



Smile Trends Newsletter

To Sleep, or Not to Sleep? That is the Question. How Sleep Affects your Health.

Sleep Apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. There are three types of sleep apnea: Obstructive (the more common form that occurs when throat muscles relax and block the airway), Central (when your brain doesn't send proper signals to the muscles that control breathing, which means you make no effort to breathe for a short period of time), and complex (when someone has both obstructive and central sleep apnea). You may have sleep apnea if you snore loudly, and you feel tired after a full night's sleep.

The signs and symptoms of sleep apnea can include the following: Loud snoring, abrupt awakenings accompanied by shortness of breath, dry mouth or sore throat, morning headaches, difficulties staying asleep (insomnia), attention problems, and irritability. If you have any of these symptoms contact your physician right away.

Sleep apnea can affect anyone, even children. But certain factors can increase your risk of sleep apnea. Risk factors can be excess weight, neck circumference (for men, if your neck is 17 inches and larger. And in women, if your neck is 15 inches or more), a narrowed airway, being male, being older, family history, use of alcohol, sedatives, or tranquilizers, smoking, nasal congestion, heart disorders, and stroke.

Treatments for Sleep Apnea

If you think you may have Sleep Apnea, talk to your doctor or dentist about having a sleep study done. Once you are diagnosed, your options could range from wearing a CPAP device to wearing an oral appliance. Ask today about how we can help you get a better night's sleep and on the road to better health!

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March 6th is National Dentists Day! Be sure to thank your dentist for caring for all your dental needs.

Staff Spotlight

March and April are a time to celebrate around our office. We have some special dental holidays during these spring months and would like to take the time to recognize these holidays, as well as our staff.

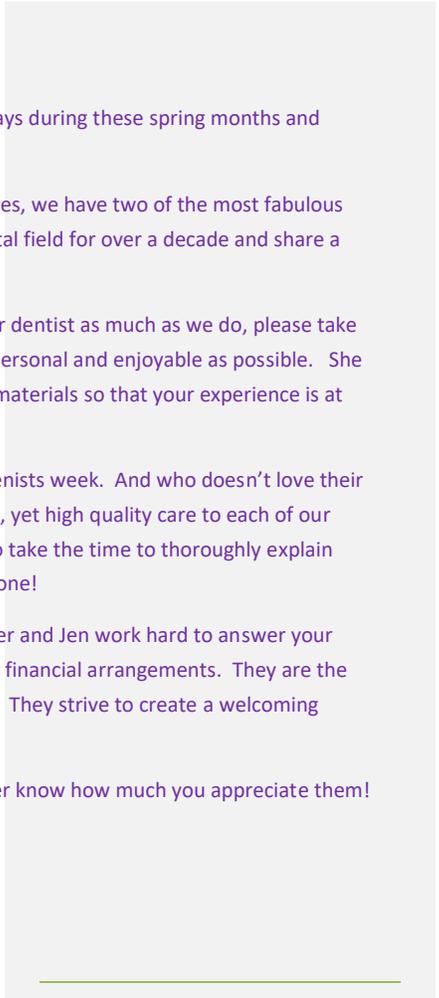
Did you know that March 2-8, 2018 is National Dental Assistants Week? Here, at Creating Smiles, we have two of the most fabulous and knowledgeable dental assistants in the area. Michelle and Lori have both been in the dental field for over a decade and share a desire to provide you, our patients, with the best experience possible.

In addition to Dental Assistants Week, March 6, 2018 is National Dentists Day. If you love your dentist as much as we do, please take the time to tell her. Dr. Pineda goes to great lengths to make sure your experience here is as personal and enjoyable as possible. She frequently takes continuing education classes to stay up to date on the latest procedures and materials so that your experience is at the upmost quality. Your care and overall well-being is her number one priority.

Of course, let's not forget the rest of the staff! April 1 starts the week of National Dental Hygienists week. And who doesn't love their hygienist?! Becky and Doreen have been with Dr. Pineda for over a decade and provide gentle, yet high quality care to each of our patients. They create a lasting relationship with each patient they encounter and make sure to take the time to thoroughly explain what Dr. Pineda has recommended. Plus, they leave your teeth sparkling clean when you're done!

Lastly, April 25 is Administrative Professionals Day. As the first impression of the office, Heather and Jen work hard to answer your calls, schedule your appointments, take care of all of your insurance needs, and help with your financial arrangements. They are the first friendly faces you see when you visit our office, as well as one of the last on your way out. They strive to create a welcoming environment for each and every person that walks through our doors.

If you happen to be visiting us during March or April, take an extra second to let a staff member know how much you appreciate them!





Dental Implants

Despite improvements in dental care, millions of Americans suffer tooth loss—mostly due to tooth decay, periodontal disease, or injury. For many years, the only treatment options available for people with missing teeth were bridges, partials, and dentures. But today, dental implants are available.

So, what are dental implants? Dental implants are replacement tooth roots. Implants provide a strong foundation for permanent or removable replacement teeth that are made to match your natural teeth.

There are many advantages to dental implants. Dental implants are designed to fuse with bone, so they become permanent. And because they become permanent, implants eliminate the discomfort of removable partials or dentures. Also, dental implants do not require reducing other teeth, unlike a bridge. Therefore, more of your natural teeth are left intact, therefore improving long-term oral health. Implants can be placed as a single-unit tooth, therefore flossing is just as easy as your natural teeth.

Implants are very durable and will last many years. With good care, implants may last a lifetime.

The best news yet: Dr. Pineda places the implants in-office so there is no need to go elsewhere! To find out if you are a good candidate for dental implants, contact our office today.



Did you know?

Facts about Fluoride

- ✦ Research on fluoride has shown that it's not just effective in reducing cavities in both kids and adults, but also in repairing early stages of tooth decay.
- ✦ Fluoride is often used to fight off tooth sensitivity by strengthening the outer layer (enamel) of a tooth's surface.
- ✦ Fluoride adheres quickly to your teeth once applied, so there is really no waiting to eat or drink afterwards.
- ✦ Fluoride varnish can help certain dental conditions, such as:
 - Sensitivity caused by gum recession.
 - Tooth demineralization caused by dry mouth.
 - Cavities that were found in early stages.

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Trivia Corner

An elephant's tooth can weigh over six pounds! That is heavier than a big jug of milk!

Fourth Page Funnies



A Letter From the Team

Spring is here and flowers will begin to bloom! Daylight is increasing and the temperatures will be warming. We wanted to take a moment to do nothing more than be thankful. We are thankful for each and every one of you and your continued trust in our office. You all are the reason we get up and come to work each day. We are blessed to get to work with each of you in optimizing your overall oral health. If you have any friends or loved ones in need of a dentist we would be more than happy to care for their needs as well.

~Dr. Gena and Team