



Cambridge Dental Group Newsletter

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(southeast corner of West
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Dearborn Hts., MI 48127

Phone: (313) 274-4040

Fall 2012

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

Meet Dr. Mustafa



Lena N. Mustafa, D.D.S.

A Dearborn Heights native, Dr. Mustafa received her dental degree from the University of Detroit Mercy after completing her bachelor's degree in biology at the University of Michigan-Dearborn. She enjoys working with all age groups and provides the highest quality of dental care. Dr. Mustafa is fluent in Arabic, which adds to her ability to communicate with patients to help them fully understand their treatment options, put their minds at ease, and make them comfortable.

Aside from her passion for dentistry, Dr. Mustafa enjoys playing tennis and spending time with her friends and family. She is a member of the American Dental Association and the Michigan Dental Association.

Dr. Mustafa has very convenient hours available, including after work, school, and Saturdays. Please call today to schedule your appointment!

A white smile opens possibilities

Could improving your smile change your life? It's possible that even a simple improvement could make a huge difference. Maybe you would like your teeth to appear less dingy or your crooked teeth to look straighter. Maybe you wish there was no gap between your teeth.

Simple changes in your smile could make you feel more confident about talking, laughing, or grinning. Slight enhancements could also make you more attractive to a member of the opposite sex.

Many cosmetic dental issues can be handled in just a few appointments. With whitening procedures, veneers, or bonding, a new smile could soon be yours. Why not give us a call to learn more about the ways cosmetic dentistry might change your life?



Dental myths

Today, good information about dental health may be only a click of a mouse away; however, many people cling to dental myths that should have died long ago.

For instance, while sugar takes a bad rap for causing cavities, sugar isn't the only culprit, and it's not actually the sugar that makes holes in teeth. Sugar is a carbohydrate, like starches such as bread, potatoes, and rice. It's not these foods that cause cavities, but rather the bacteria in the mouth that prefer these foods and produce cavity-causing acids after consuming them.

Many people still believe that children who prefer sweet snacks and beverages, such as candy and soda, account for the highest percentage of cavities. The truth, however, is that those under the age of 20 only develop half the cavities their parents did. Senior citizens, on the other hand, now seem to be more likely to develop cavities due to dry mouth caused by certain medications.

Once a cavity begins to develop, though, it causes pain, right? Tooth decay has to be pretty advanced to cause pain. In its earliest stages, tooth decay may not cause any discomfort at all. One reason regular dental checkups and X-rays are necessary is so that decay can be detected and treated in its earliest stages.



Consistency counts
with kids

As the sugar index for each American rises toward 25 pounds per year, it becomes more essential to teach young children the importance of good home care.

Brushing at least morning and night (after each meal is ideal) and flossing daily lay the foundation that can lead to a lifetime of good dental health. With young children, consistency is key to forming habits that can ward off cavities and gum disease.

Choose a soft toothbrush with bristles that can flex to clean outer surfaces and reach into the crevices of teeth to dislodge food particles that hide there. Flossing all the way down to the gum line can remove debris trapped between teeth.

Show your child how to brush properly with just a tiny bit of paste, and then let him or her brush a bit. Repeat the process daily until you only have to supervise the job. Be sure to use only a tiny amount of paste, and teach the child to spit and rinse when finished.

Antibacterial, fluoride mouth rinses made for a child's use can be utilized as well. Fluoride is necessary to prevent cavities, but too much fluoride can stain the teeth, so it's important to teach children to spit out as much toothpaste or mouth rinse as possible after brushing and rinsing.

Good gum care

Could good gum care help patients avoid diseases such as diabetes and health issues such as heart attacks and strokes? These questions have been on the minds of researchers ever since the link between periodontal disease and the risk of heart attack was discovered.

Up to half of all adults in America exhibit signs of periodontal disease, and up to 15 percent may have severe gum disease.

At the heart of the questions concerning the connections between gum disease and other diseases is the body's response to infection in the gums. Researchers want to know whether preventing inflammation of the gums caused by periodontal disease could affect the likelihood of developing other diseases.

Studies have shown that those who suffer from periodontal disease have double the risk of developing heart disease. Links have been established between gum disease and stroke as well. Diabetics, who are more susceptible to infection, are also more likely to have gum disease.

