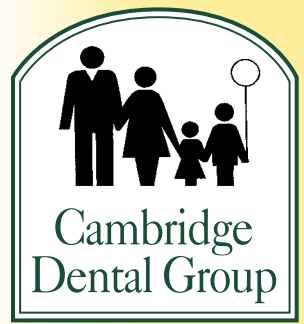


Cambridge Dental Group Newsletter

www.cambridgedentalgroup.com



Cambridge Dental Group Welcomes Dr. Octain

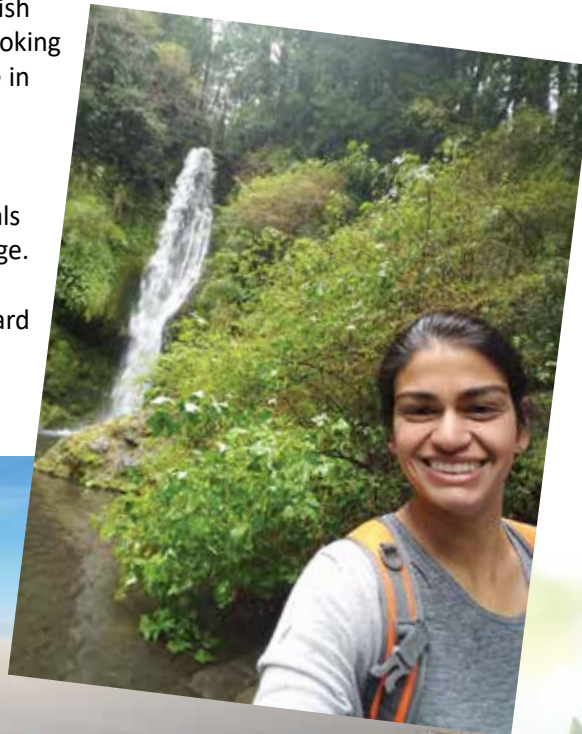
Dr. Shagun Octain joined Cambridge Dental in January 2017. She is a 2013 graduate of the University of Detroit Mercy with dual biology and Doctor of Dental Surgery degrees.

"I LOVE dentistry!" states Dr. Octain. "I am passionate about learning new skills in my field. I'm thankful for the opportunity to join Cambridge's versatile, multispecialty dental team because of the great synergies that permit all services to be performed under one roof. I am committed to forming strong professional bonds with my patients in order to help them attain excellent oral health, and to have the best dental experience possible."

Dr. Octain describes some of her joys in life: "I enjoy reading. That is probably why I love meeting people and hearing their stories. I cherish new experiences, from visiting new places to cooking new recipes. Learning is a constant driving force in my life. I am in competition with myself to continually improve and grow personally and professionally."

We couldn't agree more with Dr. Octain's goals for herself and for her practice here at Cambridge.

The next time you visit Cambridge, please introduce yourself to Dr. Octain. She looks forward to meeting you!



Produced for the
patients of
Dr. Magnus Wilson
Dr. Gary Brant
Dr. Lawrence Sklar
Dr. Pam Clarkson
Dr. Suheil M. Boutros
Dr. Brian Ingalls
Dr. Lena Mustafa
Dr. Ryan McMahan
Dr. Shagun Octain

Cambridge Dental Group
27281 W. Warren Street
Cambridge Shopping Center
(southeast corner of West
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Dearborn Hts., MI 48127

Phone: (313) 274-4040

Office Hours

Monday	8:00 a.m.-7:00 p.m.
Tuesday	9:00 a.m.-6:00 p.m.
Wednesday	7:00 a.m.-7:00 p.m.
Thursday	9:00 a.m.-7:00 p.m.
Friday	9:00 a.m.-5:00 p.m.
Saturday	8:00 a.m.-1:00 p.m.

**Appointment and
Emergency Phone:**
(313) 274-4040

We provide all services under one roof!

Dentin— Really Tough Stuff

Enamel (which coats the outer surface of a tooth) is the strongest substance in the human body, but dentin (which makes up the inner part of the tooth) may be the most durable.

Dentin derives its strength from nanostructures, meaning that mineral nanoparticles, collagen protein fibers, and water are linked in such a way as to make dentin able to hold up under significant pressure.

Even though upper and lower teeth come into contact thousands of times per day, teeth seldom break. The hard enamel shell works with the tough dentin core to stand up under extreme pressure. Studies have shown that teeth rival construction-grade steel in strength and can actually withstand pressure many times that which is exerted in normal chewing action.

