



# Cambridge Dental Group Newsletter

[www.cambridgedentalgroup.com](http://www.cambridgedentalgroup.com)

Produced for the patients of  
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**Cambridge Dental Group**  
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**Cambridge Shopping Center**  
**(southeast corner of West**  
**Warren Avenue & Inkster Road)**  
**Dearborn Hts., MI 48127**

**Phone: (313) 274-4040**

**Spring 2011**

## 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.-1:00 p.m. or 8:00 a.m.-4:00 p.m.

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

## Look for us online!

Now you can find us more easily online! We have expanded and joined the social ranks of Facebook and Twitter.

To learn more about our practice, and our team, friend us on Facebook at **Cambridge Dental** or search for the e-mail [cambridgedentalgroup@gmail.com](mailto:cambridgedentalgroup@gmail.com). We will be offering exclusive contests and deals for our friends. Also, for updates on the latest happenings around our office, follow us on Twitter (**cam-dental**). We are going to be hosting monthly games starting May 15, 2011. We will announce a secret letter daily. Jot down all the letters for the whole month; once all letters are collected, spell out the phrase and submit your answer to be entered into our exciting drawing for great prizes. *We're making it easier than ever to stay in touch!*



## Dental insurance— *a good investment*

Utilizing dental insurance wisely is an investment in yourself and in your future. Medical insurance is generally purchased with the idea that it will provide funds if an individual becomes ill, but dental insurance is purchased for the opposite reason.

Dental decay is one of the most widespread bacterial ailments in the world. Because dental treatment focuses on cavity prevention, dental insurance tends to cover regular preventive care. Most insurance covers restorative treatment as well.

In addition to cleanings and checkups, X-rays and other diagnostic tests are often covered. The idea is to encourage patients to seek preventive care rather than

require restorative treatment.

About half of all Americans are now covered by dental insurance—a sharp increase from 1970, when only a little more than 10 million had coverage. The result has been a marked decrease in dental decay, especially among children.

Patients who have dental insurance should get the most from their plan by seeing the dentist on a regular basis and following home-care instructions. Be sure you have a good understanding of what your plan will cover, and follow insurance procedures.

Dental insurance is a great benefit, but use it wisely. If you need assistance, talk to your human resources representative or the insurance expert at our office.

Thank you for all your referrals. We appreciate them!

# Don't hurt your teeth

Accidents will happen, but many can be prevented. Often, accidents that damage teeth can be prevented by using a mouthguard in potentially dangerous activities such as contact sports or other recreational endeavors. However, teeth are often damaged as a result of incidents that are part of everyday life.

Foods that can damage teeth include popcorn kernels and hard candies that are chewed. Chewing on ice cubes has been known to result in cracked and broken teeth, as well as fractured fillings.

Using your teeth instead of scissors when breaking threads or cutting tape is another mistake, along with chewing on pen caps. Reach for the appropriate tool rather than risking your mouth, and restrict pen usage to writing.

If an accident does happen, don't hesitate to seek immediate dental treatment as you would for any other bodily injury. When you call the office, provide as much information as possible about the injury. If a tooth is knocked out, try to replace it in the socket and hold it there until you arrive. If that can't be accomplished, put it in milk and bring it along.

Advances in dentistry can often make it possible to save or replace a knocked-out, broken, or damaged tooth, but it's best to prevent accidents whenever possible. Be cautious with your teeth, and contact us right away should an accident occur.

Chewing on pen caps can crack teeth or fillings!

