

# Dental Health

Beauty Begins with Health



## **YOUR GUIDE TO A BEAUTIFUL HEALTHY MOUTH**

Provided to you by the Dental professionals of Dental Health



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**3. Intro – Your Beauty Begins with Health** – At Dental Health, we strongly believe that “Beauty Begins with Health.” This was why it was necessary to create this essential, user-friendly handbook to provide you with over 20 years of experience and knowledge gained supporting healthy, beautiful mouths. Put simply, what follows is not just another instruction manual; it is the guide you should have received the day that you were born. It will provide you with the most important facts about your mouth’s health and answer questions you may not even know you had. In fact, it will only take a few minutes to read, and it will inform you of everything you need to know.

Please take a look....

At Dental Health, we sincerely want you, our patient, to keep a healthy and beautiful smile, even long after you’ve left our dental chair.

**4. It All Starts with the Gums – Self Check**

“More than 75 percent of Americans over 35 have some form of gum disease”

FDA Consumer magazine

May-June 2002

How do I know if I have gum disease?

- Check the mirror – Swollen red gums, or a receding gumline can be telltale signs of gum disease.
- Check your spit – Watch your gums for bleeding the next time that you brush. (If your gums are bleeding, make sure that you are using a soft-bristled toothbrush, as harder-bristled toothbrushes will irritate and damage the gums)



- Check your breath – Gum disease is a result of accumulated bacteria around the gumline. This can result in regular bad breath or an odd taste in the mouth.
- Check your teeth – More advanced forms of gum disease can cause the teeth to shift or become loose.
- Ask your Dental Health provider – Our staff of friendly, caring doctors has seen it all. They will be happy to answer any questions that you may have.

**Little Known Fact:**

- The changes in hormone levels associated with puberty, menopause or pregnancy can increase the risk of gum disease.

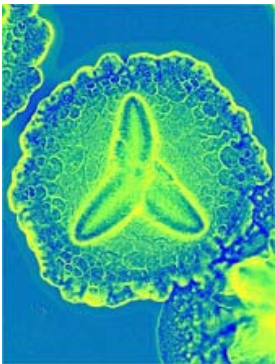
**5. It All Starts with the Gums - Prevention**

What is the main cause of gum disease?

The accumulation of bacteria around the gumline irritates the gums, causing them to expand away from the teeth. (This is how teeth loss occurs. The gums protect the connection between your teeth and your jaw. When they recede, this protection is lost and bacteria accumulate where the gums used to be, breaking this connection.)

How do I prevent gum disease?

- Visit your Dental Health provider twice a year – At Dental Health, you have the ability to receive treatments from our first-class dentists as well as one of top gum disease specialists on staff to help you maintain/restore your mouth's natural health and beauty.
- Brush and floss - The #1 way to prevent gum disease is to take basic care of your teeth (see #8 Recommended Daily Ritual). Brushing and flossing break up the accumulation of bacteria around the gumline. For



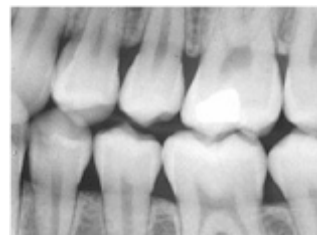
the average person, breaking up these bacteria every 15-36 hours (based upon how much sugar you consume) will effectively prevent gum disease.

- Quit using tobacco products – People who smoke or chew tobacco are significantly more likely to develop severe gum disease.
- Eat well – Simple carbohydrates from foods such as candy, soda, rice, and bread, can increase the amount of damaging endotoxins that the bacteria in your mouth produce. It is important to reduce the amount of sugar you consume. Also, incorporating a balanced diet with foods rich in vitamin C, which can reduce the risk of developing gum disease.
- Relax – The build up of stress can make your body vulnerable health issues and can lead to gum disease.

## **6. The ABCs of Cavities**

- a. There are 100-500 million bacteria in your mouth. These bacteria accumulate on or around the teeth and reside there. They consume simple sugars from the food that you eat and turn this sugar into potent endotoxins that are able to eat directly through your teeth's enamel.
- b. Teeth have a hard outer shell, which is enamel and soft inner layer called dentin. Once these bacteria are able to crack the outer shell, they create considerable damage to the tooth structure and eat away at the soft dentin, which causes cavities.
- c. If left untreated, cavities can lead to bad breath, abscessed teeth and even tooth loss.

## **7. Fluoride – Keeping your Teeth Strong**



Fluoride is a key ingredient in maintaining a healthy, beautiful smile. It is found in the majority of toothpastes, in a large portion of our nation's drinking water and at your local Dental Health location.

What does Fluoride do?

- Kills bacteria – Fluoride is an antimicrobial, which means it kills the bacteria inside of your mouth.
- Restores teeth – When applied topically such as with toothpaste, fluoride can actually re-mineralize broken down enamel, making your teeth's hard outer shell stronger.
- Minimizes pain – Fluoride also desensitizes teeth, helping to minimize any pain that you may be feeling.

