

# Painless Dental Bytes

*Compliments of Edward J. Zuckerberg, D.D.S., F.A.G.D.*

## News From the Office of:



**Dr. Edward J. Zuckerberg**

Welcome to the latest issue of our newsletter. We're pleased to have this opportunity to say "hello," and to bring you tips for making the most of your smile! Check out our article on teeth-friendly snacks on page 2, and our suggestions throughout the newsletter on how to keep your smile as bright and healthy as possible.

Of course, we'd also like to remind you of the importance of maintaining regular appointments to preserve your optimum oral health. When you call to schedule your continuing care appointment, remember to ask us about the latest, most effective ways to whiten and brighten your smile.

Enjoy this newsletter, and please pass it on to a friend or family member who may be interested in reading up on the latest dental health news too.

All the best,

*Edward J. Zuckerberg*

Dr. Edward J. Zuckerberg

THIS TIME OF YEAR EVOKES THE URGE TO ORGANIZE YOUR HOME, OPEN UP THE WINDOWS AND BRING IN THE FRESH SPRING AIR. WHILE YOU'RE IN THE MOOD TO CLEAN AND BRIGHTEN YOUR SURROUNDINGS, WHY NOT TAKE A MINUTE TO MAKE AN APPOINTMENT FOR A DENTAL VISIT TO BRIGHTEN YOUR SMILE TOO?



**TIME FOR A SPRING CLEANING!**

The clean, bright result of a professional dental cleaning isn't the only reason to visit us on a regular basis. Here's a list of some of the many other services we provide during your continuing care appointments:

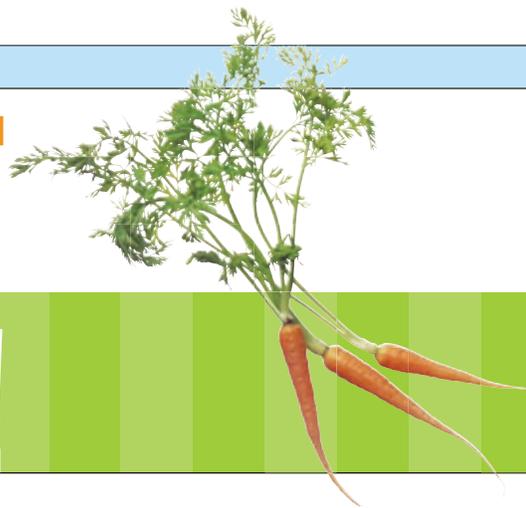
- Review and update your medical history. It's vital that we know which medications you're taking in order to ensure that your dental treatments don't conflict with your current health conditions or medications, and vice versa.
- Oral cancer examination.
- Visual examination and X-rays of your teeth as necessary to help detect decay or deterioration.
- A check of your biting, chewing and grinding patterns.
- Evaluation of gum tissue.
- Stain removal, removal of plaque and tartar, and teeth polishing.
- Recommendations on brushing, flossing, fluoride applications, sealants and frequency of oral examinations.
- Discussions on any concerns or questions you may have on regular oral care or possible cosmetic enhancements.

To keep your teeth healthy, and as white as possible in-between continuing care appointments, may we also suggest this list of dental tips:

- Try to brush after every meal. If you can't, then pop a piece of sugarless gum in your mouth, to stimulate saliva and help clean teeth surfaces.
- Cleaning your teeth includes cleaning *between* your teeth. Make sure you floss before your final brush of the night.
- Avoid tobacco, coffee, dark syrup sodas, red wine and blueberries – these all stain teeth quickly.
- Drink from a straw whenever possible, to allow food dyes to bypass teeth completely.
- Eat raw vegetables, especially the crunchy ones (celery for example) to help clean your teeth and remove surface stains.
- And of course, establish regular continuing care visits to our office for ongoing, professional care.



# SMART SNACKS!



When it comes to the effect of certain foods on your teeth, a lot can depend not only on what you eat, but also when you eat and in which order certain foods are eaten. For example, after a meal, the pH level in your mouth often drops and your mouth becomes more acidic – a potentially damaging situation for teeth. By following a meal with cheese or nuts you can help clear the mouth of trace carbohydrates, and may even help reset the mouth's pH to slow plaque growth. Eating cheese also helps to increase the amount of saliva in the mouth, which helps rinse food particles away. Cheese can neutralize the acids in the mouth and help maintain a pH balance that is safe for teeth and, as a final touch, can provide a coating of calcium.



