

**News from the office of...  
Dr. Anna Szmítko**



**Eye-Opening News  
on Sleep Apnea**

Approximately ninety million adults in North America snore while they're sleeping. Snoring not only interrupts your bed partner's sleep but it is also associated with sleep apnea and cardiovascular problems like high blood pressure, which can lead to a stroke.

Snoring is produced when the muscles and soft tissues in the throat and mouth relax, making your airway smaller. The decrease in airway space increases the velocity of air flowing through the airway during breathing, which causes vibrations in the soft tissues of the mouth and throat, producing the "snoring" sound.

Snorers may be interested in noting these "Stop Snoring" tips:

- 1. Watch your weight and quit smoking.**
- 2. Avoid heavy meals, alcohol, sedatives and even antihistamines before bed.**
- 3. Sleep on your side.**
- 4. Talk to us about a dental appliance that may help your situation.**

**Let's have a conversation that will put you to sleep: we offer complimentary sleep apnea consultations, and free sleep studies. Call to reserve yours today.**

There's no reason you— and your sleeping partner — can't enjoy a quiet night's sleep!

**CLEAN IN-  
BETWEEN FOR A  
HEALTHY GLEAM!**



The application of braces is the first step toward straighter teeth and a winning smile. However, you'll want to ensure that once the braces come off, your teeth are as healthy and bright as they were before. It is for this reason that we emphasize the importance of diligent oral hygiene throughout your orthodontic treatment.

The addition of orthodontic appliances means that you need to be extra attentive to your diet and your oral hygiene. Sticky, chewy and hard foods should be avoided as they can get caught in your appliances and damage the wires. Foods high in sugar or starch generate acids and plaque that can result in tooth decay, possibly leading to gum disease, too.

It's important that you maintain stringent oral hygiene to clean in and around your brackets and bands so that teeth remain free of stains and cavity-causing plaque, and that you continue to go for professional cleanings every six months.

Braces have tiny spaces that allow food particles and plaque to hide. Brushing after every meal with a soft-bristled toothbrush and fluoride toothpaste is essential, along with daily interdental cleaning. Ask us to demonstrate the different methods of cleaning under and between your braces and, whether it's floss with the help of a floss threader, a special pick or stick or another interdental cleaning aid, choose the method that you're most comfortable with and most likely to maintain on a daily basis.

Wearing braces doesn't mean that you should have to completely avoid some of the harder foods that are good for you. Instead, cut hard foods such as apples and carrots into bite-sized pieces or strips. We do, however, strongly advise you to stay away from sticky, chewy candy, chips, hard bread and biting on ice.

We're all eager to make your orthodontic treatment as successful as possible, so please don't hesitate to ask us about any tips that can make wearing braces more comfortable and effective for you.

**ORTHODONTIC SPECIAL**

**Only  
\$99!\***  
\*Per Month

**\$99/month to a Straighter Smile!**

Invest in yourself with our Smile Straightening Special: Pay just \$99 per month until your orthodontic payment plan is complete.

Call 905-895-2273 today to get started on your beautiful new smile!

# MIND THE GAP



## REASONS FOR TOOTH LOSS

**While periodontal disease (usually referred to as “gum disease”) is the primary reason that people over age 35 lose their teeth, there are also a number of other causes that are well worth watching out for.**

**Injury:** Do you play a sport? Chances are you should be wearing a mouthguard. A properly fitted, dentist-issued custom mouthguard is an important piece of athletic equipment that can cushion a blow that might otherwise cause broken teeth, and injuries to the lips, tongue, face or jaw. You don't have to be involved in a contact sport like hockey or football to reap the benefits of a mouthguard. A high number of sports-related mouth injuries occur in baseball and basketball too, which is why many experts recommend that everyone wear one during any recreational activity that might pose a risk of injury to the mouth.

**Bone disease – Osteoporosis:** Patients with osteoporosis need to be especially aware of the effect their disease could have on their teeth, as a reduction in bone density can lead to deterioration of the bone that holds teeth in place.