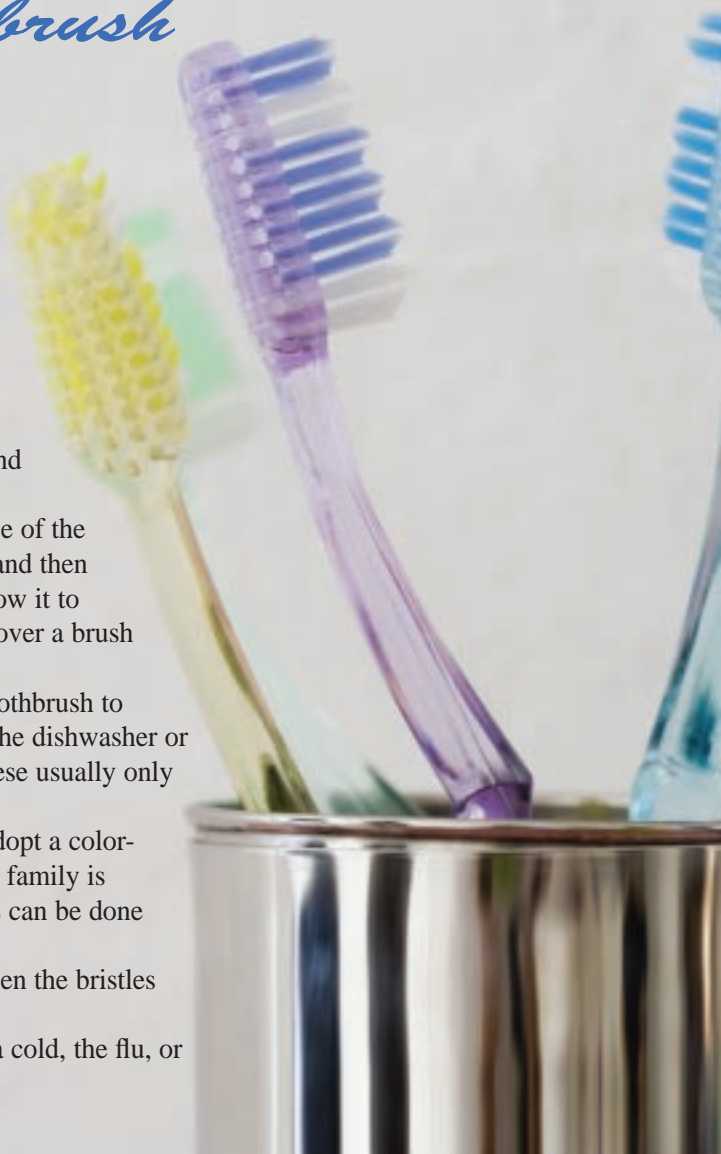
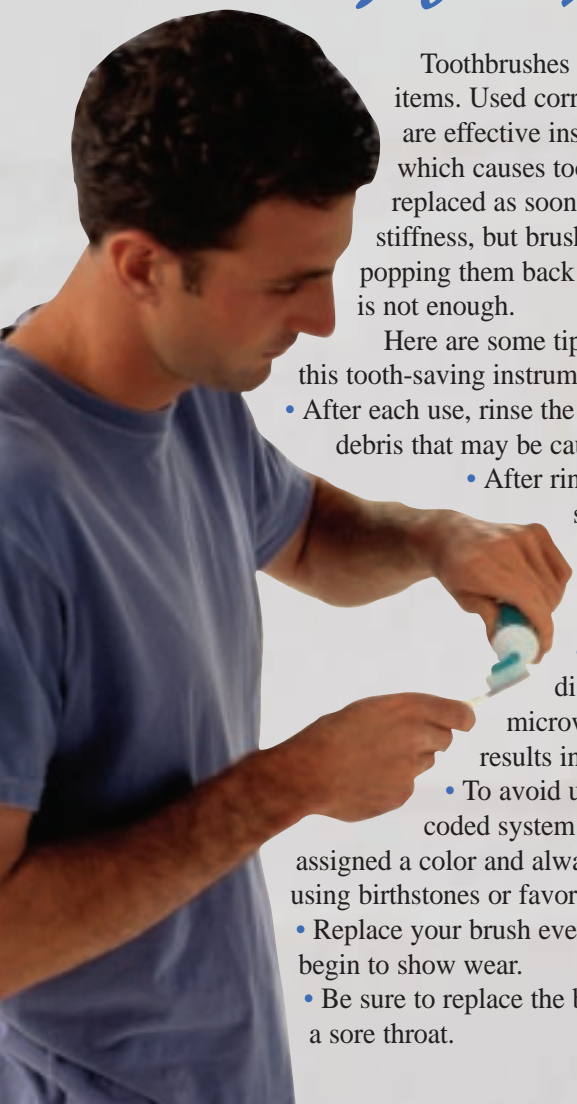


## Caring for your toothbrush

Toothbrushes are pretty common personal items. Used correctly with fluoride paste, they are effective instruments for battling plaque, which causes tooth decay. Brushes should be replaced as soon as the bristles lose their stiffness, but brushes also require care. Just popping them back into the holder after each use is not enough.

Here are some tips on the care and handling of this tooth-saving instrument:

- After each use, rinse the brush well to remove paste and debris that may be caught in the bristles.
  - After rinsing, tap the brush on the edge of the sink to remove excess water, and then put it in a stand that will allow it to thoroughly air dry. Do not cover a brush head, except when traveling.
  - Don't attempt to soak the toothbrush to disinfect it. Avoid putting it in the dishwasher or microwave. Taking steps such as these usually only results in damage to the brush.
  - To avoid using the wrong toothbrush, adopt a color-coded system in which each member of the family is assigned a color and always uses that color brush. This can be done using birthstones or favorite colors.
- Replace your brush every two to three months, or when the bristles begin to show wear.
- Be sure to replace the brush after an illness such as a cold, the flu, or a sore throat.