While raisins and other dried fruit products might make a nutritious snack or satisfy the need for something sweet after a meal, be aware that their sticky nature leads them to cling to tooth surfaces, allowing the mouth's naturally present bacteria to feed off their sugars, encouraging plaque and subsequent tooth decay. These foods appear to be a healthy snack choice, but they actually make poor stand-alone snacks from a dental perspective unless you are able to wash and brush away the remnants after consumption. Eating them with a meal is a smarter alternative, as the meal will create more saliva in the mouth, which will help wash away sugar and carbohydrates.



When deciding on a soft drink, many of us will choose a diet soft drink over a regular one, assuming that replacing the sugar with a low-calorie sweetener will benefit not only our waistline, but our teeth too. Unfortunately, the effect on teeth is just as bad with a diet drink as regular one, as the phosphoric and citric acids in all soft drinks work like plaque to attack tooth enamel, which is the protective outer layer of the tooth. If several soft drinks – whether regular or diet – are consumed throughout the day, the teeth are continuously bathed in acid. The result is that, as the enamel dissolves, the underlying tooth structure (dentin) is exposed, leaving the tooth susceptible to sensitivity and cavity formation. Try to replace your soda with plain water instead, or if you do indulge in a soft drink, try and drink it all at once instead of sipping it throughout a long period of time.

The next time you or your child are craving a snack, take your teeth into consideration. The more often you eat foods with natural or added sugars, the greater your chance of tooth decay. Remember that molasses, honey, fructose, glucose and sucrose are all types of sugar too, so check food labels carefully. Post this list on your fridge for some tooth-friendly options to take care of after-school or anytime snack attacks:



## HEALTHY SNACK LIST

- Raw vegetable sticks  
(try a yogurt-based dip with these)
- Unbuttered popcorn
- Plain yogurt with fruit
- Fresh fruit, sliced into bite-sized pieces
- Nuts
- Cubes of cheese

# TOOTHBRUSH HYGIENE

YOU FLOSS YOUR TEETH THEN BRUSH THEM UNTIL THEY'RE SQUEAKY-CLEAN, SATISFIED THAT YOUR MOUTH IS AS CLEAN AND FRESH AS IT CAN BE. WHILE YOU MAY HAVE DONE THE BEST JOB POSSIBLE, HAVE YOU EVER STOPPED TO THINK OF HOW CLEAN YOUR ACTUAL TOOTHBRUSH IS?



First of all, when you brush, the plaque, bacteria and oral debris on your teeth are captured on your toothbrush. The next time you brush, some of those germs are

infections such as periodontal (gum) disease and even the common cold being passed from one person to another.

Here's another thought that can turn even the most unconcerned of us into a germophobic: Studies show that when you flush the toilet, polluted water vapor erupts out of the flushing toilet bowl and settles on nearby surfaces, which may include your toothbrush! Take a second to put the lid down on the toilet before you flush it next time, to help contain these germs.

The Academy of General Dentistry suggests that the best way to protect your toothbrush is to, after rinsing the bristles thoroughly and then shaking the excess moisture off the toothbrush, place a toothbrush cover over the toothbrush head. This will help cut down on the potential spread of bacteria from one toothbrush to another.

Finally, make a habit of greeting each new season with a new, soft-bristled toothbrush. If you need recommendations on the best type of toothbrush for your individual needs, please ask us the next time you're in.

reintroduced into your mouth. For this reason we highly recommend you replace your toothbrush if you have just battled a cold or flu.

Look at the space around your toothbrush too. Toothbrushes knocking together or being in close vicinity to other toothbrushes allow airborne bacteria to travel from toothbrush to toothbrush, opening up the possibility of

## WHIPLASH & DELAYED JAW PAIN

**As if car crash survivors don't already have enough to worry about, now a study released by Umeå University in Sweden documents a direct relation between whiplash trauma and delayed temporomandibular joint symptoms.**



The temporomandibular joint (TMJ), located in the front of the ear, allows us to open and close our mouths and move our jaws all around so that we can talk, yawn, chew and swallow. Doctors previously knew about the connection between the damage inflicted by a person grinding or clenching their teeth and temporomandibular disorders (TMD), but the connection between whiplash and subsequent jaw pain has only now been confirmed.

Have you ever had whiplash, or do you grind your teeth when you sleep? If so, you may be experiencing some of these symptoms of TMD:

- Jaw discomfort or soreness
- Persistent headaches
- Pain radiating behind the eyes, in the face, shoulder, neck, and/or back
- Ear pain or stuffiness, or ringing in the ears (not caused by an infection of the inner ear canal)

- Clicking or popping of the jaw
- Locking of the jaw, or limited ability to open the mouth
- Clenching or grinding of the teeth
- Dizziness
- Sensitivity of the teeth

Researchers at the University evaluated 60 patients, first in hospital emergency rooms and then again one year later, who had been involved in rear-end car collisions. In the year between the two examinations, seven percent of the patients in a control group developed symptoms of TMD, versus thirty-four percent of patients in the car accident study group.

