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Cambridge Dental Group Newsletter

www.cambridgedentalgroup.com

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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.

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

Now you can have all your dental needs taken care of under one roof. No need to go elsewhere for specialty care.



No insurance? No problem!

Join Cambridge Dental Group's In-House Premier Dental Plan

It's not insurance, it's smarter: a discounted fee schedule for most services, good only at **Cambridge Dental Group**. You save on everything from cleanings and fillings to root canals and crowns!

Start saving today!

Enrollment includes the following services at no charge:

- Comprehensive exam (Twice per plan year)
- X-rays (Once every 12 months)
- Cleaning (Prophylaxis) (Twice per plan year)
- Fluoride treatment for children (Twice per plan year for children under age 18)
- Oral-cancer screening (Twice per plan year)



Call today for more details
(313) 274-4040
Visit us on the Web at
www.CambridgeDentalGroup.com

Our dental care will save your teeth... & your money!

In these tough economic times, we at Cambridge Dental Group are proud to offer our affordable low-cost dental plan. Enrollment entitles you to preventive dental care at no cost! Corrective services are available for reduced fees that are far less than the usual, customary fees. And our professional staff is qualified to care for all of your dental needs!

Low-Cost Dental Plans

- Individual—\$185/year
- Individual and Spouse—\$349/year
- Family Plan—\$499/year (Individual and up to 3 immediate family members)
- Additional Family Members—\$75/year

- Fees must be paid in full at the time of service.
- Any service not paid at the time of service will be billed at usual and customary rate.
- Valid for one year from date of sign-up.
- This is not an insurance product.

You're not finished until you FLOSS

Flossing plays an important role in daily oral hygiene for a number of reasons. Careful flossing reaches the areas between teeth to remove debris, plaque, and bacteria that lodge there. The thin nylon filament of which floss is made is ideal for hard-to-clean spots that toothbrush bristles cannot reach.

Proper flossing means wrapping the filament around each tooth and working it in an up-and-down motion as it hugs the tooth. This action removes not only tiny bits of food that the toothbrush cannot, it also tackles bacteria that congregate there, harden, and become crusty plaque. When these bacteria aren't removed and plaque forms, it can cause the gums to become inflamed and bleed, resulting in gingivitis—the first stage of gum disease. Untreated, gum disease can lead to damage to the supporting bone and eventually to tooth loss.

Prevention of gum disease isn't the only reason to make flossing part of your daily oral-hygiene routine. Bacteria that hide between teeth can cause interproximal decay, which can affect more than one tooth at a time.

In addition to helping prevent gum disease and cavities, flossing removes bacteria and leftover bits of food that can cause bad breath. Diabetics and those afflicted with heart disease have special reasons to floss. Regularly removing bacteria by flossing can reduce the risk of endocarditis—which can cause the heart to become inflamed. Diabetics, because they heal more slowly, should be sure to floss scrupulously.

Ways to get the job done

Some people find it difficult to floss. It may be because their teeth are very close together or they gag easily. Fortunately, there are a number of different flossing implements—both long- and short-handled—that can be used to make flossing easier. Ask us to recommend a type that will work for you.