## How sweet it is! Sugar vs. Sugar-free

### True or False

1. Most Americans ingest almost half a cup of sugar daily. True \_\_\_ False \_\_\_
2. "Sugarless" foods are completely free of sugar. True \_\_\_ False \_\_\_
3. Natural sweeteners, such as molasses and fructose, have fewer calories than sugar. True \_\_\_ False \_\_\_
4. Xylitol is a natural sweetener found in fruits and used to sweeten foods and candies. True \_\_\_ False \_\_\_
5. Very sweet sugar substitutes that increase salivation may help prevent tooth decay. True \_\_\_ False \_\_\_
6. Sucralose is about 600 times sweeter than sugar. True \_\_\_ False \_\_\_
7. Any product containing an ingredient that ends in "ose" contains sugar. True \_\_\_ False \_\_\_
8. Any food containing sugar is harmful to teeth. True \_\_\_ False \_\_\_
9. Foods made with calorie-free sugar substitutes are carb-free as well. True \_\_\_ False \_\_\_
10. Sugar increases the likelihood of tooth decay because it activates bacteria in the mouth that produce acid. True \_\_\_ False \_\_\_

Answers:  
1. True; 2. False; 3. False;  
4. True; 5. True; 6. True;  
7. True; 8. True; 9. False;  
10. True.

Reading food labels can help consumers determine whether sugar, molasses, or fructose is a main ingredient.

## OH BABY, HANG ON TO THOSE TEETH!

Designed to last from 6 to 12 years, baby teeth provide the foundation for adult teeth to come in straight. The presence of healthy baby teeth may affect speech, nutrition, and aesthetics. It's important to treat baby teeth with the same care adult teeth will need.

One of the first things a child uses his or her teeth for is eating. The front teeth tear food into smaller pieces, and the back teeth mash it to begin the digestion process. A healthy diet requires healthy teeth.

The teeth are also an important part of learning to talk. The tongue pushes against the teeth to help a child create necessary sounds. When the teeth are not present or when they are decayed, proper speech may be difficult.

Healthy baby teeth hold a place for the adult teeth to come in. When primary teeth are missing prematurely, the alignment of adult teeth can be affected.

Decaying teeth are painful. Toothaches can cause a child to miss school and to suffer with discomfort that can interfere with daily activities. Unhealthy teeth can also affect self-esteem. When a child is afraid to smile because of how others may react, he or she may struggle to develop self-confidence. Bacteria in a mouth in which teeth are decaying can also cause bad breath, which can further affect self-esteem.

The proper care of first teeth involves cleaning them with a washcloth and later with a soft brush after each meal. Begin teaching children to care for their own teeth as soon as they can hold a brush. Regular dental checkups should usually begin around the age of one or shortly thereafter. Caring for those teeth now can mean a healthier smile and happier life later on.

## IF YOUR MOM HAD TOOTH DECAY...

New research has shown that certain types of tooth decay do run in families. It appears that young children actually contract *mutans streptococci* from their mothers. The presence of this type of bacteria puts a child at high risk for dental decay.

According to the research, new babies are born without the bacteria in their mouths, but children whose mothers exhibited untreated decay eventually developed cavities themselves. It is very common for mothers and children to share the same bacteria. Dentists can easily test for the culprits known to cause decay.

This evidence makes it clear that since dental decay is a family affair, preventing decay, which includes good home-care practices and regular dental treatment, should involve the whole family as well. Children learn home care by watching their parents. Let us help to arm you with the ammunition you need to fight off the cause of tooth decay from the very beginning.

## Cambridge Dental Group

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27281 W. Warren  
Dearborn Hts., MI 48127

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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.

## Introducing *Dr. Jay W. Lang*

**Dr. Jay W. Lang** received his undergraduate degree from Michigan State University. He then went to the University of Detroit Mercy, where he earned his D.D.S. in 2002. He returned to U of D and completed his Master of Science degree along with a Certificate in Endodontics in 2007. He currently serves as an Adjunct Professor within the Endodontic Department at U of D.

Dr. Lang is a member of the American Association of Endodontists, the American Dental Association, and the Michigan Dental Association. In addition to teaching at the dental school, he lectures at study clubs and dental meetings throughout the country. He also serves as a product evaluator

for a dental product manufacturer.

In his free time, Dr. Lang likes spending time outdoors, especially on Lake St. Clair. He enjoys duck hunting, fishing, and skiing. He lives in New Baltimore with his wife Michelle and two beautiful daughters, Emerson and Avery. Dr. Lang volunteers at Leader Dogs for the Blind and serves as a committee member for Lead In the Holidays. He hopes to one day work in conjunction with staff veterinarians to perform root canals on leader dogs in need.

Dr. Lang is truly a wonderful addition to our office, and we are happy to have him as part of our Cambridge Dental family.

