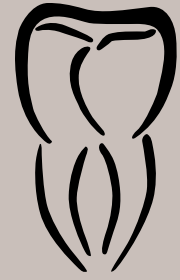


HEALTHY SMILE CENTER

Highlights



Winter 2007

Healthy Smile Center

Dr. Martha Vega-Crist

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Oxford, MI
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Contact

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Hours

Mon
9:00 am – 2:00 pm

Tue
12:00 pm – 8:00 pm

Wed
Closed

Thursday
9:00 am – 5:00 pm

Friday
9:00 am – 2:00 pm

Sat
8:00 am – 2:00 pm *
* 2nd Sat. of the month

Staff

Marie, RDH
Dental Hygienist

Shauna
Office Manager

Constance
Insurance Assistant

Allison
Dental Assistant

**Thank you
for all your
referrals – we
appreciate them!**



Dr. Martha Vega-Crist

**LVI (Las Vegas
Institute) for
Advanced Esthetic
Dentistry Member**

disease, drug reactions, allergies, diabetes, hormonal disorders, or pregnancy. Please inform our staff prior to your appointment, if there have been any changes in your health. The more we know about you, the better we can be part of your personal health care team.

Holiday Highlights

\$25 off REV and ZOOM bleaching treatments until Feb 1, 2008

Dec. 1 - Oxford Christmas Parade – join us for hot chocolate & cookies

Jan. 7 - Our 3rd annual American Red Cross Blood Drive @ Kalloway's 1-7 pm

Call our office to schedule an appointment to donate.

Have a safe and Happy Holiday!!!

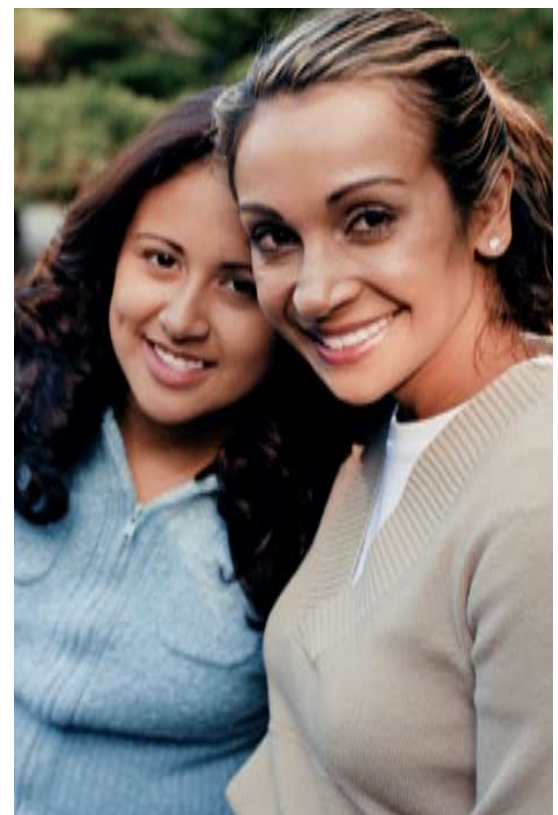
Dr. Vega-Crist and the Healthy Smile Center Team

Are You Dieting... In the fast lane?

We all know why Monday morning turns into Crash Diet Day. And we should all know that on-and-off diet patterns can create mineral and protein deficiencies as well as deficiencies of Vitamins D and B-12 – all important to the health of teeth and gums.

When dieting, you're avoiding sweet sticky foods that can cling to teeth, encouraging decay and cavities – and that's great! But you may be choosing a diet high in fruits and juices without realizing that natural sugars can also decay and erode tooth enamel. Be sure to read food labels and pay particular attention to ingredients ending in "ose" ... which means sugar. (See our article on the back page about avoiding sugar traps.)

The key to protecting overall health is to avoid crash dieting and to maintain a healthy diet and lifestyle. A thorough oral hygiene regimen and regular visits to our practice can maintain your oral health.





Never Forget...

To floss, floss, floss!

If you could add a whole seven years to your life by doing one simple task, wouldn't you jump at the chance? Time and time again we read that daily flossing can actually add *seven years* to your life. That's how important it is to remove the soft plaque (bacteria) that builds up on your tooth surfaces and in between teeth. And to remove it *every day*.

