

Word Of Mouth

DR. NANCY HANNA'S DENTAL UPDATE

Providing you with information for your dental & overall health and well-being.

Fall 2008



Dr. Nancy Hanna

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Say Goodbye...

To wrinkles

If you quit smoking, you can avoid premature wrinkling. Science has long known that smoking causes wrinkles to appear earlier, and earlier on women's faces than men's.

The gene that is implicated in wrinkles from sun exposure is highly active in smokers, and is involved in destroying collagen which gives skin its elasticity. Other esthetic reasons to quit smoking? The lingering smell, stained teeth, and smoker's breath. But most importantly, and much beyond esthetics, smoking has been linked to heart disease, periodontal disease, and cancers, including oral cancer.

We provide an oral cancer examination as part of your regular dental appointment ... and we can remove yellow nicotine stains from your teeth ... but only you can stop smoking.

Yours in good health,

Dr. Nancy Hanna

The Science Of Saving Teeth

Root canal therapy is a tooth saver!

You may not be able to see it, but structures inside your tooth could be inflamed or abscessed. You might experience some symptoms like sensitivity to cold or heat, a constant throbbing ache or pain when you chew ... or you may feel nothing at all. Whether you know about it or not, internal damage will worsen over time. Eventually it could mean lost teeth and gaps in your smile.

At least that's what would happen without our help. Treating internal damage is a special area of dentistry. It's called *endodontics* or *root canal therapy*. Using special tests and radiographs, we can detect internal damage and repair it before it destroys your tooth from the

inside out.

Root canal therapy is a way of stopping an infection in the root of a tooth from spreading to the rest of the tooth and jawbone where it can cause painful abscesses and tooth loss. During treatment, infected soft tissue inside the root is removed through a tiny opening in the top of the tooth. The hole is filled and the outside of the tooth is restored to its normal appearance and function.

Like most problems, the sooner infections are treated the better. That's why we insist on regular checkups even if you don't feel any pain. If you're due for an examination, don't wait, call us today.





Assert Yourself!

Try whitening

They say that “macho” is making a comeback ... in a good way. Modern macho men are still sensitive and caring but they are also very capable men-of-action. These are men who “clean up good” – rather than men who are just good at cleaning up – and who are focused on their appearance. Think George Clooney. Think Matthew McConaughey. For men who don’t want to spend a lot of time with potions and lotions, teeth whitening could hit just the right note for healthy, attractive, and rugged good looks.

Whitening produces the best results when done under a dentist’s supervision to remove stains and re-charge your smile batteries. And you get to decide whether to lighten by up to about eight shades, or only a few.

Assert yourself. Smile!



Calling All Three-Year-Olds

A new program designed to help kids get a head start on a lifetime of healthy smiles

We all know that first impressions last a lifetime – that’s why we go the extra mile to make sure your children’s first visit to our office is a special one. By planning the first visit at an early age, and making this appointment a fun trip, we hope to take that first step to developing good dental habits that will stay with your youngsters forever.

We like to refer to this first visit as a chair ride. It’s a special trip to introduce children between 2½ and 3 years of age to the dental office and some of the associated sights, sounds and smells! We let your child play with Mr. Slurpy (the suction), have their finger polished by Mr. Buzzy (polishing wheel), let us use the Tooth Counters (mirror and explorer), and ride in the magic chair.

After this orientation, your children should be eager for the first real dental appointment, when an examination, polishing, fluoride treatment and necessary radiographs may be involved. This should be the start of regular six-month checkups that usually begin shortly after your child’s third birthday.

From their first appointment, our dental office will always do our best to make sure your children keep on smiling!

Defeat Dental Anxiety

Become worry free

These are a few tips to help make your visit to our office worry-free.

