



Dentally Speaking

..... with Dr. Alan L. Mazer

Produced to improve your dental health and awareness

"We Care About Your Smile"

Spring/Summer 2011

from the dentist

If you like snow and cold temperatures then this past winter was definitely your cup of tea. As for me, give me warm breezes, budding flowers, singing birds and longer days. Spring and summer are my favorite seasons and I look forward to those lazy hazy days with relish.

I like to think that we're doing our part to help you slow down and savor the season. Think of your newsletter as your own *Discovery Channel*. It's been designed to inform you, but also we hope you are taking the time to relax and enjoy it.

I've never met a patient yet who didn't get a kick out of learning something new. I hope that every issue of *Dentally Speaking* inspires interesting conversations with friends and family about health issues, how to keep your best smiles and setting achievable goals to be your personal best.

Let us help you to keep on learning during the warmer seasons. We're right here and always happy to answer your questions and discuss your healthiest smile options. Spring and summer are great times to consult with us on treatment decisions or to come in for a dental assessment.

As you enjoy my favorite seasons to the fullest, don't forget to drink lots of water, use sunscreen, and brush, floss, and rinse.

Yours in good dental health,

Alan L. Mazer, DMD

So Many Toothpastes... So many choices

It used to be easy to choose toothpaste. Nowadays there are so many kinds, it can be confusing and difficult to decide which toothpaste is best suited for your smile. Here's a helpful guide offering descriptions of different toothpastes and how they work:

TARTAR CONTROL - These help prevent tartar (the hardened plaque that can lead to gum disease) from building up on teeth. It is important to note that these toothpastes only remove tartar above the gumline and only a professional dental cleaning can remove it below the gumline.

BAKING SODA - With its mild abrasive action, baking soda helps to remove stains from teeth. Be careful though as excessive use may irritate your gums.

DESENSITIZING - These products help decrease your tooth sensitivity to hot or cold drinks and food. They work by providing extra protection on exposed root surfaces of your teeth. It may take about two to four weeks of regular use before you notice any sensitivity improvement. You should have your sensitivity checked by us first, to be sure it is not the result of a more serious problem.

ANTIBACTERIAL - These brands control mild superficial inflammation of the gums (gingivitis) by reducing levels of bacterial plaque. They won't reverse more severe gum disease.

WHITENERS - Whitening toothpastes can be abrasive on tooth enamel so do not use them exclusively. If you do want your teeth whitened, talk to us. In many cases, pastes really aren't strong enough to make a significant difference.

Regardless of which toothpaste you choose, you still need to brush at least twice a day using a soft-bristled toothbrush.

It is also important to floss once a day, as even the best toothbrush and toothpaste can't remove plaque trapped between teeth.



Your friends and family are always welcome in our practice!

Don't Be So Sensitive!

Care for sensitive teeth

Do you experience discomfort or a sharp pain when you breathe icy air, when you sip hot, cold, or sweet beverages, or eat foods with extreme temperatures? Even when brushing your teeth? You could have sensitive teeth which can put a damper on the most pleasurable things in life.

What can you do?

- Always visit us for a diagnosis and treatment options.
- Use a toothpaste specially formulated for sensitive teeth. It takes two weeks before the full effect is evident.
- Rinse with a fluoride-based mouthrinse that contains potassium nitrate to reduce sensitivity.

Don't endure sensitivity symptoms. Call us today!

That Jarring Jawbone!

Relief from TMD is here

It may be stress, previous injury or tooth loss, habitual clenching, gum-chewing, or a part of ageing, but for whatever reason, your jaw aches, you're having difficulty chewing, and it affects how you eat. Other possible causes? Restorations such as crowns, fillings, inlays, and onlays that have worn over time and no longer align or function as they need to.

You may be suffering from *temporomandibular disorder* (TMD) – a misalignment of the jawbone where it connects to your skull. Once we diagnose the cause of your TMD, the solution could be as simple as adjusting or replacing one or more restorations or providing you with a nightguard to maximize your jaw position and relieve your discomfort while you sleep.

Until you see us for treatment, you might be able to alleviate symptoms by chewing on both sides of your mouth, de-stressing, not chewing gum, and performing basic jaw-stretching exercises.

Reinforce
the power
of your
smile

PART OF SMART AGEING

Good for you! You're taking better care of yourself so that as you age, you remain in optimum health. You're using the stairs (not the elevator), protecting your skin, and ramping up the fiber, fruits, and vegetables in your diet. Now think about this: if you live longer, your teeth have to function longer too!

Now is the time to consult with us about the benefits of not just rejuvenating the whiteness in your smile, but also the structure and durability of your teeth. Missing or damaged teeth severely compromise your capacity to chew and digest healthy foods ... negatively affecting your overall health. Not to worry... We have solutions!

- One option is a **bridge**. It replaces a missing tooth by securing a new replacement tooth to the adjacent healthy teeth. Bridges look natural, are easy to clean, and because they're fixed in place, they're stable.
- A **crown** completely covers or "caps" an existing tooth that has a serviceable root but is damaged above the gumline. It improves the tooth's strength and appearance, and extends its lifetime.

As part of your healthy lifestyle team, we will advise you on the best, most cost-effective way to improve your smile. Dental enhancements like bridges and crowns are a great self-investment. You'll look terrific, enjoy a confident smile, and situate yourself wisely to benefit wholly in both oral and overall health!