If you're not flossing, you're not cleaning about 35% of your tooth surfaces. Research has shown that flossing, along with brushing, is the only way to prevent the buildup of plaque and tartar that cause periodontal disease which has been linked to serious systemic diseases.

So do your best to ensure a regular flossing regimen and ask us for a flossing refresher and product recommendations!

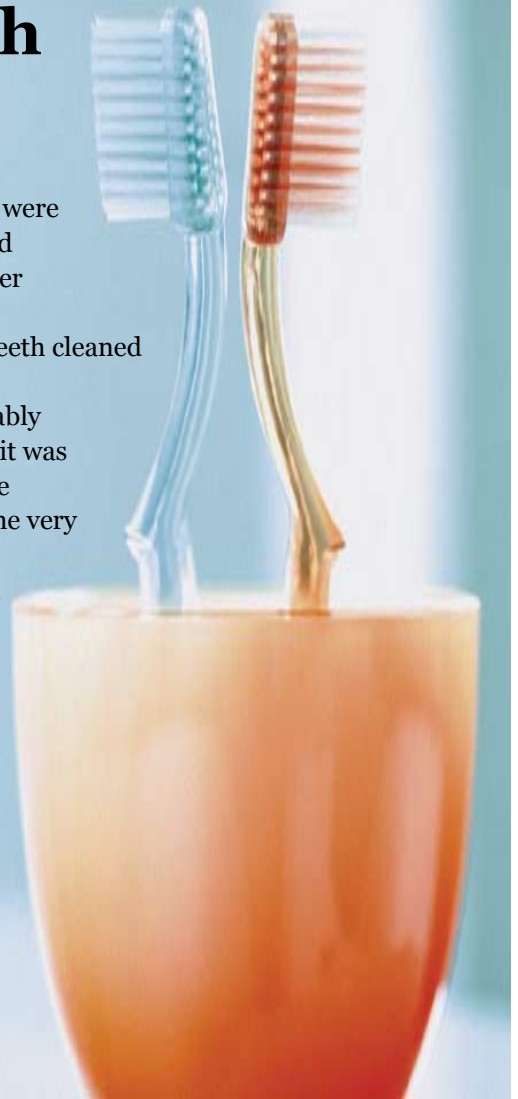
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PN-4

Toothbrush Evolution

Dental trivia

- The earliest toothbrushes were small twigs mashed at one end to create a frayed end for better cleaning.
- Roman nobles had their teeth cleaned by slaves.
- The toothbrush was probably invented by the Chinese, and it was exported to Europe during the seventeenth century. It became very popular with French dentists.
- In the eighteenth century, tooth brushing caught on in North America. Eventually nylon replaced natural bristles.
- After World War II, Swiss inventors developed the first electric toothbrush that came to North America in 1960. What must have seemed like a very strange machine at the time became an immediate success, and today there are literally thousands of toothbrush patents.



Making A Comparison

Plaque is...

- a soft invisible bacterial film that builds up on teeth.
- formed when food, saliva, and bacteria decompose into a sticky film.
- very irritating to gums and will eventually cause decay and infection.

Tartar is...

- a hard crystalline deposit that you can actually see on tooth surfaces.
- often yellow and very hard to remove.
- also known as calculus.
- formed over time when plaque is left to collect and harden, especially near the gumline.
- causes gum inflammation and makes gum pockets where bacteria can thrive and cause infection.
- so hard it can only be removed by a professional dental cleaning.

Kiss This Goodbye!

So long bad breath

Even though we all experience bad breath *once in a while*, it is a problem many of us find difficult talking about. We want to break the silence with some good news. Regularly practicing the basics of good oral hygiene can usually solve any bad breath issues.

Bad breath has a number of oral causes:

- Plaque and decaying food particles that are trapped between teeth are the most common culprits. We have a simple solution: brush and floss regularly. It sounds easy, and it is.
- Plaque and food residue are also responsible for another famous form of bad breath: morning breath. Brushing and flossing before sleep and upon waking can help to reduce this condition. And that

doesn't just mean your teeth! You must brush your tongue as well.

- And there's one more! A build up of oral bacteria can lead to another common cause of bad breath – gum disease.

Wondering about your own fresh breath? Try this self-examination. Take a piece of unflavored floss and floss between your back molars. Wait for 45 seconds and then smell it closely. What's the verdict? Here is another test that's not quite as effective, but will give you some indication: simply lick your own clean wrist ... then wait ... then smell...

