from the dentists

Thank You!

We would like to give a special thank you to all of our patients who participated in our annual “Whitening Benefit.” The proceeds from this year’s event will be donated to East Bay Habitat for Humanity. We here at Piedmont Dental by Design will be participating in the 2010 Earth Day Build-a-thon this coming spring & encourage all of our patients to participate in this extraordinary cause.

Yours in good dental health,

Dr. Dale B. Herrero  
Dr. Jill A. Martenson

Your Mouth Can Make You Sick

Cardiovascular disease and periodontal disease are among the most prevalent conditions affecting adults today. Periodontal disease affects as many as 75% of adults in the United States. Recent clinical studies confirm a strong connection between the two diseases. They discovered that those with gum disease had twice the risk of suffering a heart attack, and three times the risk of a stroke.

Inflammation and bacterial infections in the mouth and diseases like diabetes, heart disease, stroke and even pregnancy issues, such as low birth weight infants, are related. Inflammation appears to be a significant link between systemic (body) disease and oral disease. Periodontal disease typically begins from bacteria growing around the teeth, causing infection and triggering the body’s inflammatory response. The combined bacterial onslaught and inflammatory reaction can result in the destruction of gum and bone around the teeth. The bacteria may not stop in the mouth, but travel throughout the body. As the inflammatory system continues to ignite, susceptible organs, arteries and tissues can be damaged.

It is now critical for your dentist to collaborate with your physician and help patients reduce their disease risk with periodontal care. Patients need to maintain good home care. You need to follow your dentist’s instructions regarding procedures or services, accept more frequent “cleanings” if recommended and follow up with periodontal maintenance visits. This care may help lower risk factors for heart disease, improve patient health and perhaps increase longevity of life.

Thank you for all your referrals. We appreciate them!
White Wine
Say it isn’t so!

If you’re a connoisseur of the grape, so to speak, you should know that in addition to all the good things wine has to offer, it doesn’t have to be red to cause stains on your tooth enamel. Alas, white wine can also create rough spots and grooves that enable staining chemicals in tea, coffee, and other beverages and foods to penetrate deeper into your tooth enamel.

Even so, red wine, long known to stain teeth, should still be seen as more hazardous to whiteness because it contains chromagen, a richly colored substance.

Still, you don’t need to stop enjoying wine in moderation. The best way to prevent staining caused by wine, and coffee or tea for that matter, is to rinse often, brush regularly, and ask us about dentist-supervised teeth whitening products.

About Bad Breath
Don’t be misinformed

How we process and cope with information has acquired its own academic discipline: information environmentalism. Because there is such an excess of information consuming the airwaves, we need to be conscious of – and challenge – what we’re absorbing.

Well, there’s a lot of misinformation about bad breath out there, and that matters to millions of people who experience chronic halitosis.

No matter what the ads say, eating mints or other scented candy, chewing gums, or beverages can only temporarily mask bad breath … not fix it.

Bad breath that lingers can be caused by:

- bacterial plaque and food particles on and between your teeth;
- untreated gum disease;
- bacteria you haven’t brushed away from your tongue.

Here’s good information for you. Regular dental visits and scrupulous home care can keep your breath fresh and your smile sweet!

Others will listen … and look … at you!

The image you project is worth a thousand words. It takes mere moments to make a first impression, and according to a UCLA study, only 7% comes from our spoken words. Body language accounts for more than half of that initial impact! Since your smile is always the first thing people notice, maybe it’s time to spark up the power and turn up the volume.

Whitening is by far the most popular way to make over a smile from boring to beaming. Your grin can dim just from enjoying your tea, coffee, wine, or juice that gradually stains and abrades your teeth enamel.

We can…

- Whiten these accumulated surface stains;
- Remove stains trapped in micro-cracks in tooth surfaces;
- Remove discoloration caused by ageing, illness, medication, or heredity.

That’s not all! We can help you decide on your best whitening option…

Bonding and veneers are completely natural-looking and can correct the appearance and function of cracked, chipped, or unevenly spaced teeth without surgery or braces.

White fillings can strengthen your teeth – and they’ll look like you’ve never had a cavity.

Crowns can repair severely damaged teeth, and when combined with bridges and permanent dental implants, can replace gaps.

