



# WORD OF MOUTH

*A dental newsletter*

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## PLEASE NOTE!

The office will be closed  
between  
**August 22–September  
13, 2014**

*Pre-book your recare  
appointment today!*

Between June 1 and August 15,  
\$5 from every preventive  
recare appointment will go to-  
wards a donation to the *Grand  
River Regional Cancer Centre*.  
Call us to book an appointment  
during this time and together  
we can reach our goal of a  
\$1000 donation!

## Prevention is key

In the past two years, we have seen cancer affect the lives of many of our patients and family members, some of them so heartbreakingly young. Though many have benefited from early diagnosis and treatment... some didn't have a chance. Whatever the outcome of treatment, no one comes out of the ordeal unscathed.

For any disease, knowledge of its cause and prevention is key. Avoiding risk factors like smoking and alcohol and including exercise and good dietary habits can delay the onset of a disease, if not prevent it completely. Genetic predisposition is after all, a factor that is out of our control.

Prevention is so important for health. It enables early diagnosis, the chance for a successful

treatment outcome and a better quality of life. It's the reason why more people are retaining all their teeth-to serve them well throughout their lifespan!

And for those living with missing teeth, there are dental implants... now more affordable and less complicated than ever before! Book your free consult to see if implants can restore your quality of life.

We are introducing a feedback survey on our website, at [www.westgagedental.com](http://www.westgagedental.com). We request you to take the time to let us know how we are doing as your opinion matters.

Yours in health,

Amala & Anil Shetty





# The Life of a Tooth



Seek dental advice when your baby's first tooth comes in

## Age 3-7

### Developmental Events:

Begin losing baby teeth. First permanent molars start to erupt. Thumbsucking may continue after age 4, which may cause bite problems and crooked, crowded teeth.

### Interaction with Dentist:

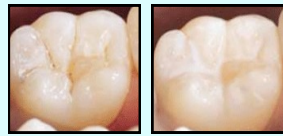
Visit to dentist every 6 months for professional cleanings and checkups. Prevention is priority! Dentist may take first dental radiographs and place sealants on teeth.



### Home Oral Hygiene Routine

Brush on own with added assistance and supervision by parent twice daily with a fluoride toothpaste. Floss or floss picks should be used to clean between teeth every day.

### What are Dental Sealants?



**Before**      **After**

Sealants are fillings that prevent cavities on newly erupted permanent teeth by protecting pits and fissures of the chewing surface of the tooth.

## Age 7-12

### Developmental Events:

Child loses all baby teeth. May get cavities in permanent teeth.

### Interaction with Dentist:

Visit to dentist every six months for professional cleanings and checkups. Dentist may suggest visit to orthodontist. Dental emergencies may occur.

### Home Oral Hygiene Routine

Brush on own twice a day with fluoride toothpaste. Clean between teeth each day with floss or floss picks. Extra attention to homecare is necessary should braces be placed. Feel free to ask us for tips for cleaning between wires!



**Tip for Any Age:**  
Place a travel sized toothbrush, floss, and paste in your backpack or purse!



## Age 13-19

### Developmental Events:

May get cavities in and between permanent teeth. Wisdom teeth may begin to develop.

### Interaction with Dentist

Visit to dentist every 6 months for professional cleanings and checkups to detect and correct small problems before they become larger ones.

### Home Oral Hygiene Routine:

Brush twice daily with a fluoride toothpaste. Floss once a day to avoid cavities that start between teeth. Limit sugary and starchy foods and sugary soft drinks. Avoid starting to smoke. Avoid oral piercings as they can cause recession of the gums. Wear a mouth guard while playing sports. Avoid developing eating disorders as they can erode tooth enamel.



**Custom Fitted Mouthguards** are available in a wide variety of colours and offer a superior fit to generic drug store options

## Age 19-25

### Developmental Events:

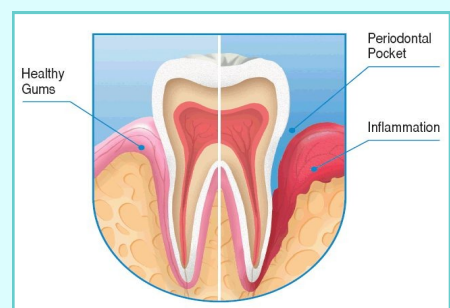
Wisdom teeth may appear. Signs of *Gingivitis* or gum disease may appear.

### Interaction with Dentist:

Continue visits to dentist every 6 months for professional cleanings and checkups to maintain the health of your teeth and gums. Wisdom teeth may need to be removed by an Oral Surgeon.

### Home Oral Hygiene Routine:

Brush twice a day with fluoride toothpaste. Floss once daily. Limit sugary or starchy foods as well as soft drinks. Avoid smoking.



### Pockets

Protect your gum from pockets and gum disease by flossing a minimum of once per day—every day!

## Age 25-65

### Developmental Events:

Cavities around existing fillings and decay on the *root surface* (near the gums) of teeth may become more common. Sensitivity of teeth may begin to increase. Signs of oral cancer may appear. Cracks developed over time may lead to teeth breaking when chewing hard foods. Crowns may be needed to strengthen damaged teeth. Gum disease may begin as *Gingivitis*. Women may experience oral health issues related to pregnancy. May need replacements for permanent tooth loss, or help with gum loss.

### Interaction with Dentist

Visit to dentist every 6 months for professional cleanings and checkups. May need to see a *Periodontist* (gum specialist) or *Endodontist* (root canal specialist) to treat gum disease or for root canal therapy.