If you exercise good oral hygiene and you still suffer from bad breath, don't be embarrassed. Talk to us! We can probably help.



Getting A New Look

Updating your fillings and restorations

Why fix it if it's not broken? That's a good question posed by many of our patients when we tell them that a dental filling or restoration requires replacement. Our answer is that there are many reasons for replacing previous dental work.

- The same stresses that wear down your teeth by daily chewing and grinding also weaken your amalgam and composite fillings.
- When fillings leak around the edges, bacteria can seep down and create decay below the restoration.
- Several pounds per square inch of continuous biting pressure can also create cracks on the surface of fillings and crowns. If not repaired, the tooth may break or chip, requiring a larger and more expensive restoration.

In addition, restorations that are detectable by anyone except your dental team are a thing of the past. Extensive restorations with porcelain, cast glass, inlays, and onlays can be so natural-looking that they are hardly detectable. Rivaling the strength and beauty of natural teeth, these can be formed to fit and fill most types of cavities.

Inlays and onlays are ideal for restoring areas near the back of your mouth where chewing is high stress or there is little original tooth remaining. They are custom designed in a laboratory using a precise replica of your tooth and may take a couple of appointments to complete.

If this is new information to you, please ask us about it at your next appointment. We're always happy to keep you informed!



Smile Solution Supreme

Crown and bridge treatment

What is crown and bridge treatment?

Crown – Used to help strengthen and restore a tooth’s normal shape and size, a crown is a restoration covers or caps a single tooth.

Bridge – When a replacement tooth is required to fill in the gap of a missing tooth or teeth, a bridge holds a replacement tooth or teeth in place and is permanently fixed to a tooth on one or both sides of the space. For extra support, one or both of the adjacent teeth may require a crown – and this is called “crown and bridge treatment.” Spaces left by missing teeth can cause surrounding teeth to drift, change your bite, encourage cavities, and spoil your smile. This is why we would encourage a replacement tooth.

Could you be a candidate for crown and bridge treatment?

- When teeth are broken or cracked, structurally weakened by large fillings or root canal treatment, or that are misshapen or discolored, they can be supported by a crown.
- A crown and bridge can be a preventive measure to avoid more complex and expensive treatments later.

Will the crown’s appearance match my teeth?

High-tech materials result in a strong, natural-looking restoration that will be custom-made to match your smile. No one will know you have a crown. Getting a smile boost is about more than vanity. By repairing problems like missing teeth with crowns and bridges, you can have the pleasing smile you’ve always dreamed about.

Mental Floss

Give it a try!

On page one, we talk about protecting overall health with a healthy diet and lifestyle. Try unscrambling these sports and activities ... all perfect ways to keep your body happy, healthy, and strong.

- LALKBASTE _____
- GINIKS _____
- GNABOTOGGNI _____
- TASKDINAOBEGR _____
- GLINCCYIB _____
- KGASTNI _____
- LLATBOOF _____
- NNNRGUI _____
- GINKWAL _____
- NMIISWMG _____



Sweet Control

Tips to avoid sugar traps

Are you one of many who think that there’s no such thing as *too sweet*? Well ... your tongue may think so ... but what about your teeth? Too much sugar can lead to tooth decay as sugary foods react with bacteria to produce an acid that destroys tooth enamel. These acid attacks last up to twenty minutes – enough time to seriously damage teeth. What can you do? Try the following tips...

- Choose biscuits or plain cookies instead of chocolate cookies and cakes.
- Gradually reduce the amount of sugar in your recipes – most will take up to a 75% reduction in sugar!
- Eat fresh fruit for dessert and snacks, and to liven up unsweetened cereal and plain yogurt.

When choosing food, take care when reading labels. *Sucrose* or regular table sugar is known by several names depending on its origin and how it was processed. Sugars have names that can end in *ose*, like glucose, dextrose, fructose, levulose, lactose, or maltose. Other natural and processed foods that are very high in sugars include carob powder, corn syrup, sugar cane syrup, honey, sweetened condensed milk, and even ketchup.

Watch for “fat-free” foods that may have substituted plenty of sugar for flavor.

You can reduce your intake of sweets to promote healthier teeth and a fitter lifestyle!