So, please – go ahead. Give yourself the gift of a great-looking makeover like the one in this after photo. Without saying a word, your smile will shout, “I’m the best I can be!”
Your Crowning Achievement

Making strong choices can be beautiful

Many believe that yoga offers the inner harmony and body awareness required to achieve a healthier and more-fulfilling approach to life. Getting in touch with yourself helps to define and refine your esthetic perception, deal with the moment, and look to the future with greater clarity. This can help you to find the confidence to make long-term choices that will enhance your oral health and create your strongest, most-beautiful smile.

Like your choice to have a strong body and mind through yoga, choose strength, longevity, and esthetics with beautiful porcelain and ceramic crowns that look so natural no one will guess you have them. Besides being durable, they are highly resistant to bacteria, chipping, staining, and cracking.

Crowns are versatile as well...

1. Protect your damaged tooth by capping it with a crown.
2. Close a gap due to decay, genetics, or an accident with a crown plus a bridge. This excellent option can prevent your other teeth from drifting and altering your ability to chew, speak, and socialize.
3. Create a new tooth with a crown attached to a “root” implanted permanently into your jawbone. These implants can also be used to secure a denture, and several crowns can be attached to an implant bridge.

We’d be proud to help you reach your personal best and to keep your distinctive esthetic. Please feel free to ask for a consultation!

WE’VE DONE THE MATH About popcorn

Believe us when we say that we understand the attraction of buttery-smelling popcorn. North Americans consume 54 quarts per person each year and about 70% is cooked and eaten at home. Sad to say, we don’t recommend it.

Here are 5 reasons why:
1. Popcorn is the #1 cause of tooth fracture.
2. Kernels get lodged in between teeth and between the cusps of teeth.
3. Hulls can get jammed under the gum and irritate the tissue, which can eventually lead to infection.
4. Sharp bits can scrape and irritate your tongue.
5. Rough edges can damage cosmetic restorations.

It’s hard to give up a satisfying snack … but why not consider fresh raw fruits and vegetables or low-salt pretzels? And if you can’t always brush and floss, please rinse with water afterwards!

BOTTOM LINE? DENTALLY SPEAKING, POPCORN JUST DOESN’T ADD UP.
Hello!

My name is Pam and I am so excited to introduce myself to you. I have recently taken on the Office Manager role at Piedmont Dental by Design. I bring with me many years of experience in my field with both front and back office, and will do all that I can to make this transition an easy one for all.

I feel overjoyed to be a part of the Piedmont Dental Team and feel I have found my home away from home.

I am a mother of three lovely children and have found that being a mom is as rewarding as my career has been and continues to be.

My favorite past time is playing with my “Westie” terrier, Sammy. She has taken over the house and continues everyday to meet me at the door when I come home. (She still hasn’t grasped the concept of paper in mouth and my favorite slippers).

I enjoy spending time with my family and friends cross country skiing, back packing in the high country, participating in marathons, and wine tasting. I look forward to meeting all of you.

Bite Issues?
Here’s our advice

Two relatively common conditions that we see are underbites (lower teeth bite in front of the upper ones) and overbites (top teeth that greatly overlap the lower). Contributing factors are the genetics, which affect the shape and size of your child’s face, jaws, and teeth, as well as environmental factors like injury or thumbsucking.

Your child’s growth and development will reveal the severity of the problem and the treatment indicated. Some kids outgrow an underbite, while for other children, early intervention can prevent costly orthodontics down the line, and may include appliances or tooth removal, or a combination of approaches.

The most important advice we can give you? Please maintain your child’s regular recare visits so that we can monitor bite problems and create the ideal treatment plan.

Wisdom Tooth Extraction
The “whens” and “wise”

In our distant past the human diet was very different and required a robust posterior grinding surface that was housed in a significantly larger jaw. The third molars or wisdom teeth, provided that extra grinding capacity. Modern man, however, developed a much more refined diet; one that requires a more streamlined and less significant jaw.

Our wisdom teeth often have too little room to develop, resulting in any number of painful outcomes. They can fail to erupt and become impacted. They may only partially erupt, or they may grow at a severe angle pushing backward against the jaw or forward into the second molar. They may become infected, and painful cysts may develop.

If you suspect you’re experiencing pain from not-so-wise wisdom teeth, get relief! Give us a call!