



*Louis Siegelman, DDS*

advancing the art of dentistry

Produced to improve your dental health and awareness

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from the dentist

## Gentle Dentistry

If you are fearful and tend to avoid dental visits, please don't worry that there is something wrong with you or that asking me about it will hurt my feelings. In fact, I welcome your questions and sincerely want to help you feel safe and relaxed and know that you are in control.

With my advanced training I can offer numerous solutions to help you achieve optimum oral health and a beautiful and engaging smile. With today's gentle dentistry and safe sedation options, I urge you to be kind to yourself and make that phone call. After all, helping you is why I became a dentist!

*Yours in good dental health,  
Dr. Siegelman*



## Stay Looking Young

**T**here's no practical way to avoid the aging process – it's a natural part of life, but there are things you can do to keep your skin and body looking and feeling healthy.

When it comes to the look and feel of your skin, the real "Fountain of Youth" is having a healthy diet and exercise.

In fact, your complexion reveals a lot about your diet and overall health. Stay healthy and maintain a youthful look by reducing or eliminating grains and sugar, especially fructose in your diet.

Your facial muscles need exercise just as much as the rest of your body.

As we age, our facial muscles naturally begin to lose elasticity and flexibility, which leads to a droopy

appearance. Your face consists of more than 50 different muscles allowing you to express emotion, and play a key role in the contouring and shaping of your face. By regularly exercising your facial muscles you can ensure that these muscles will remain firm, which will support your skin and prevent sagging. Increasing blood flow and circulation through these muscles can also help counteract wrinkles and help you maintain a more youthful look as you age.

Toning and tightening your facial muscles with facial exercises lifts your face and skin naturally. It will give you a much smoother and tighter face and who doesn't want a younger looking face?





# Good News For Bad Breath

## Smile with confidence!

**B**ad breath is definitely a turn-off, but the good news is that in most cases it's easy to get rid of! Here are the most common causes and cures.

Plaque and food particles on the teeth are the number-one source of bad breath. The solution is simple – keep your teeth clean.

Bad breath can be a warning sign of gum disease, or *gingivitis*. This disease leaves gum tissues red and swollen. If not cared for, it can lead to *periodontitis* which attacks the gum tissue and jawbone and invites the great risk of losing teeth. Dental treatment and a scrupulous home hygiene program can perk up your breath and save your teeth!

There's also the dreaded *morning breath*. It's usually caused by leftover food or cigarette smoke lingering in your mouth overnight. Brushing your teeth and rinsing with mouthwash should do the trick.

Your tongue can also be the cause of bad breath. It gets coated with bacteria, so when you brush, don't forget your tongue!

If you wear dentures, thorough brushing and cleaning is a must. Dentures should be carefully cleaned and soaked overnight in a cleansing solution to keep bad odors at bay.

Bad breath can also be caused by some prescription drugs, fad diets, and systemic diseases. If you can't chase your bad breath away with a brush, make an appointment. You don't have to live with bad breath.

# What Is Aphthous Stomatitis?

Aphthous stomatitis or inflammation of the mouth occurs in 80% of the population between the ages of 10-20 years of age, most often in women. It is thought to be related to the immune system which may be why if you have allergies or intestinal problems such as ulcerative colitis or Crohn's disease you may be more susceptible.

## There are two types of sores...

- Canker sores which are not contagious can be caused by stress, hormonal fluctuations, poor diet or a mouth injury. These may appear 3-4 times a year and last about 4-14 days.
- Cold sores or fever blisters which are less common are contagious, caused by the herpes simplex virus, and last about 7-10 days.

## Here are 2 simple charts to help you clarify the difference...

### COLD SORES...

- Outside the mouth
- Tiny, clear fever blisters usually on the lips or under the nose
- Aloe Vera, Over The Counter (OTC) topical anesthetics to cut pain or prescription antiviral drugs as needed.
- Reduce breakouts by lowering stress levels and reducing sunlight exposure. Avoid close contact with someone who has a visible cold sore.

### CANKER SORES...

- Inside the mouth
- Small ulcer with a white or grey base and red border
- Rinse with antimicrobial mouthwash or warm salt water or OTC oral anesthetics and choose toothpaste and rinses that do not contain Sodium Lauryl Sulfate.
- Reduce stress, keep a healthy diet, avoid salty foods, acidic drinks and fruits, and hot or spicy foods.



**Anything you feel or see in your mouth that you're unsure of please come and see us, we're always here to help.**



# Kick The Habit!

## Tobacco and oral health

Here's some good news: the negative effects of tobacco use lessen as the amount you smoke decreases. You *can* reduce your risk for oral cancer, dental cavities, periodontal disease, and partial or complete tooth loss, not to mention heart attack and stroke!

