

News from the office of... Dr. Anna Szmitko



Welcome to our final newsletter for 2014!

This year was an exciting one for our office as we introduced further treatments for TMJ disorders, sleep apnea and snoring, as well as diode laser use in periodontal therapy and for treatment of cold sores and ulcers. We are very proud of the many beautiful smiles we created with braces and MTM®, as well as the number of missing teeth we replaced with dental implants in 2014.

As we close off the year, we'd like to thank you for your loyalty, and wish you and your family a safe and happy holiday season, and a new year filled with bright smiles!

ANNUAL TOY DRIVE!

Please help us with our **ANNUAL TOY DRIVE**. Toys will be accepted for children of all ages from **November 1st, 2014 to December 22nd, 2014**.



CHRISTMAS FAMILY STOCKING!



Our Family Christmas Stocking, valued at over **\$500**, will be raffled off on Monday December 22nd, 2014. Please stop by to fill out a ballot starting November 1st, 2014.

Merry Christmas from our family to yours!

Anna Szmitko

Dr. Anna Szmitko

Eye-Opening News on



SLEEP APNEA

You may wonder why you're reading about snoring in a dental newsletter, but the fact is that we dentists not only take care of your teeth and gums, we're also here to help you get a good night's sleep!

If you snore, or cohabit with someone who does, you should know that snoring can be triggered by a number of different factors, from enlarged tonsils or adenoids to your diet, health, lifestyle, age, weight, environment and other seemingly unrelated causes.

While it's the subject of many jokes, it can also be a serious problem. Snoring cannot only interrupt your bed partner's sleep - no laughing matter to him or her - it is also associated with sleep apnea and cardiovascular problems such as 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.

If you're a snorer or sleep with someone who is, you may be interested in talking to us about a dental appliance that can help keep the noise down. It's a simple mouthpiece that prevents the lower jaw from falling back and/or your tongue from dropping back towards the back of your throat while you're sleeping, therefore helping to keep your airway open.

You owe it to yourself, and to your partner too, to ask us about a custom-made snoring appliance that can provide a peaceful solution to your noisy nights.



JAWING ABOUT JAWS

Even though they are in constant motion, we don't usually have much reason to think about our jaws or the temporomandibular joints (TMJ) that connect our jaws to our skulls. That is, until we feel some pain or discomfort.

There are a host of uncomfortable conditions with possible links to the jaw and TMJ, so make sure you let us know if you suffer from any of these symptoms:

- Jaw discomfort or soreness (often most prevalent in the morning or late afternoon).
- Persistent headaches.
- Pain radiating behind the eyes, in the face, shoulder, neck, and/or back.
- Ear pain or stuffiness, or ringing in the ears (not caused by an infection of the inner ear canal).
- Clicking or popping of the jaw.
- Locking of the jaw or limited ability to open the mouth.
- Clenching or grinding of the teeth.
- Dizziness.
- Sensitive teeth.

Please call us if you're having a problem comfortably opening and closing your mouth or if talking, yawning, chewing or swallowing are an issue. You may have a temporomandibular disorder, or TMD. Causes can include teeth clenching or grinding, a misalignment of the teeth or jaw or an injury to the face or jaw. TMD can also be linked to the presence of osteoarthritis or rheumatoid arthritis in the TMJ. Jaw pain can even be – especially for women – a warning sign of a heart attack!

Jaw pain can sometimes be aggravated by poor posture. Make a point of noting if you slouch while you walk, or – especially for those who spend a lot of time in front of a computer – if you tend to thrust your chin close to the screen. This could strain your jaw joint and your jaw and neck muscles.

There are other medical conditions that can mimic the symptoms of TMD, including sinus issues, toothaches

or gum disease, but in many cases teeth grinding – called bruxism – is the culprit.

Bruxism is a common condition used to describe subconscious teeth grinding and clenching, often when asleep. Many people don't even know that they grind their teeth, although they are painfully aware of otherwise unexplained headaches, chronic facial pain, increased sensitivity in their teeth or constantly waking up with a sore jaw. Their sleep partner is often the one to point out the nocturnal teeth grinding, or in other cases we notice the signs of bruxism first – loose teeth or unusual wear and tear – teeth that are worn down, flattened or chipped. Bruxing can also lead to the breakdown of dental restorations, loss of crowns and tooth fractures.

If you're experiencing any discomfort in your mouth, jaw or face, please call us for a consultation. We'll check out your symptoms from a dental perspective and then, if necessary, take steps to prevent any further problems that your teeth might be inflicting on each other because of teeth grinding, misalignment of your teeth or any other treatable dental issue.



PRIORITY #1: HEALTHY GUMS!

While we can whiten, straighten, smoothen, lengthen, shorten, align, fill in and otherwise perfect your teeth, we first need a good foundation to start from – and that means healthy gums.



Healthy gums are crucial for an attractive smile, as they help secure your teeth in your jaw and create a strong base for any general or cosmetic dental work. Daily brushing and flossing and visiting the dentist for regular, professional teeth cleanings are easy and effective ways to help avoid gum disease (or “periodontal disease”), yet many people do not practice these simple habits. In fact, even though gum disease is preventable, some people don’t schedule a dental appointment until their gums are already tender and bleeding – one of the first signs of gum disease.