Researchers concluded, "One in three people who are exposed to whiplash trauma, which induces neck symptoms, is at risk of developing delayed TMJ pain and dysfunction during the year after the accident."

If you suspect you may be suffering from TMD, please discuss it with us so we can suggest a treatment plan.

# TOBACCO AND YOUR TEETH

IT'S OFTEN EASY TO TELL WHO USES TOBACCO AND WHO DOESN'T, JUST BY HAVING A GLIMPSE IN THEIR MOUTH.

Whether you smoke or use chewing tobacco, expect to develop tobacco stains on your teeth. Frequent cleanings by a dental professional are absolutely vital and will certainly help delay deep staining, but occasionally, some of the tobacco stains will seep into the pores of your tooth enamel, and turn whole teeth a darker color. Ask us about the teeth whitening options available to you.

Besides the color of the teeth themselves, tobacco users also need to be aware of the other, serious side effects of their habit:

- Increased chance of developing oral cancers
- Higher risks of heart disease
- Increased risk of periodontal (gum) disease, and subsequent tooth loss
- Decreased sense of smell and taste
- Bad breath

Chewing tobacco has its own risks in addition to the above, as it contains high amounts of sugar, which contribute to cavities. Chewing tobacco also contains coarse particles that can irritate your gums and scratch away at the enamel on your teeth, opening them up to cavities.

As your dental office, we welcome the opportunity to answer your questions on the effects of tobacco not only in your mouth, but as a general health issue. Please ask us for more information on special health alerts for tobacco users.



## SCALING SAFETY

Sometimes it's hard to justify working a regular dental checkup into a busy schedule, so some people have been known to try and conduct some of the procedures, such as scaling their teeth, at home by themselves, often leading to disastrous results.

A dentist-supervised continuing care appointment includes scaling, to ensure that bacteria are removed from around and below the gum line, and polishing procedures to remove plaque, calculus and stains from teeth. If the calculus is not removed, it irritates and inflames the gums, ultimately leading to gum disease, which is the leading cause of tooth loss in adults.

While home-scaling devices are available in some drugstores, we ask our patients to be aware of the possible problems you may open yourself up to by trying to use this seemingly-simple tool at home. Users of the self-scaling system have been known to chip a tooth or the enamel from a tooth with them, gouge their roots and experience the possibility of gum abscesses if tartar is pushed under the gumline. Dentists and hygienists are trained in the proper scaling procedure, and will ensure a safe and effective result using the professional tools and experience you deserve.

## Edward J. Zuckerberg, D.D.S., F.A.G.D.



**Dr. Zuckerberg & Team**

**2 Russell Place (Corner of Northfield Ave.)  
Dobbs Ferry, NY 10522**

**Phone:** (914) 693-9696  
**Fax:** (914) 693-6714  
**Email:** [painless.drz@verizon.net](mailto:painless.drz@verizon.net)  
**Website:** [www.painlessdrz.com](http://www.painlessdrz.com)

### **Our Services Include:**

- General Dentistry • Cosmetic Dentistry
- Emergency Dental Care • Invisalign® Braces
- Bad Breath Advice & Treatment
- Tooth Whitening (BriteSmile®)
- Denture Fittings • Dental Implants
- Bonding & Veneers • Crowns & Bridges

### **Office Hours:**

Mon.: 8 a.m. - 7 p.m.  
Tues., Wed.: 8 a.m. - 5 p.m.  
Thurs.: 1 p.m. - 7:30 p.m.  
Sat.: 8 a.m. - 2 p.m.

### **Office Team:**

Dr. Catalina Navarro *Associate*  
Dr. Cliff Nebel *Associate*  
Bettina *Front Desk Manager*  
Rosa *Account Manager*  
Kim, Michelle *Dental Assistants*  
Lori, Rosemarie, Mary *Dental Hygienists*

The information contained in this newsletter is not designed as dental advice, but rather as a means to encourage interest in your dental health and communication with your dentist. Whole or partial reproduction of this newsletter is forbidden without the written permission of the publisher. © Market Connections Inc. © 2009, Phone: (800) 795-8021, Website: [www.dentalhealthnews.org](http://www.dentalhealthnews.org)