Some patients may be genetically predisposed to gum disease, but oftentimes the symptoms can be controlled with regular professional care coupled with good brushing technique and regular flossing.

Could it be TMD?

The temporomandibular joints are located on either side of the face in the area where the lower jaw is connected to the skull. This incredible joint has the flexibility to allow the jaw to move easily—side to side or up and down. Because of this joint, you can eat and talk with ease.

Unfortunately, problems can arise. A painful condition known as TMD (temporomandibular disorder) may emerge due to a number of issues, such as whiplash, bruxism, types of arthritis, and stress. A blow to the jaw or anything that dislocates or stresses the joint may also be the cause of TMD.

Symptoms of TMD can range from mild pain, which can occur in the face, jaw, neck, or shoulders, to inability to open the mouth to its full width.

Clicking sounds in the joint, jaws that lock into place, and facial fatigue are symptoms, along with chewing problems, swelling, and facial fatigue.

In addition to these symptoms, TMD may be related to sinus problems, toothaches, headaches, earaches, dizziness, and ringing in the ears. Patients who experience these symptoms should seek a professional dental diagnosis. A number of treatments are available to help relieve the pain of TMD.

Sweet nothings

Whether you're spending time with the one you love or are engaged in a business meeting, you want your breath to be pleasant and fresh. Fighting bad breath means taking regular steps to keep breath clean smelling:

Step 1. Clean up. Regular brushing and flossing, including taking time to brush the tongue, where bacteria tend to congregate, are key to fighting bad breath.

Step 2. Don't dry out. Dry mouth is a common cause of bad breath. Saliva production helps to rinse away food debris and bacteria to help keep breath fresh.

Step 3. Chew, chew, chew! Chewing on sugarless gum will encourage saliva flow. Choosing cinnamon flavor may do even more for your breath, since studies have shown that cinnamon may help lower the number of bacteria present in the mouth.



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Here's your
dental newsletter!

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The information included in this newsletter is not intended as a substitute for dental advice. For your specific situation, please consult our office.

Don't live with the pain

Pain in the mouth is a special kind of discomfort. Often when the mouth hurts, patients want relief as soon as possible, and they contact their dentist for help. That's not always the case, though.

Sometimes, patients will live with discomfort because they are afraid to have dental work done. Putting off necessary dental care usually has two results. First, it can lead to more discomfort and a more serious dental problem. Second, it can often mean that extensive repair work will be necessary to rectify the situation.

Don't let that happen. If a dental problem is causing you discomfort, we can offer lasting relief. We want to restore the health of your smile in a manner that causes you as little discomfort as possible. We offer sedation dentistry and other alternative forms of anesthesia that will allow you to have necessary dental work done in a comfortable manner.

Please don't let mouth pain interfere with your life or affect the future of your smile. Call us for the help you need.

Serious sleep issues

Sleep apnea, which affects about 30 million Americans, can have serious consequences. The presence of sleep apnea increases the risk of being involved in a motor vehicle accident, suffering from a number of diseases, and even death.

Symptoms of sleep apnea include snoring (found in at least 40 percent of adults older than 40), restless sleep, excessive sleepiness during the day, memory problems, irritable behavior, and grinding of teeth. People who suffer from sleep apnea may wake often during the night (without realizing it), and sometimes wake up feeling like they are gasping for air.

Results of sleep apnea include heightened chances of suffering from high blood pressure, diabetes, or a stroke. Sleep apnea patients often complain of headaches and may be more likely to exhibit the symptoms of GERD (gastroesophageal reflux disease).

At the root of the problem of sleep apnea is obstruction of the airway, which impedes airflow during sleep. Signs related to sleep apnea have been traced to dental and mandibular issues that can be treated by a dental professional trained in the science of sleep dentistry.

Treatments that can help to open the patient's air passage include devices that pull the tongue out of the way or change the position of the jaw so that air can reach the lungs. The dentist and patient work together to discover the type of device that best fits the patient's needs.

Patients who suspect they are suffering from sleep apnea should seek professional help. The risks of living with untreated sleep apnea can be serious, but a simple device from our office may provide the path to a safer night's sleep.

