

Main Street Dental Team

Compliments of Dr. Harvey Schwartz & Dr. Shirley Ho

News From the Office of:



Dr. Shirley Ho
Dr. Harvey E. Schwartz

Welcome to our latest newsletter, which we've created especially for you, our valued patients and your families.

In this season of "spring cleaning," we encourage you to remember your dental cleanings too. Good dental health begins with clean gums and teeth, and regular checkups to your whole mouth. If you haven't already scheduled your next dental visit, please call us today!

If you're happy with your dental experience in our office, we would be grateful if you could tell your friends and family about us. In fact, why not pass this newsletter along so that they can get an idea of what we're all about.

Thanks to all our patients who have referred new patients our way. We consider your referrals the highest form of flattery!

All the best,

Shirley Ho

Dr. Shirley Ho

Harvey Schwartz

Dr. Harvey Schwartz

Healthy Dental Habits From Day 1

We always advocate that it's never too early to begin good dental habits, and that means being aware of dental issues from the "baby" tooth stage right through to the stage where we're referred to as being "long in the tooth."



Most people don't even think about dental health for children until they have a number of teeth in their mouth, but you might be surprised to hear that even babies need dental attention! Ask us about cleaning your baby's gums

and first teeth, dental issues with bottle feeding and pacifiers, the use of toothpaste, fluoride supplements and sealants with young children, and nutritional advice for good dental health at any age.

If your teenager surprises you with a tongue or mouth piercing, keep us in mind so that we can keep an eye out for oral hygiene issues and infections to fractured, cracked or chipped teeth that may result from contact with a tongue stud or other piercing.

As the adult years approach, we continue to encourage both men and women to continue to be

vigilant with their dental hygiene, paying attention to preventive dental care before problems arise. Common problems, from bad breath to gum disease to tooth decay and tooth loss, even the identification of oral cancer are all issues that we deal with on a day-to-day basis in our office.

Women's oral health can be linked to different stages of life and fluctuating levels of hormones. For example, pregnant women have an increased risk of inflammation of the gums because of a surge in estrogen and progesterone. Rigid attention to dental hygiene and regular cleanings at the dentist are a must in order to keep teeth and gums clean, and to prevent plaque from forming. Menopause brings its own set of dental concerns; during this time some women can experience dry mouth, burning sensations and changes in taste. Hormone replacement therapy may cause gums to bleed, swell and become red.

As your dental professional, we're here to help you and your family through each life stage. Regular visits and open communication about health or medication changes will allow us to monitor any changes in your oral health, and make each stage as healthy and comfortable as possible.

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Here Comes the Bride, Radiant in White!

Spring hails the beginning of the wedding season. Whether you're a bride who wants to ensure that her smile complements her beautiful white dress, a wedding party participant who needs a photo-ready smile, or an honored guest of the wedding, you'll want to make sure that your bright, healthy smile reflects the happy occasion.

Whichever special event you have coming up, you'll want to give yourself enough time to take care of any dental needs you have well beforehand. You will want to finally solve that occasional sharp pain in your mouth that occurs when you bite down on food, ask us about your teeth's sensitivity to heat and cold, simply take the time to polish up your smile or ask about teeth whitening before you meet up with all those friends and relatives you haven't seen for a while!

If you have a honeymoon or other special trip coming up, you will definitely want to ensure that any dental concerns are taken care of before you leave, especially if you'll be far from home.

Take the first step to brighter, healthier teeth by discussing all of your dental needs with us. We'll make sure that your smile is radiant on your special day and admired in photos for generations to come.



THE LAST WORD ON: DENTAL HEADACHES

If you suffer from frequent headaches but can't determine the cause, mention it to us, as headaches can sometimes be the result of bruxism, or teeth grinding.

Teeth grinding affects a great number of people unknowingly, as it usually occurs during sleep. You may be clenching your jaw while grinding your upper and lower sets of teeth. Unless your grinding is keeping someone else up, you may not even be aware that you're doing it until the telltale effects show on your teeth. Left untreated, it could lead to painful, sensitive or loose teeth, or teeth that are literally worn down, leaving damaged surfaces. It can result in a tight or sore jaw, and can also manifest itself as a headache, earache or neck pain. The high pressure from bruxism can even fracture teeth and crack fillings.

Make sure you mention your headaches and sore muscles to us at your next visit. We may suggest a special mouthguard to wear at night, to intercept the damage that your teeth are inflicting on each other.

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Sat.: 8:30 a.m. - 4 p.m.

Our Services Include:

- General Dentistry
- Emergency Dental Care
- Tooth Whitening
- Cosmetic Dentistry
- Denture Fittings & Dental Implants
- Bonding, Veneers, Crowns, Bridges

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