discuss the best alternative for you!

Anatomy Of Healthy Teeth And Gums

Each tooth has roots and a crown shielded by protective enamel. A river of blood vessels and nerves called pulp carries nutrients through a root canal into the tooth, and they fit snugly in their sockets – held in place by roots anchored in a strong foundation of gums and other supportive tissue.

This tissue is called *periodontal ligament* and it completely surrounds the root of the tooth, attaching it firmly to the bone. This ligament acts as a shock absorber that helps to protect the jawbone from the forces of biting and chewing. The gums, or *gingiva*, hold tightly to each tooth, preventing food and germs from

reaching the ligament, roots, and the especially vulnerable underlying bone.

Your mouth also contains hundreds of types of germs. Even in a healthy mouth, a small drop of saliva can be home to 100 *million* germs. In a diseased mouth, that number would be closer to something in the *billions*. These germs, plus saliva and food substances, form a hard sticky substance called plaque. Without treatment, bacteria in this plaque will invade the supporting tissues, shaking the foundations that support your teeth. Gum disease and tooth loss could result. Gum disease cannot be cured with extra brushing and flossing – the only way to beat it and save your teeth is early detection in the dental office and professional care and treatment.



Overdue?

Time for a call!

We schedule your checkups based on what keeps your smile at its best. We need to see you often enough to diagnose and treat any problems, and to take preventive action – usually once every three to six months. If you brush and floss regularly and don't have any tooth troubles, you may be tempted to bypass your appointments. Please don't! Only a dentist is trained to spot potential problems and provide treatment.

A regular checkup includes a screening for small problems that might become big ones, including signs of gum disease, infections, faulty restorations, and oral cancer. We'll do a thorough cleaning, remove tartar, and answer questions.

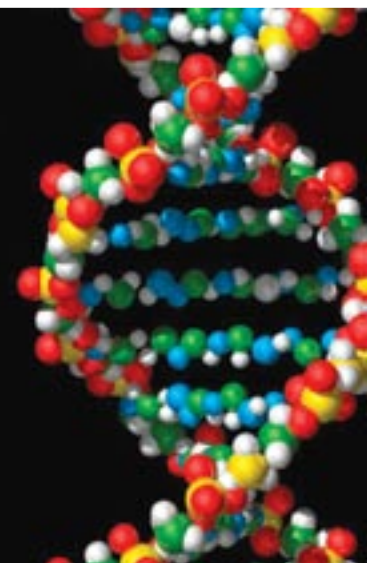
If you need a checkup, please call us... Regular appointments are a good long-term investment in your health!

Is It In Your Genes?

Natural influence

Gum disease may have more to do with nature than nurture. Gum disease is the leading cause of tooth loss in adults, and researchers have identified a *genetic* marker that increases a person's chance of getting gum disease as much as six times. Up to 33% of us may carry the gum disease gene.

Eventually, a test will identify people at high risk for gum disease. That way, those with the gene can be especially diligent in keeping their teeth and gums clean and in watching for early signs and symptoms. Since gum disease affects more than 80% of the general population, that's good advice for everyone. No matter what the cause, gum disease can be prevented and treated with good dental care, both at home and in our office.



Take Years Off!

Rejuvenate your smile

Make no mistake – crowns do rejuvenate smiles. Although the primary purpose of a dental crown is to protect and strengthen teeth, you'll love your improved great looks too!

Crowns are an attractive time-tested option for teeth that have been severely damaged or weakened by trauma, root canal treatment, or too much filling. They can also support bridges that fill gaps and be attached to dental implants to rebuild and enhance your smile.

Crowns have come such a long way from the all-metal originals, through porcelain fused to metal, and finally to all-ceramic or all-porcelain. Today, replacing outdated crowns is a surefire way to take years off your appearance.

Type of Crown: All-Metal

Benefits: Often made of gold (which is strong and long-lasting and will not wear down opposing teeth), they can also be made of less expensive metals or a mix of gold and alloy.

Type of Crown: Porcelain Fused to Metal

Benefits: Porcelain creates a more natural look than all-metal crowns, and though the metal limits translucency, it adds strength, which is particularly useful at the back of the mouth.

Type of Crown: All-Ceramic or All-Porcelain

Benefits: Translucent porcelain with opalescence looks the closest to natural teeth enamel, will not wear down opposing teeth, and there are no tell-tale dark metal margins at the gumline as sometimes occurs with porcelain fused to metal. These crowns are strong, long-lasting, and youthful looking.



