

# Smile Trends Newsletter



## Your Mouth: A Window to Your Body

We know from recent studies that an estimated 75% of American adults over the age of 35 have some form of periodontal disease. However, when surveyed, eight out of ten people believed they did not have periodontal disease. Until it is in advanced stages, periodontal disease is usually painless.

Have you heard that the eyes are the window to the soul? Well the mouth can be regarded as a window to your overall health. Your mouth can show signs of nutritional deficiencies, illnesses, and general infections. Also, a close exam can reveal signs of drug use, physical abuse, harmful habits, addictions, and general health status. Up to 90% of all systemic diseases including kidney disease, diabetes, rheumatoid arthritis, and heart disease have links to oral health.

If you have been diagnosed with periodontal disease, you have nearly twice the risk of having a fatal heart attack. There is also growing evidence that blood clots contribute to clogged arteries and the build-up of fatty deposits inside heart arteries are also linked to periodontal bacteria.

For diabetic patients with severe cases of periodontal disease, blood sugar is increased. If you are a diabetic, that places you at increased risk for diabetic complications.

Talk to us if you have concerns about the connection between gum disease and your overall health. It is important to understand that the mouth is not a separate entity from the rest of the body. Maintaining clean, healthy teeth and gums is another key to preventing related health problems. So, resolve to practice good oral hygiene every day and to get regular dental exams. Attend to your dental needs promptly. You're making an investment in your overall health-for now and for the future.

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## Staff Spotlight

Did you know that each year dentists and hygienists are required to take continuing education (CE) classes to keep up with the changes in technology and procedures? Dentists in Illinois are required to take 16 credit hours per year, while hygienists are required to take 12 credit hours per year.

Each year, Dr. Pineda averages about 50 CE credit hours, going above and beyond to stay up to date on techniques and technology to benefit you, her patients.

This September, Dr. Pineda and some of the staff traveled to Florida for The Pankey Annual Meeting at The Pankey Institute. They spent 3 days in classes hearing keynote speakers from all over the world, discussing many topics of dentistry.

The team brought back these ideas and fundamentals to make your experience more enjoyable and successful.

## Helping your Child Learn Proper Dental Care

- Parents should try to supervise your children's tooth brushing until they are about 7 years old.
- Use a 2 minute timer or a long song to ensure your children are brushing for the correct amount of time.
- Use disclosing tablets to show areas of your children's mouth which may need better brushing.
- Start flossing their teeth early. Young children can get cavities between their teeth too.

## February is National Children's Dental Health Month

Reports show that American students miss 51 million hours of school each year because of oral health problems. And students who are absent miss critical instruction time—especially in early grades where reading skills are an important focus and the building blocks of future learning. And students who have experienced recent oral health pain are four times more likely to have lower grade point averages than their counterparts who have not.

National Children's Dental Health Month was created to raise awareness about the importance of good oral health. In honor of National Children's Dental Health month, we're sharing some of the important facts that earned this issue its own month.

- Many cavities go untreated. A study by the CDC reports that approximately 42% of children ages 2-11 have untreated cavities.
- Over 80% of the cavities children get are on the chewing surface of their teeth. Dental sealants help to protect against these cavities, but only 18.5% of children have at least one sealed permanent tooth. Talk to us today about sealing your child's teeth.
- Fluoride has been proven to be the most effective way to prevent cavities. Unfortunately, more than 100 million Americans do not get enough fluoride from their tap water. Talk to us about other ways to make sure your children are getting enough fluoride to protect their teeth.

Partner with us in teaching your children about having healthy teeth and gums and good brushing habits as we celebrate them in the month of February.



## Invisible Braces: The Clear Way to Straighten Your Teeth

Did you know that approximately 20% of the population does not have an ideal bite? And only 35% of adults have well-aligned front teeth. At our office, we offer invisible braces as a courtesy to our patients in giving you not only well-aligned teeth and a proper bite, but also straighter teeth to give you a healthier smile.

When your teeth are straight, they expose the maximum amount of tooth surface area to your toothbrush. Only a small amount of space between the teeth is concealed, and this becomes easy to reach and clean with floss. With crooked teeth, there are many places where your toothbrush just can't reach. In these places, food and oral bacteria can accumulate, increasing your risk of gum disease and cavities. With straight teeth, you keep them clean easier, so you'll have less risk of these oral health problems.

Even before you can get around to trying to clean them out, your teeth have already made a difference in your oral hygiene. With crooked or gapped teeth, it's more likely to end up with food stuck in your teeth, which can be uncomfortable and may put your teeth at risk.

Braces are no longer just for kids. One in five orthodontic patients is over the age of 18. If you are interested in straightening your teeth with clear braces, talk to Dr. Pineda today!

## Facts about Invisible Braces

- ✦ It was originally developed in 1997 by two Stanford University graduates.
- ✦ Aligners are made from medical grade polyurethane resins, and are BPA free.
- ✦ The average treatment time is just 1 year, but could be longer depending on your case.
- ✦ Aligners need to worn for 22 hours each day, taking out only to eat, drink, brush, and floss.



## Did You Know?

### Tips to Proper Flossing

- Start with about 18" of floss.
- Wind most of the floss around each middle finger, leaving about 1-2" of floss to work with.
- Holding the floss tautly between your thumb and first fingers, slide the floss gently up-and-down between your teeth.
- Gently curve the floss around the base of each tooth, making sure you go beneath each gumline.
- Never snap or force the floss, as this could bruise or cut delicate gum tissue.
- Repeat daily for optimal results.

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## A Letter From the Team

As the year comes to a close, we would like to take the opportunity to wish you each a happy holiday season. We hope you all have a blessed and healthy new year!

We are looking forward to the upcoming year ahead and want to thank you for your continued faithfulness to our office.

Merry Christmas and Happy New Year,

Dr. Gena and Team

## Be A WINNER with US

We need your help! And who doesn't love a little friendly competition? From now until January 31, 2018 we are collecting reviews of our office on Google. If you leave us a review on Google or Facebook, you will be entered in our office contest to **WIN tickets to a Blues Hockey Game**. You can visit our website at [www.creatingsmilesfamilydentistry.com](http://www.creatingsmilesfamilydentistry.com), click on Patient Reviews, then click Google Reviews to leave your review. Or, you can visit our Facebook page at [www.facebook.com/creatingsmilesfamilyandcosmeticedentistry](http://www.facebook.com/creatingsmilesfamilyandcosmeticedentistry) to leave us a review. We look forward to reading each and every one of them!

## ZOOM In-Office Whitening Special

Have you always wanted to have whiter teeth? Do you want to start the new year off with a brighter smile? From December 1, 2017 through February 28, 2018 we will be hosting a special on Zoom in-office whitening. Our Zoom Whitening (reg. \$399) will be at a special price of \$299. Call us today to reserve your spot for a Zoom Whitening Consultation!

## Fourth Page Funnies



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