



Cambridge Dental Group Newsletter

www.cambridgedentalgroup.com

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Dearborn Hts., MI 48127

Phone: (313) 274-4040

Summer 2013

Office Hours

Monday 9:00 a.m.-8:00 p.m.
Tuesday 9:00 a.m.-7:00 p.m.
Wednesday 7:00 a.m.-8:00 p.m.
Thursday 8:00 a.m.-8:00 p.m.
Friday 8:00 a.m.-5:00 p.m.
Saturday 8:00 a.m.-3:00 p.m.

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

*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.

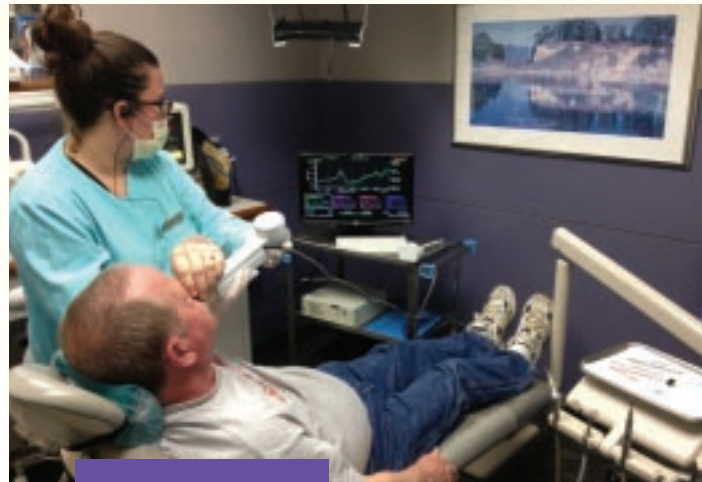
Cambridge Dental utilizes state-of-the-art diagnostic equipment for the treatment of sleep apnea and snoring.

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.

We provide all services under one roof.

DRY MOUTH? *It may be your medication*

Certain medications can lead to dry mouth. Often this problem is associated with senior citizens who may be taking medications for a variety of reasons, but the problem can also be caused by antidepressants. Drugs used to treat urinary incontinence and high blood pressure have also been associated with dry mouth.

Dry mouth is more than uncomfortable. It can lead to an increase in dental issues because saliva is key to washing away debris and plaque that cause decay.

If dry mouth appears to be prescription-drug induced (meaning that symptoms appear within two weeks of beginning the medication), the first step should be to examine a patient's medication regimen, as well as the patient's teeth.

Sometimes substitute medications that don't cause dryness can be prescribed. In other cases, adding more water to the diet, especially with meals, is the simplest answer. Those who enjoy chewing gum can use sugarless gum to help increase the amount of saliva in the mouth. There are also medications that can be used to enhance saliva production.

In addition to medications, certain diseases, such as Sjögren's syndrome, and radiation therapy for certain cancers can result in dry mouth.

WHEN YOUR GUMS HURT

Gum pain can be extremely uncomfortable. A relatively minor issue such as a mouth ulcer can cause pain that can make it difficult to speak or eat, but other issues can result in tooth loss and even severe illness.

Gingivitis can also cause inflammation and discomfort. Left untreated, it can lead to serious problems, such as periodontitis, which can result in tooth loss. More serious issues involve infections or abscesses.

There are a few systemic issues that can cause gum problems. Diabetics are more likely to exhibit gingivitis and other symptoms of periodontal disease, but patients who have a vitamin C deficiency may have gums that become soft and spongy, as well as painful. This problem can lead to tooth loss. Behçet's syndrome is a disease that inflames the blood vessels. Behçet's can also cause swollen, stiff joints; blood clots; digestive problems; and even blindness.

Because some problems related to gum pain can be serious, the length of time you have felt the pain and other symptoms will be important for us to know. Be prepared to answer these questions when you seek treatment for gum discomfort.

Sugar-free IS NOT problem-free

Those who thought switching to diet soda and other sugar-free drinks would improve their overall health may have been mistaken.

Recent studies have shown that sugar-free may not mean problem-free. In a long-term study, researchers found that diet drinks were associated with both heart disease and stroke. The chances of developing heart disease or having a stroke were significantly increased for those who drank diet soda regularly.

Diet soda was supposed to cut calories and allow soda drinkers to enjoy great taste and bubbles without sugar. Although many people have lost weight while chugging diet soda, their health has not necessarily improved.

Diet soda has not resulted in fewer cavities either. Sodas and many other diet drinks contain acids that wear away at tooth enamel, making it easier for bacteria to gain a foothold.

It appears that skipping the sugar by choosing sugar-free doesn't necessarily mean better health or fewer cavities.

If you want a no-calorie alternative that definitely won't harm your teeth or health, try plain water. Water hydrates the body, diminishes feelings of hunger, and helps rinse substances and debris from the teeth.



Crown it?



Crowns can be used to restore teeth to their original function and bring back a smile's natural beauty.

A crown can be used to repair a damaged tooth or improve the appearance of the tooth. Crowns, which cover the original tooth beginning at or below the gum line, can effectively restore a tooth both functionally and aesthetically.

Crowns may be fabricated out of one or more materials. All-porcelain crowns are known for their beauty. Crowns made of gold or other precious metals have been used for many years, but they are usually placed on back teeth, where they are not easily seen. Porcelain fused to metal crowns is popular for both front and back teeth because it provides a natural look and functions well over time.