**Brushing too hard:** In some cases you may simply brush your teeth too hard, literally “brushing your gums away”. If the bristles on your toothbrush are pointing in multiple directions, that's a good clue that you're brushing too hard. Choose a soft bristled toothbrush and use a gentle touch when brushing your teeth. Remember that a beautiful smile includes both beautiful teeth AND healthy gums to support those teeth.

**Alcohol consumption:** While recent studies proclaim some benefits to drinking wine in moderation, the overall dental perspective when it comes to alcohol is that the more you booze, the more you lose. Between the high sugar content and the acids that can eat away at tooth enamel, alcohol can affect teeth and gums in more than one way. Sugar can start the chain reaction to gum disease by forming plaque that feeds the bacteria that generates acids. The plaque then begins the process of eroding your teeth and breaking down gum tissue.

**Diet and health:** Nutritional deficiencies such as a lack of Vitamin C and calcium, and low-nutrient diets in

general can contribute to unhealthy gums. In addition, patients with diabetes may also be more prone to gum disease than non-diabetics, while stress, a family history of gum disease and a weakened immune system can also be contributing factors.

**Tooth grinding:** Speaking of stress, many people grind their teeth subconsciously, many in their sleep. Tooth grinding is a common cause of receding gums as grinding causes teeth to bend where the gums are attached. Eventually the bone surrounding your teeth will shrink away from the excess force, weakening the support holding the tooth in place, putting you in danger of losing one or more teeth. Talk to us about how a custom-made nightguard could help.

**Tobacco:** Unless you want to watch your dental health go up in smoke, you'd be wise to avoid both smoking and chewing tobacco. From gum disease to tooth decay and tooth loss, to yellow teeth and bad breath, not to mention an increased risk of oral cancer among other things, it's safe to say that any kind of tobacco use can be detrimental to both your oral and your general well-being.

**We're here to help you achieve your healthiest, most attractive smile. Please feel free to ask us about other common habits that may unknowingly be contributing to the deterioration of your gums, teeth and oral health.**





# “SHOULD I CALL THE DENTIST?”

We’ve all had incidents where we’ve wondered whether or not to seek professional medical help. Here are a few examples where we would not only recommend, but urge you to call.

- When you experience a broken or knocked-out tooth. Be aware that if you place a knocked-out tooth in milk and seek immediate dental assistance, your tooth can often be re-implanted successfully.
- When you experience ongoing tooth pain that doesn’t respond to over-the-counter painkillers.
- When you experience severe pain a few days after a tooth is pulled. This could be a result of “dry socket syndrome” – a painful condition, more common to older adults and to smokers – that must be professionally attended to.
- When you notice a swelling of the gums and face,

especially when accompanied by a fever or discharge around a tooth, which is an indicator of infection.

- When you experience pain in your jaw, especially when you open your mouth wide. You could have an injured or inflamed temporomandibular joint.
- When your wisdom teeth are causing you pain, especially if the pain extends to the jaw, throat and/or ear(s).

If you have a history of chest pain or heart disease you should be even more vigilant about monitoring toothaches and jaw pains, as dental discomfort may simply be an indicator of other, more severe medical issues.

## SWEET SORROW: GOODBYE, SUGAR

**As the weather warms up and the layers of cold-weather clothing drop off, there’s good incentive to incorporating a more regular exercise regime into your schedule and paying closer attention to your eating habits. One dietary resolution you may make is to cut down on your sugar intake – a sensible goal both for your physical well-being and for your dental health.**



Start by making a habit of reading the labels on any packaged foods that you buy. Ingredients should be listed by weight, so if sugar is shown at the top of the list, recognize that it is a major component in the product. Sugar comes in many different forms: corn syrup, molasses, dextrose, fructose, glucose, sucrose and honey, to name a few.

Watch “non-food” items too: many cough drops, liquid medications, antacid tablets and even vitamins contain sugar. Sugar reacts with the sticky, bacteria-laden plaque found on your teeth, creating an acid that starts to eat into your tooth enamel, potentially leading to dental decay. In many cases there are sugar-free alternatives to medications – ask your doctor or pharmacist for suggestions.