### Home Oral Hygiene Routine:

Brush twice daily with a fluoride toothpaste. Floss once per day. Limit sugary or starchy foods. Chew sugar-free gum to stimulate saliva production if dry mouth is a concern. Pregnant women should be meticulous in caring for their gums.

### DID YOU KNOW?

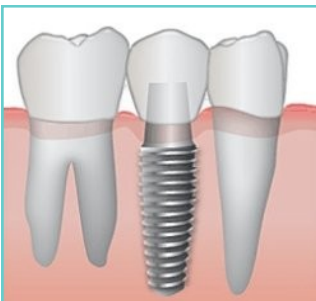
Your teeth can exert up to **200 lbs per square inch** of pressure onto opposing teeth. This is why it is recommended to place a crown on weakened teeth or teeth that have been root canal treated to ensure the safety of the tooth and prevent fracture.



BEFORE

AFTER

Old "silver" fillings may be replaced with natural coloured composite fillings or crowns



Ask us about affordable  
**Dental Implants**– the BEST  
way to replace missing teeth  
**FREE CONSULTATION**

## Age 65+

### Developmental Events:

May need replacements for permanent tooth loss, help with gum loss. Cavities around tooth root ("*root caries*") and decay around old fillings may occur. May experience "*dry mouth*" due to increased medications reducing salivary flow.

### Interaction with Dentist:

Continue to visit to dentist every 6 months for professional cleanings and checkups. May need to see *Periodontist* or *Endodontist* to treat gum disease or for Root Canal Therapy. Crowns, bridges, or dental Implants may be needed to strengthen or replace missing teeth.

### Home Oral Hygiene Routine:

Drink plenty of water and avoid sweets, tobacco, alcohol, and coffee to fight *dry mouth*. *Arthritis* may make it difficult to brush and floss—feel free to ask us for tips and tools to help you care for your teeth!

## **Your Feedback Matters to Us!**

At Westgag Dental we are committed to continuous improvement. Please take the time to let us know how we are doing by filling out an online Patient Feedback Survey. We will automatically enter you into our quarterly draw for the top of the line ***Oral B Smart Series 5000*** toothbrush (retail value \$180). The draw will be held in the first week of Jan, April, July and Oct.

Our patient feedback survey is available at [www.westgagedental.com](http://www.westgagedental.com)



# What You Need to Know About WISDOM TEETH

## What are wisdom teeth?

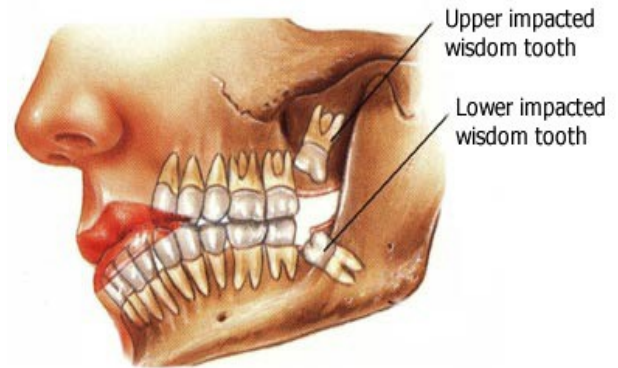
“*Wisdom teeth*” is a term given to the third molars, the last teeth to erupt. They are referred to as wisdom teeth because they appear later in life than other teeth, generally between the ages of 17 & 25.

## Why do wisdom teeth sometimes need to be removed?

Some wisdom teeth may need to be removed should they become *impacted*. An impacted wisdom tooth means the tooth is unable to erupt properly into the mouth and requires removal. Wisdom teeth may also be removed to prevent future problems such as infection or decay of adjacent healthy teeth.

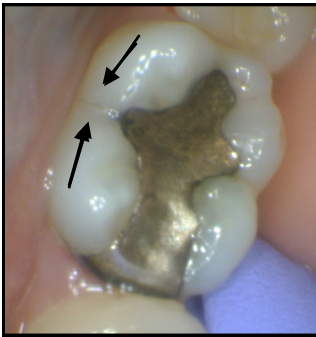
## How do I know if my wisdom teeth need to be removed?

Ask the dentist!



For your comfort and peace of mind we offer **Nitrous Oxide Sedation** as well as **Oral Sedation**. Ask Dr. Shetty whether you are a candidate for sedation if you are nervous about your dental treatment!

# Protect Your Teeth Long Term—Consider Crowns



This Patient Photo shows **there is a crack along the left side of the tooth**, likely caused by the large *amalgam* ‘silver filling’ placed several years prior.



This X-ray image shows how deep the old silver filling goes into the tooth. **A crown was the best option for this tooth.**

Crowning the tooth not only prevents fractures and cavities on the crown portion, it also tightly secures remaining tooth structure to provide strength and support to heavily restored teeth.

**With regular professional cleanings and diligent home care including brushing twice daily and flossing daily, your Crowns may last a lifetime.**

When your tooth is damaged but not lost, a *crown* or *cap* (a hollow, artificial tooth made of porcelain and/or precious metals) can be used to restore the shape, function, and appearance of the tooth. Root canal treated teeth and teeth with cracks or large fillings may require crowns be placed in order to restore and protect the tooth from further damage. Crowns may also be used to disguise the appearance of discoloured or misshapen teeth. Although the crown itself cannot get cavities, the underlying tooth is still at risk of developing gum disease or cavities on its root. That is why professional cleanings and exceptional oral hygiene at home are crucial to maximizing the lifespan of your crowns.