## 8. Recommended Daily Ritual

The following is Dental Health's tooth care schedule to keep your mouth healthy and beautiful between checkups, and will optimize your healthy beautiful smile.

Morning

- Floss.
- Brush for 2 minutes.
  - Brush your teeth after eating to break up the overnight bacteria accumulation and to remove food particles from the meal.
- Rinse with alcohol-free mouthwash for 30 seconds.



Mid-day

- Chew a sugar-free gum that contains Xylitol. Some brands of chewing gum that contains Xylitol are Trident and Spry. (See Mouth Busters #9)
- Brush for 1 minute.

Night





- Floss - If you only floss once per day, it is recommended at night to remove food deposits that build up between the teeth.
- Brush for 2 minutes.
- Rinse with alcohol-free mouthwash for 30 seconds.

## **9. Maintenance Program**

To maintain your healthy and beautiful smile, visit your Dental Health location two times a year.

### **What does the dentist do that I can't?**

- a. Thorough analysis – At Dental Health, we perform a thorough analysis of the mouth. This is the first step in assuring that you have the healthiest, most beautiful smile possible.
- b. Removes Tartar – When plaque on the teeth combines with the calcium salts that are secreted by your saliva, it forms a hard material called calculus. Every time you visit your local Dental Health location, this calculus (also known as plaque) is removed from your teeth.
- c. X-Rays - 65% of all cavities start in between the teeth. X-rays reveal cavities and decay that are hidden from the naked eye.

## **10. What to Feed your Mouth...and When**

Everyone knows the basic dietary standards that help maintain a healthy mouth: try to avoid foods that are high in sugar such as soda and candy. Not only do these foods provide bacteria with the fuel it needs to damage teeth and gums, some sodas (coke, mountain dew, etc.) also contain acid that further corrodes the teeth. What you may not know, however, is that it is not just what you eat that matters, it is also when you eat it. If you are constantly eating foods high in sugar content, your teeth are being constantly bombarded with new sources of sugar. This is not true if you

eat the same amount of sugary food at one time during the day. Give your mouth a break. If you're going to eat foods with high sugar content, do it fewer times throughout the day.

### 11. Dental Myths - Differentiating Between Dental Fact & Fiction

a. "I get cavities more often because I drink purified bottled water, which has no fluoride."

i. False – Drinking fluoridated water only helps strengthen and remineralize teeth. Fluoride treated teeth are still susceptible to decay, which is why it is important to follow the Recommended Daily Ritual and Maintenance Program.

b. "Chewing sugar free gum after meals will reduce my risk of getting cavities."

i. True – Sugar free gums containing Xylitol (e.g. Trident, Spry) can actually reduce your risk of forming cavities. The Xylitol tricks the bacteria in the mouth into thinking that it is real sugar. Bacteria, however, cannot metabolize Xylitol, so the harmful endotoxins that damage your teeth and gums will not be produced. Sugar free gum also releases saliva, which helps to clean and protect your teeth from decay.



c. "I don't have to floss. My teeth are so close together that I never get food in between them."

i. False – The main purpose of flossing is to get rid of bacterium that accumulates between your teeth. Even if you never get food stuck in between your teeth, bacteria will still accumulate.

d. "Drinking diet soda is better for my teeth than drinking regular soda."

- i. True – It is better to drink diet soda, because just like the artificial sweeteners in gum, the bacteria in your mouth cannot process the sweeteners in diet soda.

## 12. Trouble shooting – when your mouth can't wait until your next cleaning

- a. **If you feel sensitivity to cold** – Don't panic, sensitivity to cold is usually caused by mild irritation from brushing. If you are brushing with whitening toothpaste, try switching to another type or brand. Whitening toothpastes can cause irritation and sensitivity.
- b. **If you feel sensitivity to heat** – It may be an indication of a serious problem such as an abscess. Contact your Dental Health location as soon as possible to determine if you need to come in to get it checked by one of our dentist.
- c. **If you have a lesion** – Generally you should give lesions about 14 days to clear. If they do not go away after that time period, call Dental Health to arrange an appointment.
- d. **If you have a Pustule in your mouth** – You probably have an abscessed tooth. Even if it bursts and appears to disappear, the abscess is still there. Contact Dental Health to set up an appointment as soon as possible.
- e. **If you eat something sweet and it hurts** – This is a judgment call. It could be decay or it could just be a recession. Contact Dental Health if it continues to bother you.
- f. **If you have bleeding when you floss or brush** – Continue your normal routine for 10-14 days. If you continue to have bleeding, contact Dental Health.

## 13. The Truth about Whitening



a. At Dental Health, we strive to provide everyone with healthy, beautiful mouths. Tooth whitening can be an extremely valuable tool in developing that sparkling smile.

b. Whitening – FAQ

i. Is tooth whitening harmful to your teeth?

