

Main Street Dental Team

Compliments of Dr. Harvey Schwartz & Dr. Shirley Ho

News From the Office of:



Dr. Shirley Ho
Dr. Harvey E. Schwartz

Each time the calendar flips into a new season, there are two important household rituals we should all remember: To change the batteries in our household smoke alarms, and to throw out and replace our toothbrushes. This ensures the important equipment is maintained for another full season!

Enjoy this newsletter, and if you have any questions about any of the topics or about any other oral health issue, please do not hesitate to give us a call. We'd love to hear from you, and would also be happy to hear from any of your friends or family who may have questions on their dental health, or who may be looking for a new dentist.

Thank you for your continued and much-appreciated patronage.

All the best,

Shirley Ho

Dr. Shirley Ho

Harvey Schwartz

Dr. Harvey Schwartz



USE 'EM OR LOSE 'EM!

If you're fortunate enough to have an insurance plan that covers dental care for you, and perhaps your family too, you'll want to make sure you take advantage of the benefits you're entitled to, before the end of this year.

Many insurance companies structure their benefit plan on a yearly basis, which means if you don't use your benefits before December 31, you'll lose them for this year. That's why it's a good idea to have a look at your dental insurance benefit summary occasionally, to refresh your memory on what benefits are covered for you. We accept a number of different insurance plans at our office, so chances are good that we're familiar with yours.

If you're having trouble deciphering exactly what your dental insurance plan does or does not cover, please don't hesitate to ask us. The plan explanations can sometimes be confusing, but we may be able to help clarify them for you.

If you have insurance benefits that are going to help you maintain and improve your dental health, why not take advantage of them? Dental health is linked to overall well-being, so it makes sense to ensure that your teeth, gums and mouth are professionally checked on a regular basis.



SWEET DECEPTION

MOST PARENTS TAKE GREAT CARE TO MONITOR THEIR CHILDREN'S SUGAR INTAKE, SO WHEN THEY HEAR A DENTIST SAY THAT THEIR CHILD'S TEETH SHOW DECAY, IT USUALLY COMES AS AN UNPLEASANT SURPRISE.

Tooth decay is caused by frequent exposure to foods containing carbohydrates (starches and sugars). Common culprits are soda pop, candy, ice cream, milk, cakes, and even fruits, vegetables and juices. The problem with sugar is how it can lurk in the most unsuspecting places. There are sugars that appear naturally in many foods – even milk! It is for this reason we recommend parents don't put their babies to sleep with a bottle of milk. Natural bacteria live in the mouth, and as the milk pools, the sugars mix with the bacteria to make a mild acid. This acid damages tooth enamel over time by dissolving, or demineralizing, the mineral structure of teeth, producing tooth decay and weakening the teeth.

Read food labels carefully to identify sugars, which also come in the form of corn syrup, molasses, dextrose, fructose, glucose, sucrose and honey. Read medicine labels carefully too, as even medicine isn't immune to sugar... Remember Mary Poppins singing, "A spoonful of sugar helps the medicine go down"? Talk to your doctor or pharmacist about the ingredients of liquid cough syrup and other medications – sometimes they can recommend sugar-free alternatives.

As far as satisfying your candy cravings, note that sticky sweets like toffee, or hard candies that linger in your mouth, compound the effects of sugar by offering a sustained food source for bacteria.

Remember that it's not necessarily the amount

of sugar in candy that can cause decay, but the amount of time the candy stays in the mouth, which is why hard candies like suckers, or sticky treats such as caramels and jujubes are poor choices from a dental perspective. If you're trying to rationalize a chocolate craving, remember that popping a piece of solid chocolate in your mouth is better than choosing one filled with a gooey center, as the candy filling may stick to the teeth and provide a longer-lasting food source for the natural bacteria to feed from in the mouth.

Excess sugar can wreak havoc not just on your teeth, but elsewhere in the body too, so the wise thing for both your dental health and your total health is to make a habit of reading the ingredients in all packaged foods before you buy them, being aware of low-sugar or sugar-free alternatives in your daily diet and choosing healthy options. In the meantime, remember to rinse your mouth with water and brush your teeth immediately after exposure to sugars. If you can't do that right away, keep a supply of sugar-free gum with xylitol on hand to help cleanse your mouth.

AS ALWAYS, MAKE SURE YOU MAINTAIN A REGULAR SCHEDULE OF DENTAL VISITS FOR PROFESSIONAL CLEANINGS, AND TO LOOK FOR ANY CHANGES OR DECAY IN YOUR TEETH.



EMERGENCY TOOTH TIPS



MANY PEOPLE ASSUME THAT ONCE A TOOTH IS CHIPPED OR KNOCKED OUT, IT'S GONE FOREVER. BUT IN MANY CASES, FOREVER DOES NOT HAVE TO BE TRUE, IF YOU KEEP THESE POINTS IN MIND:



When a tooth is knocked out, it is vital that a dentist addresses the injury within 30 minutes of the accident, in order to have a chance at saving the tooth. You should:

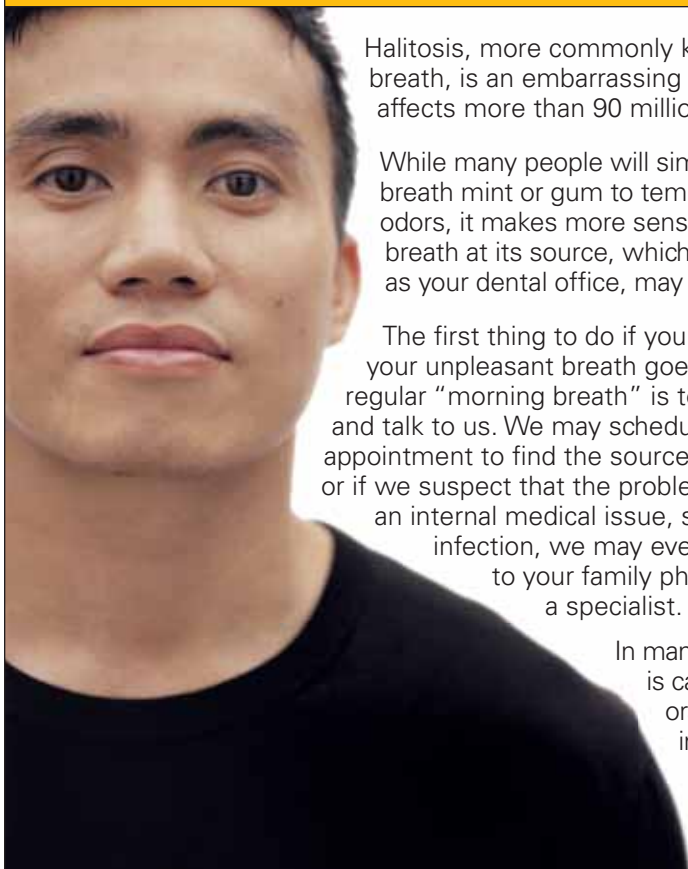
1. Find the tooth, and gently rinse it if it's dirty. Do not scrub it or remove any attached tissue fragments.
2. If possible, carefully place the tooth back in its socket, and hold it in place with your fingers or by gently biting down on it. Alternatively, you can store the tooth in your mouth, between the cheek and the gum. If this is not possible, (for instance, in the case of a young child), immerse the tooth in milk and transport it with you to the dentist.
3. Get to a dentist immediately for an emergency dental appointment.

If a tooth is knocked loose, the immediate procedure is very similar – guide the tooth back into its proper place with your finger, and have the tooth looked at by a dentist within 30 minutes.

Options for a chipped tooth depend on if you can find the chip! If you have it, keep the chip moist until you get to a dentist and, if the tooth isn't broken across the nerve, we might be able to re-attach the chip to your tooth. Alternatively, we will discuss bonding, veneers and other options with you.

With the proper emergency action, a tooth that has been knocked out or knocked loose can be successfully replanted. Remember, timing is the key here, as each passing minute affects the possible success of the treatment.

PUTTING A HOLD ON HALITOSIS



Halitosis, more commonly known as bad breath, is an embarrassing condition that affects more than 90 million people.

While many people will simply reach for a breath mint or gum to temporarily mask odors, it makes more sense to address bad breath at its source, which is where we, as your dental office, may be able to help.

The first thing to do if you suspect that your unpleasant breath goes beyond regular "morning breath" is to come in and talk to us. We may schedule a separate appointment to find the source of the odor, or if we suspect that the problem stems from an internal medical issue, such as an infection, we may even refer you to your family physician or a specialist.

In many cases halitosis is caused by poor oral hygiene. It's imperative to brush for three minutes, at least twice a

day, in order to thoroughly clean not only your teeth, but also your tongue, cheeks and the roof of your mouth to remove bacteria and food particles. Flossing is also an important part of thorough daily oral hygiene, as flossing removes accumulated bacteria, plaque and any food that may be trapped between teeth. If food isn't removed from your mouth and between your teeth, the retained food particles may decay, resulting in bacteria. The decay and debris in your mouth then produce a sulfur compound that causes the unpleasant odor.

There are a number of causes of bad breath, including everything from the reasons listed above to gum disease, dry mouth, tobacco use, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbance, liver or kidney ailments and even low carbohydrate diets!

IF YOU HAVE ANY CONCERNS ABOUT YOUR BREATH, PLEASE DON'T BE EMBARRASSED TO ASK US FOR SUGGESTIONS.

Dr. Schwartz Photo Page



Ravello - Amalfi Coast



Curious Sheep

CHECKUP CHECKLIST

You've heard that you should visit the dentist at least twice a year for a thorough oral examination and teeth cleaning, but if your teeth feel fine, and you aren't experiencing any dental problems, are such frequent visits really necessary? The short answer is "yes"; and here's why.

There are a number of important oral health issues that you may not feel, and wouldn't be able to see, that we check for:

- ✓ Deterioration in fillings, crowns and other restorations.
- ✓ Root cavities (decay on roots of teeth exposed by receding gums).
- ✓ Periodontal pockets caused by gum disease.
- ✓ New decay under the gum line.
- ✓ Cavities under existing fillings.
- ✓ Hairline tooth fractures.
- ✓ Impacted wisdom teeth.
- ✓ Early signs of gum disease and oral cancer.

To ensure bacteria caused by plaque, calculus and stains is removed, we also perform scaling and polishing procedures.

If you haven't already made your next dental appointment, please call us today to reserve a convenient time. And feel free to call us in-between appointments with any questions about your oral health.

Main Street Dental Team



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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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