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Dental News Bites

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SPRING CLEANING! We need your help!

Our office is Spring Cleaning! We are updating patient information. How should we contact you regarding record updates, reminders of upcoming appointments, and policy changes?

Currently, we distribute the Waxahachie Family Dentistry Newsletter through email. If you do not receive our newsletter, please let us add you to the list.

Take a moment and respond with your updated mailing address, telephone numbers, and your preferred method of contact. If you have any health changes, please call our office so that we can update your medical history. We want to clear out the old, and replace it with fresh, accurate information.

For Cleaner Teeth: *Brush gently with short strokes at a 45-degree angle at the gumline.*

SPRING INTO ACTION! TAKE CARE OF OUR PLANET: "SAVE 90 A DAY"

Did you know that the average person wastes at least 90 glasses of water every day just by leaving the tap running while they brush their teeth?

Our office is committed to providing the most professional oral health care possible to you and your family, while also striving to keep our planet healthy. We want you to join with us and strive to save as much water as possible.

By following the 7 easy steps while brushing your teeth twice a day, you will help to conserve 90 glasses of water! We know that water is essential to life, and makes up 70% of our bodies. But there seems to be so much of it,

why is there a need to conserve in our homes and dental practices?

While it's true that almost 80 percent of the Earth is covered with water, only three percent of that is fresh water, and less than one percent is available for human consumption. Most usable water already goes to creating electricity, running factories, and producing our food.

As the population increases worldwide, so does global water consumption. Many parts of the world are now reaching the limits of their supply. According to the U.N., given the current trends, "two out of every three

people on earth will suffer moderate to severe water shortages in little more than two decades from now." According to the World Water Council, nearly 1.1 billion people live without clean

drinking water, that's one out of every six people on the planet.

Let our office know what you are doing to "go green"? Call or email your ideas today!

7 STEPS TO SAVE 90 A DAY!

- (1.) Wetting my toothbrush under water.
- (2.) Turning off the tap.
- (3.) Applying toothpaste.
- (4.) Brush my teeth for 2 minutes.
- (5.) Filling a small glass with water
- (6.) Rinsing and swishing with the water from the glass.
- (7.) SMILE!



BE PROUD TO "SAVE 90 A DAY!"

OUR WINNER IS... CLARA GAMBA



GIVE A
MEAL
A
MONTH

Clara Gamba is the winner of our drawing for a free exam and x-rays! Mrs. Gamba was born in Manhattan, New York. In 1970 her employer transferred her to Texas. In 1983 she married Frank Gamba and relocated to Waxahachie, Texas. Mrs. Gamba actively serves our community through several programs: the Salvation Army, The Angel Tree, Toys for Tots, as well as, a local school supply program.

Thank you for all of your support to make our Meal-a-Month program successful. Our office will continue to accept bags for Ellis County families in need. If you are interested in participating in this program, please contact our office.

The Whole Tooth and Nothing but the Tooth

Q. Is diet soda a safer choice for teeth than regular soda?

A. Not necessarily, says the ADA, which points to soft drinks in general as a major—and increasing—contributor to tooth decay. Today one of every four beverages consumed in America is a soft drink, says the ADA.

Soft drinks decay teeth in two ways. First, when the bacteria that are always present in our mouths come in contact with the sugar in regular sodas, an acid is produced that continues to attack teeth for 20 minutes or more. Most soft drinks—both diet and regular—also contain phosphoric and citric acids. These acids can dissolve tooth enamel and result in erosion of tooth's surface. Finally, the minerals in carbonated soft drinks can erode enamel, discoloring it, while also making teeth more vulnerable to bacteria, according to the ADA.

Q. Should I throw out my toothbrush after I've recovered from a cold or bacterial infection?

A. Not necessarily, says the ADA. The detergents found in almost all toothpastes kill the microorganisms that may linger on the toothbrush between brushings. But do switch to a new toothbrush every three or four months, as broken down bristles do a poor job of cleaning teeth, says the ADA.

Q. Can anti-plaque mouthwashes really help prevent gum disease and tooth decay?

A. While certain mouthwashes can prevent plaque buildup, there are no substitutes for brushing after meals and flossing, says the ADA. However, the ADA's Seal of Acceptance has been awarded to selected rinses and washes as supplemental methods of fighting plaque.

Q. My mouth hurts when I eat and I hear an odd clicking sound when I move my jaw. What could cause these problems?

A. You may have temporomandibular disorder (TMD), a malady of the jaw's joint, the temporomandibular joint. This condition results when the jaw twists when opening or closing; it creates a popping sound, as well as facial and neck pain, headaches, and discomfort when eating. TMD can be triggered by stress and tooth grinding at night. If you're a grinder, consult with your dentist to be fitted with a nightguard. He can also give you advice on anti-inflammatory medication, and jaw exercises.

Q. Do you have dental questions of your own?

A. Call our office today! Our friendly staffs are always eager to answer your questions!