Crowns are created by a trained dental technician based on information gathered by your dentist, including impressions of your teeth. Technicians have the

technology to create a crown that is uniquely suited to your mouth based on the ability to recreate bite and jaw movement in the lab. This is important because the crown must fit well with the adjacent teeth to help you maintain your dental health after it is placed.

Oftentimes crowns are placed to restore or strengthen a tooth that has broken. Crowns can also be used to cover the visible part of a front tooth to improve one's smile. However, other cosmetic procedures may also be recommended when front teeth are involved. The decision whether or not to have a tooth crowned should not be made lightly. If we think a crown is the way to go, we will explain our reasons why, but we'll also provide alternative treatment options.

SWEET BREATH

Having sweet-smelling breath isn't just important when you're around your sweetie. It's also important when you're around your children, your friends, and your coworkers.

The smell of your breath can be negatively affected by the things you eat or the way you care for your teeth and gums. If your mouth is healthy and you're eating a balanced diet, your breath should be fresh and clean, right? While that should be true, it might not be the case if you recently chomped down on foods that can leave offensive odors in your mouth.

Here are a few suggestions that can help you keep your breath smelling sweet throughout the day:

- ★ **An apple a day...** or some carrots or celery or other crunchy fruit or vegetable can help rid your mouth of plaque that can cause mouth odors.
- ★ **A yogurt a day.** Studies have shown that yogurt can help lower the amount of hydrogen sulfide found in the mouth, and that can translate into sweeter breath.
- ★ **Vitamin C** consumption may help slow the growth of bacteria that cause bad breath. Citrus fruits, melons, and berries can all help freshen the environment in the mouth.
- ★ **Chew, chew, chew sugarless gum**, preferably sweetened with xylitol, after eating. Not only can the flavor of the gum mask odor, but the increased saliva production will wash away food debris and plaque.

BRACES OR BONDING?

If your teeth aren't quite as straight as you'd like them to be, you might believe that years of braces are the only way to improve your smile. You might be wrong.

Braces are often the ideal choice for young patients who have just hit early teens, but for older patients who want to make their teeth appear straighter or fill in gaps between teeth, bonding is often the answer.

Bonding can be done quickly, sometimes in just one visit. It begins with a process that prepares the teeth to accept the bonding material by lightly etching them. Next, the resin is layered on the teeth and set with a special light. The finishing touches involve sculpting the resin material and polishing it to match the translucence of your natural teeth.

Teeth that have gaps between them are often corrected with bonding. Although some celebrities—most notably David Letterman and Madonna—are famous for the intriguing gap between their front teeth, not everyone whose teeth have gaps feels so confident about the look.

If you would like to change the appearance of your teeth but don't want the hassle of braces, bonding may hold the key. Call us to learn about all the ways we can make you smile!



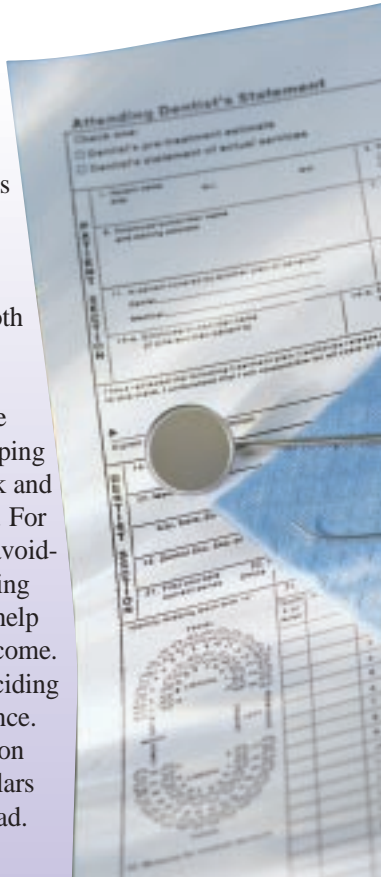
SHOULD YOU HOLD ON TO YOUR DENTAL COVERAGE?

As employers increasingly look for ways to curb costs, many are asking employees to pay a larger percentage of the monthly dental premium. Many employees struggle to decide whether this is a smart move for them. Unfortunately, most people who decide against paying for dental insurance usually don't seek the preventive dental care they need. The result can be disastrous for their teeth and their wallets.

Dental insurance that provides preventive care, including checkups every six months, can often save a family money in the long run. Problems such as tiny cavities that are allowed to grow and fester can eventually lead to the need for expensive crowns or, worse, tooth loss.

Having regular preventive checkups can mean avoiding the ravages of gum disease and keeping the teeth that allow you to speak and eat efficiently into your old age. For children, prevention can mean avoiding cavities entirely while learning the good dental habits that can help keep them smiling for years to come.

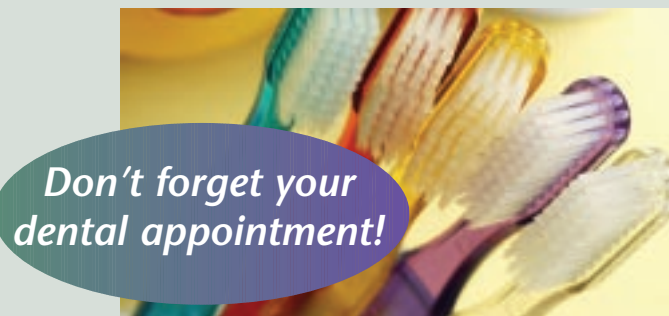
Consider the costs before deciding whether to forego dental insurance. A few dollars worth of prevention could easily save you many dollars in restorative work down the road.



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