ACE YOUR INTERVIEW WITH A CONFIDENT SMILE

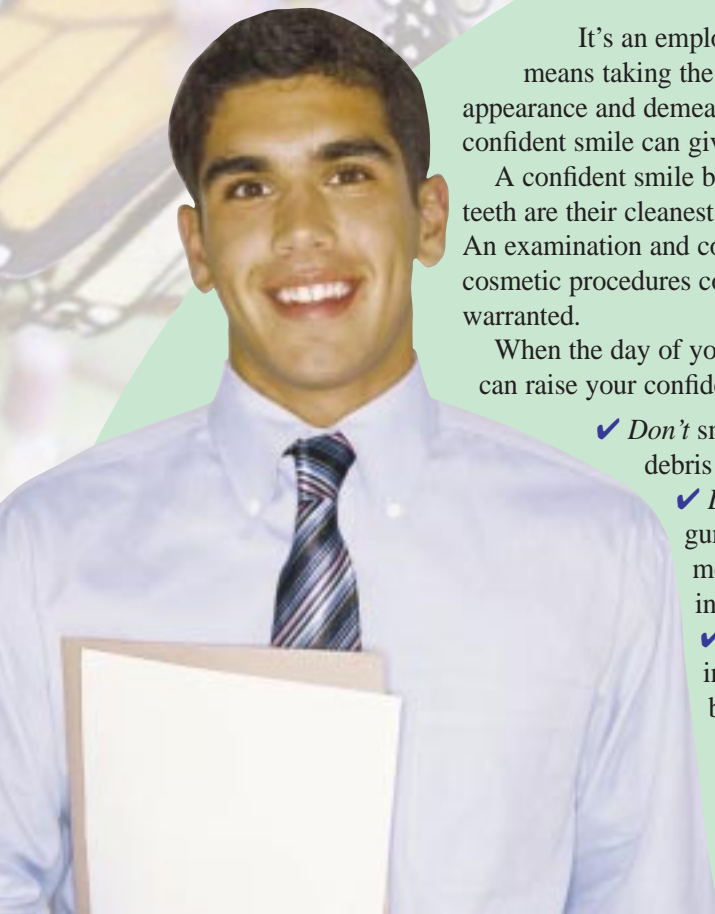
It's an employer's market, and increasing your chances of meriting employment means taking the extra steps that can give you an edge in the interview chair. Both your appearance and demeanor will weigh heavily on your overall interview score, and a radiant and confident smile can give you a tremendous boost.

A confident smile begins with a visit to your dentist. A professional cleaning to be sure your teeth are their cleanest is step one, but your interview preparation shouldn't necessarily stop there. An examination and consultation can determine what restorations need to be performed, what cosmetic procedures could improve your smile, or whether orthodontic treatment might be warranted.

When the day of your interview arrives, preparation is key. Here are a few do's and don'ts that can raise your confidence level and maybe your chances of receiving that coveted job offer:

- ✓ *Don't* smoke or eat just prior to your interview. Both can affect your breath, and food debris could mar your smile.
- ✓ *Don't* pop in a stick of gum on your way to meet your interviewer. Chewing gum could be construed as rude, and it calls unnecessary attention to your mouth. If halitosis is a concern, have a sugarless mint before you arrive at the interview site.
- ✓ *Do* pay added attention to your oral hygiene before leaving for the interview. Be extra scrupulous when you brush, and don't forget to floss between teeth.

A smile you're happy to flash can give your self-esteem a significant boost, translating into confidence that can have a marked effect on an interviewer's initial impression of you. It might be just the edge you need to secure the position you want.



SPECIAL PATIENTS

Scleroderma and dental health

Scleroderma—an autoimmune disease related to lupus and rheumatoid arthritis that causes the skin to thicken and harden—may affect more than 200,000 Americans in some form.

Patients who live with the effects of scleroderma need special dental attention for a number of reasons. Dry mouth, tooth erosion, and loosened teeth may all plague scleroderma patients. The situation may be compounded by difficulty opening the mouth due to tightening of the skin on the face, which can make good oral hygiene more difficult to achieve.

Tooth erosion in scleroderma patients is often due to GERD (gastroesophageal reflux disease), which allows stomach acid to back up in the food pipe and erode tooth enamel. Likewise, xerostomia (dry mouth), which is sometimes a side effect of medication or caused by damage to the salivary gland, might be a problem because the scarcity of decay-fighting saliva can enable bacteria to gain a foothold.

Although the narrowing of the mouth opening may make daily home care more difficult, it is essential. Dentists can help scleroderma patients find brushing and flossing devices to make these tasks easier. Facial exercises may also be prescribed to increase flexibility. Sipping plain water throughout the day may relieve the effects of dry mouth. Saliva substitutes and medications can also work to keep the mouth lubricated. Toothpastes that help keep enamel hard and fluoride rinses that can deter decay are sometimes recommended.

All these steps to resist the dental effects of scleroderma require a patient to work closely with his or her dentist. A customized schedule of cleanings and checkups can help scleroderma patients get on the road to good dental health.

Is gum good for your teeth?

What could chewing gum do for your teeth? Ward off decay. Alleviate bad breath. Take away sinus pressure and pain. Think we're kidding? Sugarless gum can have all these positive effects when chewed right after a meal.

Here's how it works: Whenever you chew gum, you stimulate the flow of saliva in your mouth. Excess saliva helps to wash away debris and bacteria found on your teeth. Saliva is also able to neutralize the acid produced by bacteria. This acid is chiefly responsible for decay. In addition, the chewing movement of the jaws releases pressure in the ears and sinuses.