Gum disease is a major cause of tooth loss in adults. Because it usually develops without any warning signs

or pain, you may not notice anything until the disease is serious and you are in danger of losing teeth. The good news is that with proper care, gum disease is preventable, and even if it does start, it can usually be treated or reversed if caught early.

Even if you practice stellar dental hygiene, there are many other risk factors for gum disease, including certain illnesses (diabetes for example), medications, hormonal changes, the effects of smoking and even genetic susceptibility. Regular dental visits will monitor any changes to your teeth and gums to allow you to control and address any concerns early while they are still easy – and less expensive – to take care of.



OSTEOPOROSIS AND YOUR TEETH

While a wiggly tooth is one of the most exciting things a five-year-old can experience, it should be a great cause for concern for anyone who has a full set of “adult” teeth.

Loose teeth and teeth that fall out unexpectedly can be a sign of advanced gum disease. It can also be a sign of osteoporosis, a disease characterized by low bone density and a deterioration of bone tissue. As the jaw is what anchors the teeth, any deterioration of that bone tissue can result in the inability to hold teeth, or dental implants, in place.

While tens of millions of North Americans have osteoporosis, many are not aware of it until their bone density has decreased to the point they suffer a fracture. In other cases, the patient’s dentist may detect the first stages of the disease, often by noticing one of the following signs of osteoporosis:

- Bone loss in the jaw and around teeth.
- Tooth loss, related to deteriorating jawbone mass.

- Loose dentures, due to bone loss.

If you’ve already been diagnosed with osteoporosis, please be sure to tell us. Please also let us know if you’re on bisphosphonates, a group of drugs that are taken, either orally or intravenously, to strengthen bones that have been weakened by osteoporosis or by cancer that has spread to the bones. Due to their effect on the bones, especially the jawbone, it is imperative that your dental team be advised if you’re taking this medication in order to safely and properly treat you.

Regular dental examinations and open patient-doctor communication are the keys to staying on top of great oral – and general – health!

THE LAST WORD ON: ORTHODONTICS

While to many patients orthodontics simply refers to braces to correct crooked teeth, orthodontic treatment actually corrects a person's bite, aids patients' ability to clean their teeth properly (and subsequently helps prevent gum disease problems), and develops proper jaw growth, speech development and appearance.

Our office offers orthodontic treatment to patients of every age, from young children with baby teeth to adults who may not have had the opportunity to receive treatment when they were younger.

Come in and discuss your orthodontic options with us. Braces today are more comfortable and less noticeable than in the past, making it easier than ever to have the straightest, most attractive and healthiest smile possible.

CELEBRITY SMILES, AT THE SPEED OF LIGHT!

We're proud to announce that our office has seen the light - the laser light of the Diode Soft Tissue Laser!

Our Diode Soft Tissue Laser is a revolutionary dental tool that we have invested in for the comfort and exceptional results that our patients deserve. It is a multi-functional laser that is ideally suited to soft tissue procedures, meaning that your "gummy" smile can be quickly and comfortably recontoured into the perfectly balanced smile of your dreams.

Need crown lengthening? Now we can complete this procedure in just one appointment - a great time saver for you! Lesions, ulcers and cold sores can be "lased" away easily too, and that's just the beginning.

Talk to us about what you would like to correct in your smile, and chances are we can fix it quickly and easily, with little or no discomfort at all, using the fantastic new Diode Soft Tissue Laser technology.



MTM TEETH STRAIGHTENING: THE CLEAR WINNER!



We're thrilled to offer our patients an "invisible" orthodontic alternative: **MTM**® (Minor Tooth Movement) teeth straightening, a system that will correct slight misalignments (such as crowding or gaps between teeth) in as little as three to six months!

MTM® uses a treatment plan involving a series of clear, removable, custom-fabricated aligners that will straighten your teeth comfortably and unobtrusively. We encourage you to consider **MTM**® if you have any of the following common tooth misalignments:

- Spacing: Too much space between teeth
- Crowding: Not enough space between teeth
- Midline Discrepancy: Teeth off center
- Tipping: Teeth tip inward or outward
- Rotation: Teeth are turned
- Intrusion/Extrusion: Teeth sit too high or too low

Are you a good fit for **MTM**® treatment? Simply pick up the phone and call us for a no-obligation consultation. We look forward to giving you the smile of your dreams!

ANCHOR AN IMPLANT AND STRENGTHEN YOUR JAW

Replacing a missing tooth or teeth can be achieved by means of dentures, bridges or dental implants. While all of these methods will result in filling the gap left by the missing tooth, there is only one that will actually help prevent the natural loss of bone in your jaw over time, and that's the dental implant.

Most people are not aware that once a tooth is lost, the bone surrounding the original tooth starts to deteriorate in their jaw. The installation of a dental implant "anchor" – an artificial tooth root placed where the missing tooth was – fills the gap left by the natural root so that this deterioration doesn't have the opportunity to start. The jaw bone grows around this "anchor" to secure it in place, providing a firmly fixed base for your new tooth, without any of the surrounding teeth being affected.

Dental implants are ideal for people with healthy gums and bones who are looking for permanent, natural-looking replacements for one or more teeth. Please ask us to show you how dental implants work, and if they may be the solution to filling the space left by your missing tooth or teeth.

Forest Green Dental Care

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*Scan here to visit
our website!*



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

**Call
Us Today
For Your
Complimentary
Implant or
Orthodontic
Consultation!**

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