Unfortunately, microscopic bacteria are able to penetrate both enamel and dentin by excreting acids that break down collagen fibers, causing decay and eventually breakage. Careful attention to dental hygiene and regular dental checkups can help keep teeth strong, healthy, and working hard for you.



Do You Snore?

Are You Frequently Tired in the Daytime?

Cambridge Dental Group Now Offers Dental Sleep Medicine

“Dental sleep medicine” is the screening, evaluation, and treatment of snoring and sleep apnea. While snoring is a condition that is annoying to a sleep partner, sleep apnea is the total stoppage of breathing for a period of time. This often occurs many times each night for extended periods of time (sometimes up to one minute each) in which oxygen levels drop to dangerously low levels. Sleep apnea has been associated with high blood pressure, stroke, GERD (acid reflux), night grinding (bruxism), diabetes, and sudden death during sleep. It frequently results in daytime sleepiness and the feeling that it is difficult to get a full night’s sleep. This is because in the body’s struggle to breathe, once the airway is closed off by the relaxed tongue and throat muscles, slight awakenings (microarousals) occur that prevent full, restful sleep.

You can be screened for these conditions by our Sleep Team at Cambridge Dental Group. Once the severity of your condition has been determined, appropriate treatment will be

recommended. Treatment is often covered by medical insurance, as it is NOT strictly a dental procedure.

Cambridge Dental utilizes state-of-the-art diagnostic equipment for the treatment of sleep apnea and snoring.

The home sleep study is offered as a screening tool to determine the quality of your sleep and captures a great deal of information about your sleep in the comfort of your own home—no need for you to go to a hospital or sleep lab.

The acoustic pharyngometer and rhinometer is a quick, painless test to determine the shape and condition of your airway to see if you are a candidate for an oral sleep appliance. It also makes the fitting and adjustment of appliances far more precise.

Please contact your Cambridge Sleep Team for more information and your screening and consultation.



Cambridge Dental utilizes state-of-the-art diagnostic equipment for the treatment of sleep apnea and snoring.

Periodontal Disease Doesn't Discriminate

Some estimates state that 50 percent of adults have a form of periodontal disease. In its earliest stages, gum disease causes swollen, tender gums that bleed easily. If the disease is allowed to advance to periodontitis, it can cause teeth to loosen and fall out.

Anyone who doesn't practice good oral hygiene can develop periodontal disease; however, certain groups of people are at higher risk. These include diabetics, smokers, pregnant women, and anyone with a compromised immune system.

Brushing at least twice a day and flossing daily are the first steps to prevent gum disease, but seeing a dentist regularly is crucial because gingivitis (the earliest stage of gum disease) can be reversed with proper treatment. In severe cases, medication and dental procedures—a gum graft, for instance—may be necessary to save teeth.



The Oral-Overall Connection

Your mouth, teeth, gums, tongue, and so forth are all body parts, and your overall health can affect your oral health. For instance, pregnant women often display symptoms of gingivitis that might not occur outside of pregnancy.

Patients with diseases that compromise the immune system, such as AIDS, are more likely to have oral lesions, and diabetics are at higher risk for gum disease. Recently, Alzheimer's disease has been linked to a decline in oral health, and bulimia may damage teeth.

Because oral health can be affected by these changes in overall health, it's essential to keep your dental professional informed. Be sure to report illnesses or chronic conditions along with medications you have been prescribed at each appointment. Letting your dentist know about your overall health can mean the most appropriate treatment for your oral health.

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Foods That Fight for Your Teeth