- Ask questions. If you understand what’s going to happen, you’ll have less reason to worry.
- Don’t drink caffeine – it doesn’t relax you! Eating a protein snack beforehand will help stabilize your blood sugar and reduce irritability.
- Establish a signal –raising your hand – to let us know you want to take a break. It will make you feel more in control, and it gives you a chance to ask for more anesthetic if you feel any discomfort.
- Using headphones, listen to relaxing music. This will also muffle noises.
- Don’t be afraid to ask us for a helping hand because that’s what we’re here for!

Smile For A Lifetime

Dental care for seniors

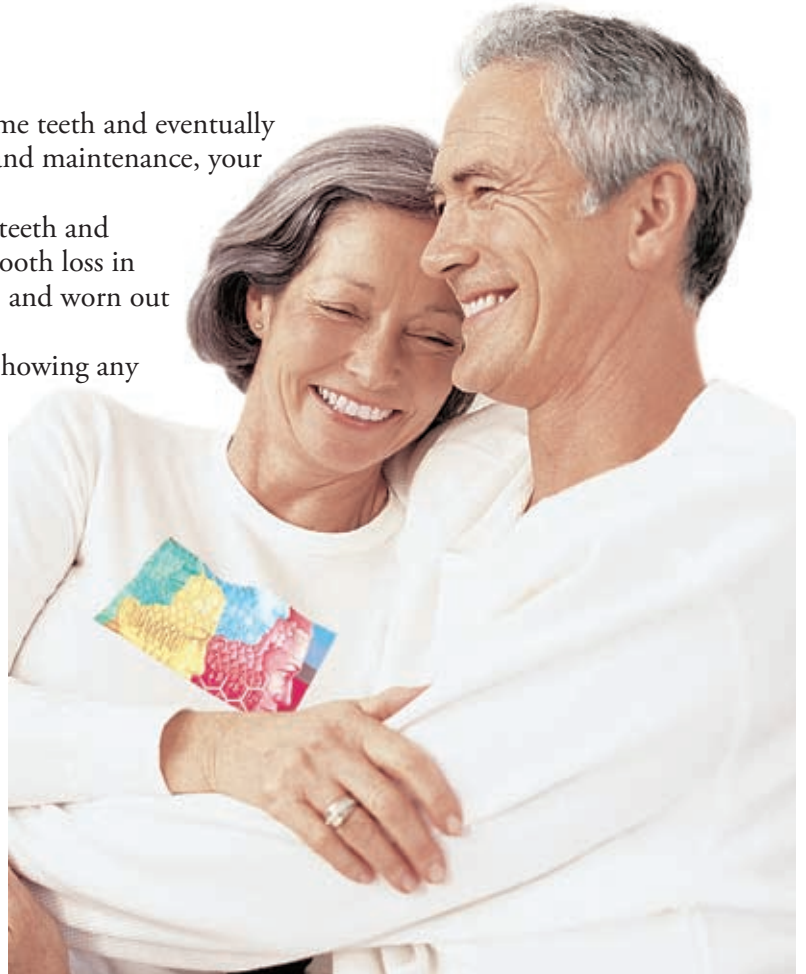
It's a common myth that as we get older we will lose some teeth and eventually end up with dentures. The reality is that with proper care and maintenance, your teeth can last as long as you do.

Teeth are lost because of dental diseases that attack our teeth and gums over time. Gum disease is the number-one cause of tooth loss in adults. Other causes are root cavities, root canal infections, and worn out fillings.

Many of these later-life problems can develop without showing any outward signs like pain or swelling. In the very early stages, gum disease can cause gum soreness, bleeding, and puffiness. As the disease progresses, the infection attacks and destroys the bone that supports your tooth, plus it causes gums to recede and expose tooth roots to cavities and make teeth sensitive to heat and cold.

There are a number of other conditions that can develop with age such as temporomandibular joint (TMJ) problems and oral cancers. Like most dental problems, the earlier they are diagnosed the easier they are to treat. That's why regular dental checkups are even more important as we get older.

With proper brushing and flossing, and regular dental appointments, there's no reason you should ever lose a tooth. You may even want to consider improving that natural smile with modern cosmetic techniques. Why not! There's a lifetime of healthy smiles ahead of you!