If you are trying to cut back or quit smoking, you should know that cigars and smokeless tobacco are *not* safe alternatives to cigarettes. Also, be wary of transferring nicotine dependency to nicotine products like lozenges, water, lollipops, and lip balm. Nicotine is a drug, and nicotine replacement products, including patches, gum, nasal sprays, inhalers, and pharmaceuticals, have been developed to reduce or eliminate withdrawal symptoms.

The other good news? As your dental health professionals, we care about your oral health. If you have a tobacco habit, please feel free to discuss it with us. We'd like to work with you to improve your oral health... and keep you smiling for a long time to come.

## Benefits Of Quitting

**20 minutes:** Blood pressure and pulse rate drop and temperature of hands and feet increases to normal.

**8 hours:** Carbon monoxide level in blood drops to normal and oxygen level in blood increases.

**24 hours:** Chance of heart attack has already decreased and smoker's breath has disappeared.



## Fight That Cold **With a new brush**

We recommend our patients change their toothbrushes every 3 months, with the seasons, and even sooner if you've recently had an infection such as sinusitis, pneumonia, or upset stomach. A study demonstrated that these bacteria can stay on the toothbrush and remain there for up to a month!

Always buy a soft-bristled toothbrush which is easier on your enamel and gums. Hard, worn, or frayed bristles will damage your gum tissue.

We already know that regularly replacing your toothbrush is good for the health of your teeth and gums – and fighting infection is just as good!

# Your Smile

## Beauty *and* function

Most people are concerned about the appearance of their smile and want to *improve* its impact. Modern cosmetic dental options can give you the smile you desire ... but first things first. Appearance and oral health are inextricably linked. Pink, healthy gums and a strong supporting bone structure – keys to optimal periodontal health – are essential before any cosmetic procedure will have the dramatic impact you desire.

Periodontal disease occurs when the number of oral bacteria increases, and the balance tips from harmless bacteria to harmful bacteria that form a film called plaque. Without regular brushing and flossing, plaque accumulates and transforms into hard tartar. Periodontal pockets develop, and an over-proliferation of bacteria wreak havoc on your oral health.

Periodontal disease may be an autoimmune disorder in which immune factors in the body attack a person's own tissue. This may explain its link to systemic diseases including diabetes, cardiovascular disorders, cancer, and osteoporosis.

Brushing, flossing, and regular recall appointments are building blocks behind a healthy mouth and an appealing smile. We are always happy to discuss your cosmetic options, but we want you to have a healthy foundation first.

# Ramp-Up Your Vitamin D!

It's worth it for your overall wellbeing

It's no accident that Vitamin D is called the sunshine vitamin – our bodies naturally use sunlight to produce it. We've long known that Vitamin D is essential to maintaining healthy teeth and bones and that it helps our bodies absorb phosphorous and calcium, which is especially important if you drink caffeine.

Here are some other interesting facts about Vitamin D...

- It may be beneficial in boosting our immune systems and protecting us from inflammatory diseases. Gum disease is an inflammatory disease and so are diabetes, cancers, multiple sclerosis, cardiovascular diseases, and osteoporosis.
- Many of us are at risk of developing deficiencies as the days grow shorter and our natural source of sunlight diminishes. As well, people with darker skin can't produce as much of the vitamin as those with lighter skin.
- Vitamin D is fat-soluble so your body can store extra.
- Wearing sunscreen does not appear to significantly diminish your body's ability to produce Vitamin D, so you can enjoy some sunlight all year.

What else can you do? Eat foods that contain Vitamin D like salmon, milk, or orange juice, and ask your physician to recommend a safe level of supplements that will suit your age and needs.



## office information

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## Referrals Do Us Proud

### Thank you!

We take great pride in a team that always offers friendly family-style dentistry, and try always to build on the excellent rapport we develop with you. We know that spending time with you is the best way to ensure that you are receiving the meticulous care you deserve. After all, we are your dental office and your dentist!

Please feel free to share us with your family and friends. We take your referrals as a great compliment and an affirmation that you feel secure and comfortable with our team. We also know this means you've entrusted us with the care of family, friends, and colleagues.

*Thank you for your trust!*

## Waste Not, Want Not Benefit now!

January signifies renewal time for insurance benefits. That means you get to begin the year with a clean slate and a fresh start for your smiling future.

Early in the new year is an excellent time for an examination so that we can monitor your oral health and review your home care regime. It's a great opportunity to consider cosmetic or orthodontic procedures you might have been postponing. Once we've assessed your oral health, we'll be happy to sit down with you to help map out your personal treatment options.

Make *this* your year to have a healthy, happy, fabulous smile. Don't waste a minute of it!