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October, 2012

Witchy Ways!

Happy Halloween!

Ghosts and goblins, ghouls and fools, it's all in good fun every fall! But for us, it's a great time of year to remind you how to keep from looking scary! You see that witch in the picture we've chosen for this article?

Our witch looks this way in part because her jawbone is somewhat deteriorated. Imagine the witch as a woman (or man) without teeth. Natural tooth roots are embedded in the jawbone, providing a stable foundation to allow the teeth to function properly.

When teeth are lost or extracted, the bone that previously supported those teeth no



longer serves a purpose and begins to deteriorate or resorb. This is similar to muscles that atrophy from lack of use (remember how skinny your arm looked when that cast came off?).

Advances in technology used every day here at Total Care Dentistry allow you to potentially keep from losing the bone once a

tooth is missing. Dr. Mary T. Dooley utilizes a bone grafting technique that preserves the bone, and the patient's ability to later have restorative procedures performed. Bone grafts come from donors, human or bovine, and are typically placed at the time of extraction. Grafting can also be done after the fact, but can require more healing time.

"Bone grafting is a simple surgery we've done with extremely high success," says Dr. Dooley. "When considering whether to opt for a bridge, denture or implant, it is important to first consider preserving your bone. A healthy jaw bone can also mean better fitting dentures."

Taking this important, and sometimes scary step, could help you save face later on!

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Spooky find!

Researchers may have uncovered new evidence of ancient dentistry in the form of a 6,500-year-old human jaw bone with a tooth showing traces of beeswax filling.

The Italian researchers write that the beeswax was applied around the time of the individual's death, but cannot confirm whether it was shortly before or after.

If it was before death, however, they write that it was likely intended to reduce pain and sensitivity from a vertical crack in the enamel and dentin layers of the tooth.

Evidence of prehistoric dentistry is sparse, so this new specimen, found in Slovenia, may help provide insight into early

dental practices.

"This finding is perhaps the most ancient evidence of prehistoric dentistry in Europe and the earliest known direct example of (endodontics) so far".

Reprinted from the online journal of Medical News Today, Dentistry edition, released September 21, 2012.

National Dental Hygiene Month

“Keep them healthy. Keep them clean.” That’s this year’s National Dental Hygiene Month slogan. Hygienists across America want you to know that brushing your teeth for two minutes at least twice a day will help you maintain a healthy smile.

Studies have shown that brushing for two minutes is perhaps the single most important step an individual can take to reduce plaque build-up and the risk of plaque-associated diseases, such as cavities and gingivitis. The hectic pace of today's adult lifestyle often leaves little time for the daily oral health care routine needed to prevent cavities and periodontal disease. Periodontal disease is the most common cause of tooth loss in adults. An estimated 75% of Americans reportedly have some form of periodontal disease. Ask Dr. Dooley if you have signs of periodontal disease at your next appointment.

Flossing 101

Be honest with yourself. Do you really floss the 363 days a year you're not in our office? We know it's hard, but the process gets easier with practice. Here are a few tips and the ADA's (American Dental Association) explanation on why you need to floss!

Q. Why is flossing important?

A. Brushing by itself is not enough to keep tooth decay and gum disease at bay. Flossing ideally once a day helps clean plaque from hard-to-reach places between teeth and under the gum line. Flossing lowers the risk of cavities and is essential in preventing gum disease.

Q. How should I floss?

A. According to the American Dental Association, daily flossing is easy when you follow these steps: Pull out about 18 inches of floss, and wind most of it around the middle fingers on both hands. Next, use your index fingers to guide the floss between your teeth and gently run it back and forth between each tooth. Curve the floss along the gum line of each tooth, and slide it up and down.

Q. Does it matter when I floss?

A. Not really. You can floss before or after brushing, in the morning or in the evening. Yes, we can tell if you only floss right before your check up. You should be seeing us twice a year. We'll floss for you on those days :)

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- American actor Tom Cruise got braces in 2008. His porcelain brackets were almost undetectable!
- Did you know that if you accidentally knock out a tooth that you can put it in milk and possibly have it reinserted? It's true!

Get more fun facts like these on our website,
www.drdooleydental.com.

October Birthdays

Wes
Todd
Michelle
Brianna
Renee
Lee
Robert
Louis
Lester
Caleb

Tom
Bill
Emily
Roxanne
Quincy
Antonio
Ashley

