

# Painless Dental Bytes

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

## News From the Office of:



### Dr. Edward J. Zuckerberg

With the sleepy days of summer now behind us, it's time to get back to our regular work and school schedules.

If fall also includes a new sports season for the athletes in your household, don't forget to have them fitted for custom-made mouthguards, which can protect not only their teeth, but also help prevent serious concussions.

Looking ahead, remember that many insurance companies calculate dental benefits on a calendar year. 2010 is marching on, so if you have dental benefits to use up by year-end, it's in your best interest to call us and book an appointment. Calling now will ensure an appointment time that works best with your schedule.

We look forward to seeing you again soon!

*Edward J. Zuckerberg*

Dr. Edward J. Zuckerberg



## DR. ZUCKERBERG IS A CERTIFIED PROVIDER OF UNDER ARMOUR® PERFORMANCE MOUTHWEAR!

### *Under Armour Appliances use Bite-Tech™ Technology to deliver jaw-dropping performance*

Bite Tech, Inc., a Minneapolis-based technology company dedicated to improving performance and health, has partnered with Under Armour to release its latest product innovation: performance mouthwear.

Powered by ArmourBite™, Bite Tech's patented technology, Under Armour® Performance Mouthwear is an innovative new line of custom mouthpieces and mouthguards designed to improve athletic performance. UA Performance Mouthwear can help any athlete improve strength, endurance and reaction time, reduce athletic stress, and with the mouthguard, reduce impact from blows to the jaw.

When athletes exert themselves, clenching the jaw is a natural reaction. Teeth-clenching, however, triggers the excess production and release of hormones, such as cortisol, that produce stress, fatigue and distraction, hindering an athlete's performance. ArmourBite Technology in UA Performance Mouthwear prevents an athlete's teeth from clenching, relieves pressure on the temporomandibular joint (TMJ) and prevents the excessive production of performance-sapping hormones.

"Throughout history, soldiers, warriors and athletes realized that by preventing their teeth from clenching together with a leather strap or bullet, they were able to gain the edge they needed to get through, or even excel at strenuous or punishing activities," said Jon Kittelsen, Bite Tech's founder and maverick entrepreneur. "Our technology brings this ancient concept to today's athletes with a comfortable, safe product from Under Armour."

Hundreds of professional, Olympic and collegiate athletes have been using Bite Tech's performance mouthwear products for years. And a roster of current and former athletes such as Minnesota Vikings Adrian Peterson, Bernard Berrian and Bobby Wade, New York Ranger Marian Gaborik, and retired sports legends Brett Hull and Raghib "Rocket" Ismail are among the athletes who have invested in Bite Tech's business.

Appliance options include:

- UA Performance Mouthpiece – Custom-molded mouthpiece with optimal fit and comfort for non-contact sports, such as baseball, golf, tennis, cycling and running.
- UA Performance Mouthguard – Custom-molded mouthguard with superior protection and comfort for contact sports, such as football, hockey, lacrosse, martial arts, and wrestling.

MSRP for the above appliances is \$495 but group discounts for teams of up to 40% are available as well as discounts for fans of Dr. Zuckerberg's facebook page. Under Armour also just released an economical boil & bite version that costs just \$175. Visit [www.facebook.com/painlessdrz](http://www.facebook.com/painlessdrz) for more info.



# STRESSING THE BOTTOM LINE

**Connecting your stress level to your gum line to your financial bottom line may not seem like a logical track of association, but you may be surprised at how one can affect the other.**

For many people, today's stressful environment stems from money, and the economy in general. Chronic stress can initiate a host of health problems, including a weakened immune system, high blood pressure, and even periodontal (gum) disease. Indeed, chronic stress is associated with higher and more prolonged levels of the hormone cortisol, which research has indicated can lead to a more destructive form of gum disease.

Gum disease is typically triggered by a bacterial infection in the mouth. The American Academy of Periodontology has evidence that links infections in the mouth to other, seemingly unrelated, medical problems in some people, including a higher risk of heart disease, stroke, uncontrolled diabetes, preterm births and respiratory disease.

Therefore, it's easy to understand why a study published in the Journal of Periodontology documents that patients with severe gum disease have 21 percent higher health care costs, compared to patients with no gum disease. With this information in hand, the connecting line from your mouth to your wallet becomes ever clearer.

Even if nothing in your mouth hurts, we cannot stress strongly enough the importance of regular dental checkups. Gum disease, for one, is something that is often hard to detect without a formal examination, which is why your dental visits should be a regular part of your overall health schedule. We urge you to be diligent with your dental appointments, especially if you already have heart or lung disease, diabetes or osteoporosis and low bone mass, if you are thinking of becoming pregnant, or if you have a family member with gum disease. Routine oral examinations can also uncover symptoms of oral cancer, eating disorders, substance abuse and HIV.

Stress can trigger a quick spiral into bad habits, which can then affect physical and mental health. Smokers tend to increase their tobacco use — a proven trigger to gum disease — while drinkers may step up their alcohol dependency. Stress can also lead to depression, which affects people's desire to take care of themselves, including oral hygiene neglect. Not brushing or flossing allows the accumulation of plaque, tartar and bacteria to collect on and between the teeth, inflaming the gums and precipitating gum disease.

Nighttime teeth grinding (bruxism) is another common stress indicator. Patients are often surprised to learn that their sore jaws and frequent headaches are a direct result of teeth grinding, or that they even grind their teeth at all! A professional dental inspection will confirm bruxism, and we can create a nightguard, and make recommendations on how to further reduce the trauma caused by the grinding.

