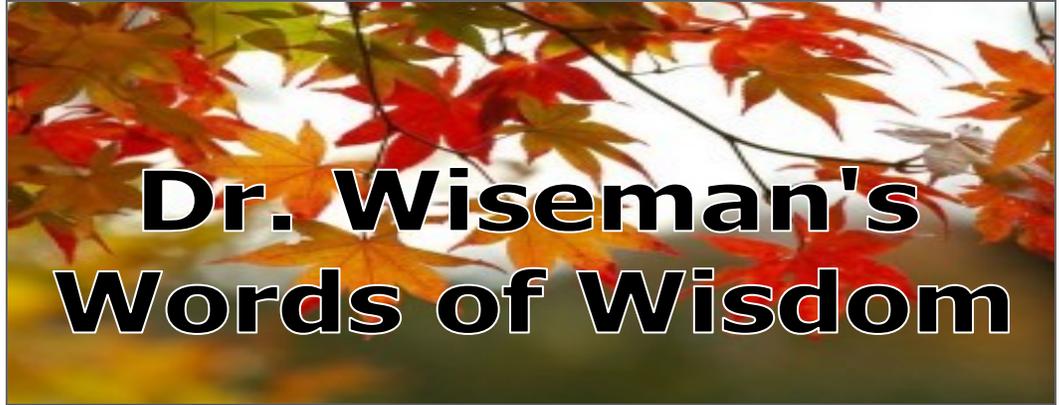


Remember to book your appointments accordingly!

Our offices will be CLOSED on the following dates:

- Sept. 3
- Sept. 17 & 18
- Sept. 26
- Oct. 1- 9
- Nov. 22
- Dec. 25
- Jan. 1

Enjoy your Holidays!!



We are so happy that you enjoyed our first newsletter. Thank you for all your comments and positive reinforcement. It really means a lot to us!

Now that the lazy days of summer are coming to an end, it is the perfect time to get back into a regular dental routine.

We will be glad to assist you with scheduling your dental appointments, answering any dental questions you have and filling out dental forms for your children.

Tips to enjoy the beautiful Fall Season



- Carry a sweater with you. People are often still wearing their summer clothes but temperatures fluctuate in the fall. It's important to avoid subjecting yourself to changes in temperature which are considered bad for the immune system. So to avoid the autumn sniffles, dress in layers so that you can wrap up easily if the weather changes.
- Transition from cooling summer salads to warming soups that are rich in root veggies and nourishing meats. Nourishing yourself with warming foods is considered a great way to build up energy for the long winter ahead. Likewise apple pie and baked apples or poached pears contain the energy of summer and we can use them to nourish our bodies as we transition into winter.
- Drink plenty of warm liquids such as green tea. After the humidity of summer, the fall is often dry. Dryness can lead to coughs and allergies.
- Follow a regular exercise routine and use warm aromatherapy massage oils to keep you supple and mobile during the cooler months.

BACK TO SCHOOL

During the month of September, we are glad to offer you our \$99 Special on dental examinations and cleanings for each family member!

THE SPOTLIGHT

ON... PORCELAIN VENEERS



Porcelain veneers or dental laminates are wafer thin, custom-made shells of tooth-colored materials designed to cover the front surface of teeth to improve your appearance. They are bonded to the front of the teeth changing their color, shape, size, or length. Porcelain veneers resist stains better than resin veneers and better mimic the light reflecting properties of natural teeth.

Veneers are used to treat many dental issues while improving your smile. Unlike crowns, they require minimal tooth preparation, so more natural tooth structure is retained. About 2-3 dental appointments in total are needed to assess, take impressions for and place the porcelain veneers. [Learn more about porcelain veneers on page 4...](#)

Helpful Tips for Protecting Your Child's Oral Health



The best way to ditch the pacifier is to go "cold turkey!"

Children (& adults) should brush their teeth for 2 minutes. An egg timer can be helpful to remember when the 2 minutes is up!



Starting a good dental routine at an early age is beneficial for long term success!

1. Start Oral Care Early

Your child should visit the dentist by the time he is one or 2 years old. A quick 2 minute "look & see" appointment is important to see if the teeth are growing in properly and are healthy. The child should be seen for a regular dental examination and cleaning by age 3.

2. Teach Brushing & Flossing

By the time a child's first tooth appears at around 6 months of age, it is crucial to keep it clean! A small toothbrush, washcloth or gauze can be used to wipe down the tooth's surface. Once there are additional teeth, a child's size soft toothbrush should be used with a pea size amount of toothpaste. Children under the age of 2 should not use a fluoride toothpaste because they can swallow it and it will cause more harm than good at this age. Flossing should begin when two teeth touch each other. If the child has adequate spaces between his teeth, flossing is not necessary. Proper tooth brushing and flossing techniques can be taught and reinforced during regular dental check-up visits.