1. Clinical research has found that tooth whitening is in no way harmful to your teeth. In fact, people tend to have better dental health after whitening their teeth because the more you like the look of your teeth the more you will take care of them.

ii. What type of whitener should I use?

1. There are a ton of whiteners on the market today, ranging from simple applied gels to clinical whitening.

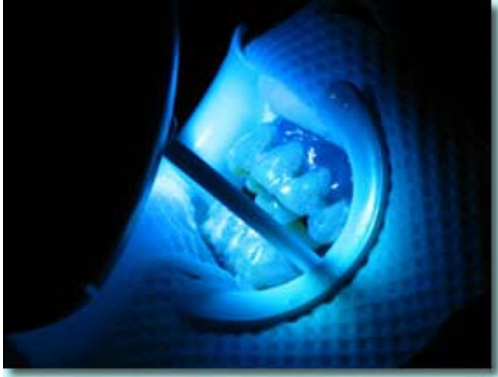
a. Recommended products

i. Whitening trays – Trays offer an excellent solution for most people looking for tooth whitening. They are an extremely easy to use, comfortable option for whitening.

Dental Health offers whitening trays that are custom fit to your mouth for maximum comfort and versatility. Our trays are thin and comfortable, as opposed to other trays that can often feel like a full mouthpiece.

Just pop our trays in and go. No need to schedule time for whitening because once you get used to them, you will be able to





talk and go about your daily activities with the trays inserted.

- ii. Clinical Whitening – Clinical whitening offers the most dramatic change in the shortest amount of time. Dental Health offers the Zoom system. This is the same system used on the show “Extreme Makeover”. It is a proven method using special UV white for an immediately whiter, brighter smile.

#### **14. Recommended products overview**

- Toothbrush
  - Always use a soft-bristled toothbrush. Medium and Hard-Bristled toothbrushes can damage teeth and gums. They also do not have the flexibility to get into harder to reach places along the gum line.
  - Recommended Product – Sonicare – This toothbrush is very effective at keeping your teeth and gums healthy. It breaks down more bacteria and hard deposits than a manual toothbrush and also helps prevent recession of the gums. Contact your local Dental Health location for more information on this toothbrush.
- Floss
  - Recommended Product – Glide Floss – Though just about any floss will get the job done, Glide has Teflon. Teflon prevents it from shredding and allows it to slide in and out very easily. Note: For more convenient flossing use the Glide floss pick. It has a squeezable

design that tightens and loosens the floss, allowing you to move it in and out easily.

- Mouthwash
  - Recommended Product – Crest Pro-Health – Pro-Health alcohol-free mouthwash kills 99% of the bad bacteria in your mouth. Remember to swish for at least 30 seconds.



**15. Contact page**

**Eight Convenient Locations**

On the web at [www.dentalhealthcolorado.com](http://www.dentalhealthcolorado.com)  
 Call Dental Health for an Initial Checkup and Welcome Packet  
 At the location closest to you:

|                                                                                                                                                     |                                                                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Dental Health of Boulder</b><br/>           2525 28<sup>th</sup> St. Suite 140<br/>           Boulder, CO 80301<br/> <b>303 443-0070</b></p>  | <p><b>Dental Health of Longmont</b><br/>           1250 South Hover Rd. Unit F<br/>           Longmont, CO 80501<br/> <b>303 678-1125</b></p>                              |
| <p><b>Dental Health at Center Pointe</b><br/>           250 South Sable<br/>           Aurora, CO 80012<br/> <b>303 360-0991</b></p>                | <p><b>Dental Health at Midtown</b><br/>           2005 Franklin St. Suite 590<br/>           Midtown II Bldg.<br/>           Denver, CO 80205<br/> <b>303 832-8611</b></p> |
| <p><b>Dental Health at DTC</b><br/>           5031 South Ulster St. Suite 100<br/>           Denver, CO 80237<br/> <b>303 779-8587</b></p>          | <p><b>Dental Health at 16<sup>th</sup> St. Mall</b><br/>           1600 Stout Suite 600<br/>           Denver, CO 80202<br/> <b>303 592-1133</b></p>                       |
| <p><b>Dental Health of Greeley</b><br/>           1600 23<sup>rd</sup> Ave. Suite 200<br/>           Greeley, CO 80634<br/> <b>970 353-4329</b></p> | <p><b>Dental Health of Westminster</b><br/>           7970 Sheridan Blvd. 3<sup>rd</sup> Floor<br/>           Arvada, CO 80003<br/> <b>303 427-0730</b></p>                |

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Easy Individual Finance and Group Plans Available. Ask us!

***Your Mouth deserves gentle, health conscious dentistry:***

Call **Dental Health** today for your  
Initial Check Up & Welcome Packet  
at the location closest to you (listed above).

Visit our web: [www.dentalhealthcolorado.com](http://www.dentalhealthcolorado.com)