BEFORE



AFTER



3 Ways To Age Your Smile

Learn the secret to keeping it youthful

In 1900, the average life expectancy was only about 49 and few people anticipated keeping their teeth that long. Today, many mature adults have maintained their teeth, yet have developed potentially serious problems with the *gingivae* (gums) that surround them. This is very important, because when gums are damaged, the gates are literally opened to a host of problems.

FIRST Receding gums. When bacteria is allowed to build up in the mouth and is left untreated, damaged gums become progressively more inflamed. Initially the infection can be painless with no visible signs or symptoms that you would notice during routine home care. Gum disease is the top cause of tooth loss in adults and has been linked to cardiovascular diseases, diabetes, arthritis, Alzheimer's, hearing loss, and cancers.

SECOND Root cavities. Some natural gum recession occurs as you age, but too-vigorous brushing can dramatically speed up the process and expose the roots of your teeth. This is unattractive, but more importantly it can expose your roots to bacteria and cavities. Experts suggest that those taking anti-hypertensives, antidepressants, and analgesics are already at an increased risk of caries (cavities).

THIRD Tooth sensitivity. Receding gums and exposed roots can be painful and eventually, if over-brushing continues, the entire tooth enamel will be affected.

Although we can provide solutions like bonding, veneers, and desensitizers to restore function and appearance, we prefer prevention. Regular examinations and learning proper home care will keep both your gums and teeth healthy.



IN PRAISE OF Olive Oil

Reason to smile

Olive oil, a key component of a Mediterranean-style diet, has provided health benefits for millennia. Mono-unsaturated fat gives olive oil anti-oxidant properties, lowering the risk of colon cancer, incidence of heart disease, and type-2 diabetes.

Because ingesting olive oil enriches skin and soft tissues, and is an anti-inflammatory, it also helps in treating gum disease which, due to the correlation between oral and whole-body health, improves your overall well-being.

Extra virgin olive oil is highest in anti-oxidants because it's less processed. And because of its flavor, processing method, and beneficial properties, it is the only variety of vegetable oil that nutritionists suggest be ingested as is (without being cooked). Only two tablespoons per day will help you look after your whole health while we take care of your oral health!



Are You Ready For DENTAL EMERGENCIES?

Prevention is our middle name which is why we urge our patients to wear sports mouth guards, avoid chewing ice, popcorn kernels and hard candies, and, to use floss instead of any old thing that's handy. Still, accidents do happen, so we make it a point to reserve time in our schedule for emergencies. If you are in pain or have injured your mouth, please call us right away. And, please keep this list handy for those unexpected emergencies.

BITTEN LIP OR TONGUE: Clean the area gently with a cloth and apply cold compresses to reduce swelling. If the bleeding continues, call us or go to a hospital emergency room.

BROKEN OR CHIPPED TOOTH: Rinse with warm water and apply cold compresses to the swelling. If the chip is big enough, we may need to see you right away to check for root or nerve damage. Then, we can either smooth down the fractured area or rebuild it with special tooth-colored material.

KNOCKED OUT TOOTH: Hold the tooth by the crown and if it is dirty, rinse off the root in water. Do not scrub it or remove any attached tissue fragments. If possible, insert and hold the tooth in its socket, facing the right way. Otherwise, put the tooth in a cup of milk and get here as quickly as possible.

TOOTHACHE: Rinse your mouth with warm water and check to ensure there is nothing caught between your teeth. Never put aspirin or other painkillers against the gums near the aching tooth-it may burn your gums. Call us!



Congratulations

to Rhonda on
the birth of her first
grandchild,
Nicholas Vincent



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Office Hours

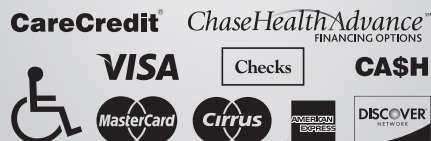
Monday	9:00 am	–	6:00 pm
Tuesday	2:00 pm	–	9:00 pm
Thursday	9:00 am	–	6:00 pm
Friday	9:00 am	–	12:00 pm
Alternate Fridays	8:00 am	–	1:00 pm
Alternate Saturdays	8:00 am	–	2:00 pm

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Pat, Tej	Dental Assistants
Lois	Practice Administrator



Spring Is Here...

Ahh choo!!

Mother Nature gives more than flowers in bloom for people with allergies. Sneezing attacks and running noses can make life pretty miserable even when the sun is shining. That's why a lot of allergy sufferers turn to antihistamines for relief.

What many people don't know is that while many allergy medications are good with noses, they can cause problems by drying out your mouth which means less saliva to wash away debris from your teeth. Over time plaque may build up around teeth and gums and encourage cavities.

If you are taking antihistamines or other medications that cause dry mouth, the best remedy is to restore moisture by drinking plenty of water, sucking sugar-free candy or chewing sugar-free gum to stimulate salivary flow. Brushing and flossing after each meal will keep your smile healthy and stop plaque from building up on your teeth.

Mouth Appliances...

Those not found in the kitchen

- Nighttime appliances can be custom-fitted to help snorers, as well as teeth grinders and jaw clencher, providing relief from symptoms that include sleep loss, headaches, and jaw aches.
- Mouth guard appliances, when custom-fitted by the dentist, can prevent sports injuries like broken or chipped teeth.
- Teeth whitening appliances are comfortable and lightweight and can be worn night or day at home for great whitening results.
- Orthodontic appliances straighten teeth with spectacular results.
- Retainer appliances are versatile: they can be used after orthodontics to hold teeth in their new positions, as preventative therapy to keep teeth from drifting, and for cosmetic minor tooth movement.

Call us to find out more about these appliances.