For Women Only

Focus on your special dental needs

Hormones play a unique part in every woman's life. But do you know they can also affect your oral health? Menstruation, pregnancy, menopause, and the taking of oral contraceptives cause hormonal changes that may trigger dental problems requiring special care.

Menstruation – Swollen, red, and bleeding gums (gingivitis) may occur just before your period begins, so extra care is needed when brushing and flossing. The condition should clear up once your period starts, but if symptoms persist, make a dental appointment.

Pregnancy – More dental and gum problems surface during pregnancy than at any other time, particularly for women with poor oral hygiene. Gingivitis is common, with mild to severe symptoms.

Most pregnancy-related oral problems are preventable or controlled with proper brushing and flossing.

Oral Contraceptives – Taking the pill can result in gingivitis or dry mouth (reduced saliva flow). There are highly effective mouth rinses available. For severe problems, antibiotics may also help.

Menopause – Hormonal imbalances may cause dry mouth, changes in your sense of taste, minor jaw pain, or a burning sensation in your mouth and tongue. Treatments may include salivary substitutes, oral lubricants, and estrogen replacement therapy.

We're focused on your general well being at any time of your life. If you have concerns about hormones and their effects on your oral health, we welcome your questions.



In A Heartbeat

Prevent periodontal disease

Periodontal or gum disease has been called the *Silent Disease* because initially there are no symptoms. If your gums are red, sometimes bleed when you brush, feel tender, or look swollen ... these are symptoms of periodontal disease. If your mouth tastes unpleasant ... that's another symptom. If your gums have receded ... you may have had gum disease for some time. Receding gums, and bone and tooth loss, are unattractive alternatives to healthy gums. But there's more at stake! Gum disease has been linked to cardiovascular and other systemic diseases.

■ Studies have found oral bacteria from gum infections in arterial plaque, and have also shown that therapy for periodontal disease lessens inflammation throughout the body.

■ Poor oral health has been identified as a stronger predictor of heart disease than other risk factors such as low levels of good cholesterol, high levels of a clotting agent, and high levels of certain fats in the bloodstream.

■ Long-term and short-term studies continue to clarify the links between oral bacteria, inflammation, and systemic diseases.

The Surgeon General in his *Report on Oral Health in America* said that the mouth is the gateway to the body, that you cannot be healthy without oral health, and that oral and general health are inseparable. Together, we can prevent and sometimes reverse gum disease. Brush, floss, and be sure to keep regular preventive, diagnostic, and maintenance dental appointments.



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Thu 8:00 am – 6:00 pm
Fri 8:00 am – 6:00 pm*
Sat 8:00 am – 2:00 pm*

*by appointment only

Staff

Maureen Office Manager/
Patient Coordinator
Jenny Dental Assistant
Imelda Registered Dental Hygienist
Jennifer Registered Dental Hygienist

We welcome new patients!

Our door is open.



Mixed Sources
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Why Implants?

Why not a denture or bridge?

It's true that in most cases a denture or bridge brings back much of the form and function of missing teeth. But a natural tooth does a lot more than help you cut and grind food and make for nice smiles. It also plays an important role under the gumline where you can't see it ... something a denture simply doesn't do.

Natural teeth need the support of the bone in your jaw. When you lose a tooth, the bone has no more use and it shrinks and weakens. For most people, the amount of bone lost isn't too serious – there's still enough to make a good solid foundation for a denture. But unfortunately for some patients, shrinking bone can trigger a number of problems. It can cause dentures to fit more loosely, making it hard to bite and chew. Underlying gum becomes sore and painful, and speech is sometimes impaired, and along with it, self-image.

Dental implants are the closest cousin to natural teeth. They are permanent false teeth anchored right

into your jawbone, just like your natural teeth. They're more stable than dentures, and eating is done with ease and comfort. Many patients find implants give them a more positive self-image and more confidence.

Dental implant treatment does require a greater investment of time and money, but in the long run, it's well worth it.