Managing stress and its effects on our mental, physical, and financial health begins with taking care of small concerns before they become big, expensive problems. Don't wait until there's a problem.



**If you haven't  
already scheduled  
your next dental  
appointment,  
please call us  
today.**

# AN APPLE A DAY KEEPS THE DENTIST AT BAY?

More and more people these days are making a conscious effort to replace unhealthy snacks with fruit, and soda with fruit juice. At the same time, dentists are beginning to notice more signs of acid wear on patients' teeth. The explanation for this paradox is that it isn't what you eat or drink, but how you consume them.

To counteract the effect of fruits and other acidic foods on tooth enamel, it helps to pair the foods with cheese or nuts. For example, consider munching on a few nuts after finishing your apple. Similarly, balance the acidic effect of your glass of wine or juice by following it with some cheese. These healthy pairings are delicious ways to protect your teeth while adding additional health benefits to your diet.

Fruit juices are another deceptive choice. While obviously better than soda from a nutritional standpoint, fruit juices do

contain natural sugars and acids. Parents feeding their baby juice are urged to wipe their child's teeth and gums with a soft, wet washcloth following the feeding, and to never to let the baby fall asleep with a bottle of juice in his or her mouth.

Following an acidic food or drink, remember to rinse your mouth with water, but don't brush. Brushing can actually expedite the acid's eroding effect on the teeth. Wait at least an hour, allowing enough time for the acidity in your mouth to neutralize before you brush.

## PLEASE ASK US

about tooth-friendly snacks, and other ways to fight acid erosion on your teeth.

# WORKING OUT A SAFE SMILE

If you play sports regularly or engage in a dedicated exercise program, your healthy initiatives are commendable. But before you stretch and don your protective gear, your dental team wants to ensure you remember to protect your smile, too.



Our first piece of advice for any athlete is to get fitted for a professional mouthguard. Even if your chosen activity isn't a contact sport such as football or hockey, your mouth still needs to be protected from any kind of impact or stress. In fact, even weightlifters — who subconsciously clench their teeth when hoisting heavy weights — are wise to wear a mouthguard to avoid the risk of tooth fractures.

Bodybuilders and other athletes who use anabolic androgenic steroids should also be aware that, according to the American Academy of Periodontology, prolonged use of these drugs is closely associated with gingival overgrowth. Meaning, steroid users may suffer from overgrown gums, a condition that makes it easier for bacteria found in plaque

to accumulate and attack supporting structures of the teeth, potentially leading to gum infections.

As well, the consumption of sports drinks is a popular way to re-hydrate after a workout, but be aware of the corrosive interaction between these beverages and your teeth. To help, consume your sports drink in one sitting, instead of sipping it throughout your activity, therefore limiting the amount of time your teeth enamel is exposed to the drink's acids.

Ask us for more tips on sporting good dental health. And remember, we're all on your dental-health team!

# PUTTING THE BITE ON OBESITY



The super-sized meal has given birth to the super-sized consumer, which doesn't bode well from many perspectives, including dentistry.

The most obvious first step toward controlling obesity stands at the point of entry — the mouth. Even before the damage of poor food choices enter the digestive system, we can see how the ill effects of excess sugar and carbohydrates make their mark on the teeth.

Sugar-sweetened beverages are a serious concern these days, and serving sizes compound the problem. In the 1950s, a family-sized bottle of soda was 26 ounces. Today, fast food restaurants offer 42-ounce servings of soda — for just one person! So, it's easy to see how the effects of the super-sized soda can be linked to tooth decay, weight gain and the increased risk of illnesses, such as type 2 diabetes. Diabetics are more susceptible to serious gum disease, and as such require a more vigilant dental care regime.

Sizeable beverages are but an accompaniment to the abundant, carbohydrate-dense fast food options

available today. The enzymes and bacteria in the mouth break down foods containing sugars and starches, producing acid, which attacks tooth enamel. While saliva provides a natural repair process, when carbohydrates are consumed too frequently, the repair process is overwhelmed, and the risk of tooth decay increases.

Also notable, sleep disorders can be linked to obesity. For example, some snorers have a potentially dangerous condition known as sleep apnea, in which they experience pauses in breathing during sleep. One cause of sleep apnea is that the extra weight in the neck surrounding the airway can obstruct breathing, by compressing the airway when the throat muscles are relaxed during sleep.

Please let us know if you suffer from any sleep disorder, and ask about dental appliances that may help.

We'd love to share information on the effects of diet, and the mouth-body connection.

# X-RAY? OKAY!

Every new patient's initial appointment involves a complete oral examination, usually including a full set of mouth X-rays.

X-rays provide us with an important view of the condition of your teeth, roots, jaw placement and overall composition of your facial bones. They help us determine the presence and degree of periodontal (gum) disease, abscesses and any abnormal growths, such as cysts or tumors. In addition, X-rays can identify cavities in teeth, and highlight impacted, un-erupted and diseased teeth, in a way that a visual examination cannot.

It's important for a dentist to refer to and compare your X-rays throughout your life, to monitor any changes to your dental health, including the condition of your gums. It allows us to diagnose dental disease in its early stages, before it has a chance to advance and cause real damage — and discomfort.

X-rays give us the "inside story" on the status of your oral health, and support our visual examination for the most thorough information possible.

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### 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 *Dental Hygienists*