Pop in a piece of gum soon after eating, when bacteria are most active. Shortly after you eat, bacteria begin to feed on the food debris left on your teeth. As they consume, they also produce acids which damage tooth enamel. Chewing gum during this crucial juncture can help to discourage bacterial activity and decrease the chances of decay. However, it's important to choose sugarless gum. Gum that contains sugar will only defeat the purpose because bacteria will consume the sugar from the gum, increasing their activity.

Cavities? Who, me?

Does that statement jar your thinking? While it's true that those under the age of 21 are at high risk for cavities, it's also true that once we reach age 40, our risk of cavities begins to climb once again.

The primary reason for this is because the roots of the teeth are exposed by gum recession. The roots of the teeth are more penetrable than other tooth surfaces and more prone to decay. But that isn't the only reason cavity risk increases. Several contributing factors can make the threat of decay more likely.

Dry mouth, which grows more common with age, robs the mouth of saliva, which is one of the first defenses against bacteria that cause decay. Drinking plenty of water and chewing sugar-free gum can help increase saliva production and fight decay. Dry mouth is especially common among diabetics and those who have been prescribed certain medications.

Your dental-health history is a good indicator of your likelihood of suffering dental problems as you pass middle age. Those who have lost teeth to decay, suffered cavities in the last few years, had extensive dental work such as crowns or bridges, or who have a partial denture are at higher risk for decay. Patients with a number of old fillings may find that as these restorations break down, they can crack, leaving openings for bacteria.

Fortunately, there are steps patients can take to reduce their chances of developing dental caries. Brushing at least twice daily, for at least two minutes each time, and flossing once per day will help ward off decay, as will having cleanings and checkups on the schedule recommended for you by your dentist. Using a fluoride rinse can offer even more protection.

Diet plays a crucial role in cavity development throughout your lifetime. A diet low in sugar and carbohydrates can be beneficial, but *how often* you eat can be as important as *what* you eat. Snacking often between meals can increase the possibility of developing decay, so keep snacks to a minimum. Choose healthy foods, such as raw fruits and vegetables, when you must snack.



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What's really causing your headaches?

Unexplainable headaches may really be all in your joints—your temporomandibular joints (TMJ). Up to 10 percent of Americans may suffer from temporomandibular dysfunction (TMD), or TMD/TMJ. TMD/TMJ refers to a number of problems that can be traced to an imbalance in the intricate joints and muscles that make it possible for us to speak, chew, smile, and open our mouths wide to yawn.

The temporomandibular joints—found just in front of the ears on either side of the face—are among the most complicated parts of the body. Unlike any other joints in the body, which can only pivot, these joints allow the jaw to slide and rotate so that we can grind our food. Discs of cartilage, located between the jaw and the socket of the skull, provide a cushion to keep the bones from rubbing together.

Because headaches are not an unusual problem, many people don't seek treatment for them at all, choosing to alleviate their pain with over-the-counter remedies. Other sufferers visit their physicians but find a diagnosis elusive. However, when pain is persistent or located in the area in front of or under the ears, TMD/TMJ should be suspected. Often the problem manifests itself in a combination of symptoms, which include facial, back, shoulder, neck, or ear pain. Dizziness, clicking of the jaw, trouble swallowing, and ear pressure can all be signs.

Since TMD/TMJ can often be treated effectively, it's important to seek a dental diagnosis when symptoms—especially headache pain that can't be explained—arise. That mysterious and recurring headache may really be a pain in the jaw that could be relieved with proper diagnosis and treatment.

Don't neglect your smile



Good dental care—both daily home care and regular checkups and cleanings—is essential to good dental health, good overall health, and good self-esteem.

Regular checkups on the schedule specifically recommended for you by your dentist are important to help catch decay in its earliest stages, when it is most treatable and essential tooth structure can be saved.

However, avoiding oral decay isn't the only reason to see a dentist regularly. Other oral diseases—particularly periodontal disease—have been linked to serious health issues, including diabetes, heart disease, stroke, and low-birthweight babies.

Keeping your mouth healthy can also ensure your ability to eat a proper diet and obtain good nutrition for better overall health.

A healthy smile is one that you can flash with confidence. Knowing that your teeth are free of decay and periodontal disease can have a positive effect on self-esteem and influence the way others see you.

Don't neglect your smile. Be sure to seek the dental care you need to keep grinning long into the future.