Cutting down on sugar is sometimes a matter of re-training your taste buds. Start by slowly reducing the amount of sugar you put in your coffee and replacing desserts with fruit, for example. Avoid using artificial sweeteners as they don’t help you resolve your sweet tooth and could actually leave you craving even more sugar.

By making small, simple changes to your diet over a period of time, you’ll slowly improve your eating habits, and your overall health.

# FAQS ABOUT DENTAL IMPLANTS

## Q: Am I a candidate for dental implants?

**A:** If you're missing one or more teeth, and have healthy gums and overall good oral health, you're probably a good candidate for dental implants. A dental implant, along with a crown, can replace a missing tooth in the most natural way. If you're missing more than one tooth you may want to consider dental implants in conjunction with a bridge, or to function as "anchors" to secure dentures in place.

## Q: How much discomfort is involved in placing dental implants?

**A:** Placing implants involves dental surgery, during which time you will be sedated and given anesthesia to ease any initial discomfort. We will also prescribe appropriate medications to lessen any soreness and ensure that you remain comfortable. The day after implants are placed, approximately 95 percent of patients report discomfort level of "zero to two" (on a scale of one to ten).

## Q. What are the advantages of dental implants?

**A:** Because dental implants look and feel like your own teeth, the main advantage lies in the quality of life you will enjoy. Patients say dental implants eliminate the discomfort and frustration of ill-fitting dentures, and allow them to enjoy eating a healthy and varied diet without any restrictions or worries. Socially, implant-wearers can regain their self-confidence by being able to speak clearly, and laugh out loud without any worries about loose dentures or missing teeth. Dental implants can even help preserve the long-term quality of your adjacent teeth because, unlike a bridge, neighbouring teeth do not need to be altered to support an implant.

Please ask us about all the tooth replacement options available today. There's no reason you shouldn't complete your smile with the most attractive, comfortable, natural-looking solution possible.



# Click! Pop! It's Time to Talk

Are you are experiencing a frequent clicking or popping sound in your jaw? If so, you may be in good company, with over 10 million North Americans who suffer from Temporomandibular Disorders, commonly referred to as TMD.

The temporomandibular joint (TMJ), located in the front of the ear, allows us to open and close our mouths and move our jaws all around so that we can talk, yawn, chew and swallow. If the jaw is damaged, or if a person grinds or clenches their teeth, they can sometimes trigger TMD. Unfortunately, the symptoms of TMD often resemble other conditions and, as such, it is difficult to diagnose. Nevertheless, let us know if you are experiencing any of the following symptoms:

- Pain or discomfort in the jaw joint or chewing muscles.
- Popping, clicking or grating sounds when opening and closing the mouth.
- A restricted ability to open the mouth very wide.
- Earaches without infection, a ringing or sense of fullness in the ears.
- A sudden uncomfortable bite, as if the upper and lower teeth aren't fitting together the right way.
- Sensitive teeth when no dental problems can be found.
- Pain in the head, face, neck and shoulders.

Let's talk about your click and pop, and see what we can do to help to lessen your discomfort.

## Forest Green Dental Care

**16715 Yonge Street  
Unit 11  
Newmarket, ON L3X 1X4**

**Phone:** 905-895-2273

**Email:** forestgreendentalcare@bellnet.ca

**Web:** www.forestgreendentalcare.com

### Office Hours:

Mon.: 10 a.m. - 7 p.m.

Tues.: 10 a.m. - 7 p.m.

Wed.: 10 a.m. - 7 p.m.

Thurs.: 9 a.m. - 4 p.m.

Fri.: 9 a.m. - 3 p.m.

Sat.: 9 a.m. - 4 p.m.

### Our Services Include:

- Family & Cosmetic Dentistry
- Orthodontics
- Implant Dentistry
- Crowns • Bridges
- Porcelain Veneers
- Tooth Bonding
- White Fillings
- Root Canals
- Smile Whitening
- Nitrous Oxide
- Sleep Apnea
- TMJ Disorders



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