The Life And Times Of Your Teeth

Your teeth go through a number of stages of development and growth before they come of age as full-fledged members of an adult smile.

It starts with your first birthday when your bottom and top front teeth are through the gum into your mouth, and the first primary molars are about to pop out. Deep in your jaw, the enamel surfaces of your permanent teeth are forming.

By the time you are 3, all 20 primary teeth are present. Beneath the gums, some of your permanent teeth are fully formed.

At 5 years old, some baby teeth are getting ready to fall out, and their roots are slowly being reabsorbed. Just a year later, you're noticing a few holes in your smile. Right underneath, the first permanent teeth are ready to erupt.

It's your tenth birthday and you've got quite a few of your permanent teeth. The front teeth came in first, together with the first molars, and the canines last. You're starting to get the beginnings of an adult smile.

Age 13, and those spaces have closed in. You've got your canines and most of your other permanent teeth, except a few molars. The muscles in your mouth and face, and your jaw and skull bones, are growing quickly to manage the work of 32 adult teeth through an entire lifetime. Everything's in place now. Your smile is all grown up!

Time To Wake Up...

About snoring



Have trouble with snoring? You're not alone. Some 45% of adults snore at least occasionally and more than 25% are habitual snorers. More than half of men over sixty snore regularly. Although snoring can make you an unwelcome roommate, there's no reason to be embarrassed. But in some cases you should be concerned.

Snoring is often caused by poor muscle tone in the tongue and throat. The tongue falls backwards and touches the back of the throat where it can restrict normal airflow and vibrate. Sometimes snoring is caused by large tonsils and adenoids, bulky neck tissues, and excessive length and swelling of the soft palate.

Many snorers have a condition

known as obstructive sleep apnea where breathing can be totally and repeatedly stopped for ten seconds or longer during sleep. People with apnea can spend more than half of their sleep time not getting enough oxygen. Their hearts work much harder and they wake up un-refreshed and sleepy. They can fall asleep during the day, sometimes even behind the wheel.

Most snorers can be helped! Establishing regular sleep patterns, avoiding sleeping pills and alcohol, exercising and sleeping on your side can help. Even so, sometimes special tests and corrective snoring appliances available from your dentist are needed to identify the problem and help restore easy breathing. If you have trouble with snoring, give us a call. We can help you!

Office Information

Brown Dental

Dr. Dianne Brown
4500 Witmer Industrial Estates, #168
Niagara Falls, NY 14305-1386

Contact

Tel (800) 667-0268
Fax (888) 858-5836
Email info@patientnews.com
Web site www.patientnews.com

Hours

Mon	9:00 am – 5:00 pm
Tue	9:00 am – 5:00 pm
Wed	9:00 am – 5:00 pm
Thu	9:00 am – 5:00 pm
Fri	9:00 am – 5:00 pm
Sat	9:00 am – 5:00 pm
Sun	10:00 am – 4:00 pm

Staff

Jack	Office Manager
Kris	Dental Hygienist
Carrie	Dental Assistant
Skye	Receptionist



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Sweet Seduction

On the rise!

We are all aware of the ill effects refined sugars have on our teeth. Less known is the overall health effects of high sugar intake, and how that consumption is rising at a remarkable rate. The problem isn't just the sugar we spoon into our coffee and cereal in the morning. The bigger threat is "hidden sugar" that is already in most processed foods. Breakfast cereals are loaded with it, and even a so-called low-fat muffin can have the equivalent of seven and a half teaspoons (37 mL), which represents about 75% of the normal daily sugar intake.

Our sugar consumption is rising rapidly. In fact, a detailed survey by the United States Department of Agriculture claims that we now consume 30% more than we did just twenty years ago. The soaring consumption of soft drinks, including the new sports and fruit drinks, is one major factor.

Important health effects of this trend include increased risk of heart disease, a



weakened immune system, osteoporosis, diabetes, obesity, kidney stones, and of course, oral health problems. Try to monitor your sugar intake, wherever it's hiding. Food labels containing words ending in "ose," for example, like fructose, mean sugar. Even salad dressings and ketchup contain an excess of sugar. In any event, ten teaspoons (50 mL) per day is more than enough to keep you sweet ... and healthy.