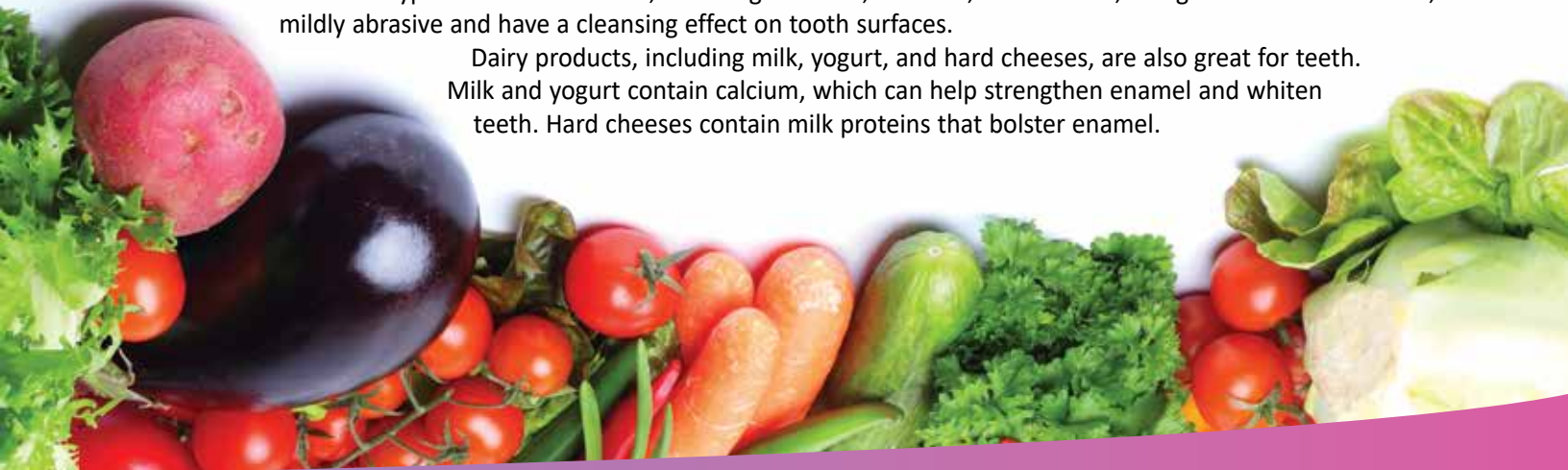
Apples have often been touted as a natural tooth cleanser, and it's true that eating an apple helps teeth in several ways, including increasing saliva production and helping to strengthen the gums.

Apples aren't the only fruit, however, to have a positive effect on dental health. Eating the flesh of an orange can help neutralize decay-causing acids, and strawberries assist in whitening.

Vegetables that are especially good for teeth include carrots, which work to remove food debris on teeth, and broccoli, which acts as a sort of natural toothbrush. Here's a surprise: Raw onions can actually interfere with plaque formation to help keep teeth cleaner and healthier.

Certain types of nuts and seeds, including almonds, cashews, and walnuts, along with sunflower seeds, are mildly abrasive and have a cleansing effect on tooth surfaces.

Dairy products, including milk, yogurt, and hard cheeses, are also great for teeth. Milk and yogurt contain calcium, which can help strengthen enamel and whiten teeth. Hard cheeses contain milk proteins that bolster enamel.



Teens—*More Reasons Not to Start*

It appears that many teens find smoking attractive. Nearly 50 percent of regular smokers picked up the habit by age 18. Quitting smoking can be very difficult because nicotine, which is found in all tobacco products, is one of the most addictive substances on the planet.

Rather than struggle to quit smoking later in life, consider these good reasons NOT to start:

1. ***Smoking causes bad breath.***
2. ***Smoking stains the teeth.***
3. ***Smoking interferes with both taste and smell.***
4. ***Smokers heal more slowly following certain dental procedures.***
5. ***Smoking complicates cosmetic dental procedures.***
6. ***Smokers are more susceptible to gum disease.***
7. ***Smokers lose up to 2.9 teeth for every 10 years they smoke.***
8. ***Oral cancer is among the deadliest forms of cancer, killing one person each hour of the day.***



With the exception of oral cancer, these are only the effects of smoking that are related to oral health. Cigarette smoking is associated with a number of other health issues, including lung cancer, emphysema, and heart disease.



Cambridge Dental Group
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*Don't forget your
dental appointment!*

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Oral Cancer—*Know the Signs*

Early detection continues to be one of the best ways to fight oral cancer. Finding mouth or throat cancer early requires a two-pronged approach, which includes regular dental visits and vigilance on the part of the patient.

During a routine dental visit, the dentist will examine the gums, tongue, lining of the cheeks, and the hard and soft palates, along with the throat and lips.

Between checkups, patients should be on alert for lumps, thickened or hard areas, and sores that bleed and do not heal easily. Rough or crusty patches, areas that are painful or numb, and changes in the way the teeth fit together should all be reported.

In addition, issues that interfere with speaking, chewing, swallowing, or simply moving the jaw or the tongue should all be brought to the dentist's attention.

Oropharyngeal cancer, which affects a number of oral tissues, is diagnosed in approximately 40,000 United States citizens yearly. Men and women over age 50 are more likely to develop the disease, but those as young as their early teens may also be victims of oral cancer.