

Smile Trends Newsletter

Mouth guards in Sports: A Necessary Piece of Equipment

Youth and adolescent sports have grown rapidly over the years. Some sports are even becoming year-round. As a result, injuries in sports have also increased. It is reported that 10-20% of all sports injuries are maxillofacial injuries, according to the American Dental Association.

It is recommended that all athletes should wear a mouth guard anytime they are participating in a contact sport. A soccer player wouldn't play without wearing shin guards, just as a baseball player wouldn't bat without a helmet. According to the ADA, athletes that do not wear mouth guards are 60 times more likely to suffer an injury than those who wear a mouth guard.

The importance of mouth guards cannot be emphasized enough. A mouth guard can prevent oral injuries including the following:

- Chipped or broken teeth
- Damage to dental work such as crowns, bridges, or implants
- Damage to the tooth's roots
- Injuries to lips and cheeks
- Injuries to the tongue
- Fractured jaw

Since accidents can occur at any time, it is recommended to wear the mouth guard during all practices as well. Regardless of whether you are a kid or an adult, it is important to wear your mouth guard in sports. We can help determine which type is best for you. Don't hesitate to ask us! You will be taking the first step in preventing an injury.

Fall 2017



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Staff Spotlight

We have a new face at our office. Meet Lori, Dr. Pineda's newest dental assistant. You may have seen Lori before. Lori was Dr. Pineda's dental assistant previously, from 2007-2012.

Lori was born in Douglas, Arizona, but grew up in Tombstone, Arizona. She has traveled with her husband while he was active duty, and has lived in several areas. She spent 3 years in Germany where she received her dental assistant training through the Red Cross program and the US Army.

Lori loves to educate others in maintaining good oral hygiene and getting the smile they've always wanted. She feels a sense of responsibility to every patient that comes to the dental chair, and treats them with the upmost compassion. She believes that every patient should be given special care delivered with a gentle touch.

Lori enjoys traveling, working out, and spending time with her husband and two children. Welcome to the team, Lori.

"An ordinary dental office with an extraordinary team will always be infinitely more successful than providing extraordinary dentistry delivered by an ordinary team." ~Howard Farran

Meet Our Hygiene Team



Becky



Doreen

October is National Dental Hygiene Month

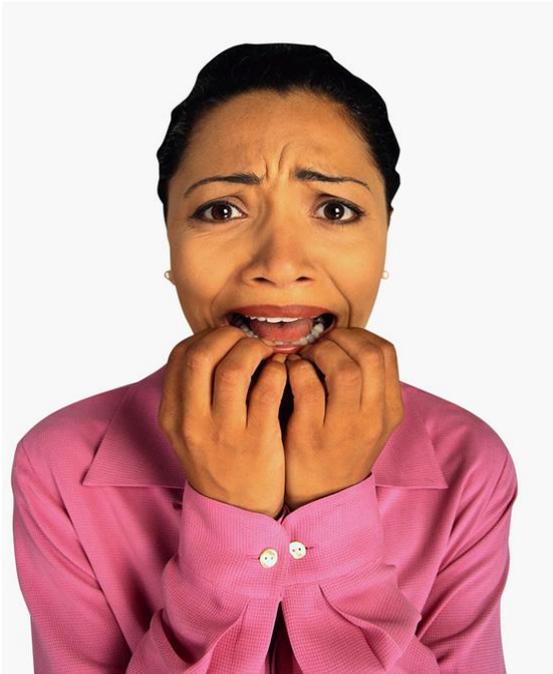
Let's Celebrate! October is National Dental Hygiene Month. Dental Hygiene Month was created as an effort to celebrate the work that dental hygienists do on a daily basis, as well as to help raise awareness on the importance of good oral health.

Did you know hygienists have excellent training and education to help teach patients about the importance of keeping teeth healthy and clean? Most hygienists attend local community colleges, technical colleges, dental schools, or university programs. Typically after two years of schooling, hygienists earn an associate degree and then take a state, local, or regional licensing test. Some hygienists choose to attend four-year degree programs too!

At our office, we see so many patients who have a lot of great questions about their oral health. That's why hygienists are so helpful! Becky and Doreen are Dr. Pineda's right-hand people, helping to treat teeth and tell patients all about the importance of keeping teeth healthy. Their duties around the office could vary. Here are just a few of the fun things they do:

- Make teeth clean and get them looking good.
- Learn all about you, as a patient. They will review your health history, take your blood pressure, and perform an oral cancer screening.
- Give healthy tips on the importance of good nutrition and how it relates to oral and overall health
- Apply fluoride and sealants to keep acids, bacteria, and cavities from damaging teeth

Next time you visit our office, we hope you give your hygienist a high five for all they do to keep you and your teeth healthy. We certainly will!



Did You Know??

Tips to Caring for Your Mouth

- It is recommended to brush your teeth at least twice daily; the last thing before bed being the most important.
- You should change your toothbrush out every two to three months, or if it gets worn sooner, or it will not properly clean your teeth.
- Make sure your toothpaste contains fluoride. Fluoride will help strengthen the enamel making it more resistant to decay.
- If you use mouthwash, don't use it directly after brushing or you may rinse away the fluoride from your toothpaste.

Nervous about your visit? We can help!

If you fear going to the dentist you are not alone. It is estimated that 9-20% of all Americans have anxiety when it comes to visiting the dentist. It is a universal phenomenon. Dental phobia is actually a more serious condition than anxiety. It leaves people panic-stricken and terrified. But did you know that we can actually help with that? At Creating Smiles, your comfort is important to us.

We, at Creating Smiles, offer Nitrous Oxide dentistry. Nitrous Oxide dentistry is a form of sedation dentistry where you get completely relaxed, yet are aware enough to follow instructions given by the doctor.

Nitrous Oxide is more commonly known as "laughing gas". Despite its name, nitrous oxide does not incite uncontrollable laughter, but rather helps you feel more relaxed and at ease about your visit. The gas is odorless, colorless, and tasteless, therefore not unpleasant for patients to use. Another benefit to using nitrous oxide is that it leaves the body very quickly. Nitrous oxide will be completely gone from a patient's body within 5-10 minutes after the gas is discontinued. This will allow you to be able to drive yourself home after your appointment without a companion.

In addition, nearly anyone can have nitrous oxide sedation. This includes people with pre-existing conditions like diabetes or cardiovascular disease. Nitrous Oxide is also non-allergenic.

The drawbacks of using nitrous oxide are very limited. The most common side effect is drowsiness, but will typically wear off quickly.

If you are interested in easing your dental fears while getting your treatment taken care of, just let us know at your next visit. We would be happy to help!

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A Letter from the Team

To Our Patients,

Another summer is coming to a close. Whether it was vacationing, camping, barbecues or sports, we hope you have enjoyed all that summer had to offer,

Fall is just around the corner, and we look forward to a season of thankfulness. We would like to take the opportunity to thank each and every one of you for your continued trust in our office to give you the best care that dentistry has to offer. We are grateful for each one of you and the uniqueness that you bring to our office. It is our pleasure to serve you and take care of your individual dental needs.

If you have friends or family in need of a dental home, we would be honored to take care of them as well and include them in our dental family.

Dr. Gena Pineda and Team

Trivia Corner

THE AVERAGE HUMAN PRODUCES HOW MUCH SPIT IN A LIFETIME?

- A. 2,500 GALLONS
- B. 25,000 QUARTS
- C. 25,000 LITERS

Answer: 25,000 quarts of spit are produced each year by the average human

Fourth Page Funnies