3. Avoid Baby Bottle Tooth Decay

Pediatricians and dentists have been cautioning parents for years about the risks of letting a child go to bed with a bottle of milk, formula or juice. Many parents don't realize the seriousness of this until it is too late. The sugary liquids in the bottle cling to the baby's teeth providing food for bacteria that live in the mouth. The bacteria then produce acids that can trigger tooth decay. Early dental disease can affect a child's growth and learning and can also affect speech. Bottles with plain water are the best choice for bedtime (if possible!)



4. No More Pacifier by Age 2 or 3

According to the American Academy of Pediatrics, pacifier use can help prevent sudden infant death syndrome in infants. However, long term use can have a negative affect on your child's oral health. Children can develop an "open bite" where top and bottom teeth don't align properly and the shape of the mouth can be altered. Additionally, speech problems can also arise.

5. Beware of Medicine

Many medications that children take are flavored and sugary. If that sticks on the teeth, the risk for tooth decay goes up. Children on medications for chronic conditions such as asthma and heart problems often have a higher decay rate. They may need to brush their teeth several times a day. In addition, antibiotics and some asthma medications can cause an overgrowth of candida (yeast), which can lead to a fungal infection called oral thrush. Suspect thrush if you see creamy, curd-like patches on the tongue or inside the mouth.

6. Make Oral Hygiene Fun!

Children usually put up a fuss when it comes to brushing and flossing daily. Let children get involved in picking out their own toothbrush and toothpaste at the store. A chart with stickers may also help motivate young children to keep up with their routine.

7. Schedule Regular Dental Visits

It is recommended that children visit the dentist twice a year to examine the teeth, gums and surrounding soft tissue. Dental cleanings, fluoride treatments, periodic dental radiographs and oral hygiene instruction are also part of the dental visit. It's important to us to keep your children's teeth healthy and strong and fix any dental problems they may have.

AMAZING! Dental Facts



The commonly used practice of putting a cap on toothbrush is actually more detrimental. The moisture entrapped in the cap favors bacterial growth.



You are not supposed to brush within 6 feet of a toilet. The airborne particles from the flush can travel up to a distance of 6 feet.



75% of the United States population suffers from some stage of periodontal gum disease.



People who tend to drink 3 or more glasses of soda/pop daily have 62% more tooth decay, fillings and tooth loss than others.



The first toothbrush with bristles was manufactured in China in 1498. Bristles from hogs, horses and badgers were used. The first commercial toothbrush was made in 1938.



Fluoridated toothpastes when ingested habitually by kids can lead to fluoride toxicity.



You are supposed to replace your toothbrush after you have an episode of flu, cold or other viral infections. Notorious microbes can implant themselves on the toothbrush bristles leading to re-infection.



Newborn babies do not have tooth decay bacteria. Often, the bacteria are transmitted from mother to baby when she kisses the child or blows in hot food/drink before feeding the baby.

David J. Wiseman D.D.S.

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By referring your family, friends and co-workers to our office.

We will be happy to credit your account with \$25 Wiseman Dental Dollars for each new patient you refer to our office!

*It's our way of saying **thank you** for your trust!*

★ Helping you achieve
★ the smile of your
★ dreams!
★ ★ ★



ON...
**PORCELAIN
VENEERS**
CONTINUED FROM PAGE 1



Porcelain Veneers are often used to fix:

- Teeth that are discolored from tetracycline or other drugs, excessive fluoride, or root canal treatment.
- Teeth that are worn down from grinding, clenching or excessive and improper tooth brushing.
- Teeth that are chipped or broken.
- Teeth that are not aligned, uneven or irregularly shaped.
- Teeth with large gaps between them.
- Teeth with minor fractures.

Dental veneers do not require any special care. Continue to follow good oral hygiene practices, including brushing and flossing as you normally would.

Even though porcelain veneers resist stains, we recommend avoiding stain-causing foods and beverages such as blueberries, black coffee, tea and red wine.

Bad habits such as biting your nails, chewing on pens or pencils, ice or other hard objects will put excessive pressure on your teeth causing potential damage to veneers.

Porcelain Veneers are an excellent choice for many, but are they the right choice for YOU?

Dental veneers can serve as a second chance at teeth that you always wanted. They can make your smile lighter and brighter. However there are some patients who would not (yet) benefit from porcelain veneers. Here are some examples of situations where veneers would not be preferable (**and solutions to create good porcelain veneer candidates!**)

- Patients with unhealthy teeth or gum disease. (These conditions can be successfully treated with proper dental treatment and routine check-ups and diligent home care)
- Patients with little or no enamel.
- Patients who have not managed their teeth grinding or clenching. (If you are willing to control these oral issues by consistently wear a night guard, then veneers can work for you!)
- Patients with weak or damaged teeth.

Discuss your options with Dr. Wiseman today!!