

# Dental Health News®

Compliments of Dr. David Schmidt

## February Brings Us ...

**Children's Dental Health Month** - What a fantastic & busy month! We had the privilege of being part of the National Give Kids A Smile Program on Feb. 3. We donated dental care to uninsured, low income children in our community. We also visited over 400 children at a local school here in Ypsilanti, they enjoyed a fun dental health presentation and every student & teacher received free toothbrushes! We loved meeting so many new families! Would you like us to visit your child's school next year or have your child's pre-school class visit us? TOTALLY FREE awesome educational & fun field trips. Give us a call if you're interested in scheduling for next year.

**Heart Health Month** - Gum Disease Linked to Heart Disease - A study by the New England Journal of Medicine showed that plaque around the teeth causes inflammation, increasing the risk of bacteria entering the bloodstream and causing problems in other areas of the body. As with the gums, this bacteria can inflame the blood vessels that supply your heart, leading to heart disease.

Did you know that 85 percent of the adult population has some level of gum disease, which can range from mild gingivitis to advanced gum disease and tooth loss? Your gums are like the foundation of your home. When it is deteriorating, the home will be affected and fall apart soon enough!

**Your Blood Pressure** - Why do we take your blood pressure at your dental visit? High blood pressure is called the silent killer because, although it contributes to such potential killers as stroke and heart attack, those who suffer from it often have no signs or symptoms.

Many people see their dentist more regularly than a physician and could get an early warning about high blood pressure when getting their teeth cleaned or having other dental treatment done. We take your blood pressure because we care about you.

## What's Happening Around The Office of Dr. David Schmidt?



### Book Donation Drive

Wow! We had a great response to our book donation drive for the local libraries and families in need. We collected over 300 books thanks to your generous donations!

### New Braces

Congratulations to Dr. Schmidt's son, Max. He recently had braces put on. I'm sure he's looking forward to a nice, straight smile!

### Warm Up With Some Chili

Did you have a chance to try some chili during our recent Wednesday Warm-Up? We'll be filling up the crockpot with more chilly-busting chili soon, so drop by and join us for a bowl!

### Candy For The Troops

Our Halloween Candy Buy Back was a success - We collected over 60 pounds of candy to share with the troops serving overseas. Thank You!

### Congratulations!

After bringing in books for the library, Mr. Skyles entered to win a flexcare Sonicare® toothbrush and reading basket and he won! Congratulations to you and your wife!

### First Cleaning

Heather, our administrative assistant, brought her kids Kayla & Lucas in for Kayla's first cleaning.

**Winter Coat Drive** - It's so cold outside! Thank you to everyone that has brought in winter coats, hats, scarves & gloves for us to share with the homeless and needy in this community.

*Stay up to date with all our office contests, dental health tips, and product & treatment specials at: [www.ypsilantidentist.com](http://www.ypsilantidentist.com)  
[www.facebook.com/ypsilantidentist.com](http://www.facebook.com/ypsilantidentist.com) AND [www.twitter.com/ypsilantidds](http://www.twitter.com/ypsilantidds)*

# A MILLION-DOLLAR SMILE — ON A BUDGET!



Think going to the dentist is expensive these days? After tightening their budgets over the past few years and avoiding the dentist, many dental patients are dismayed to discover that the cost of NOT going for regular dental visits is turning out to be much higher than regular checkups would have been.

The problem with tooth decay and other dental issues is that they don't heal themselves. A small cavity in a tooth can be treated with a small filling, at a relatively small cost. However, ignoring that same cavity will only lead to a larger problem, with a more uncomfortable, complicated – and therefore more expensive – solution.

If you think of dental checkups as similar to vehicle maintenance, you can appreciate how regular oil changes and seasonal tune-ups can allow your car to run smoother – and more cost-efficient – for years longer than if you had ignored the little squeaks and clunking noises that would eventually cumulate in a major mechanical overhaul.

Even if you don't think you have any existing decay, the price of regular dental hygiene is a fraction of what you'd have to pay if you continued to put off regular checkups and professional cleanings. Remember, a regular checkup is about more than just teeth. Your continuing care examinations include a thorough mouth examination: a check for any deterioration in fillings, crowns or other restorations, new decay, signs of periodontal (gum) disease, root cavities (decay in the roots of teeth exposed by receding gums) and impacted wisdom teeth. We also check for unusual sores or changes in your tissues that may indicate, or lead to, oral cancer. To ensure that bacteria are removed from around and below the gum line, we will include scaling and polishing procedures to remove plaque, calculus and stains from teeth.

Because it has been proven that your oral health and your overall health are undeniably intertwined, it stands to reason that the healthier your mouth is, the smaller the chance is of an oral infection making its way into the body to start secondary infections. What most people don't realize is that gum disease – which is a common, but easily preventable condition – is a bacterial infection and one that can easily enter the bloodstream and travel to major organs to begin new infections. If you already have heart or lung disease, diabetes, osteoporosis and low bone mass, thinking of becoming pregnant, or if you have a family member with periodontal disease, you need to be extra vigilant with your oral care.

While we know that for most people dental appointments don't usually make the top 10 list of favorite activities, it is vital to maintain regular dental appointments, even if you have no symptoms or feel that you have no cause for concern.



**Please call to confirm your next appointment today. We look forward to seeing you soon!**



# MIND THE GAP!

**Missing a tooth? Don't leave a gap in your dental care!**

If you're missing one (or more) of your front teeth, you will most likely – from a cosmetic standpoint – want to fill the space as soon as possible. A missing back tooth usually doesn't result in the same urgency, but there are very good reasons why you still need to replace any missing back teeth (even if it's not as visible as a missing front tooth).

Your teeth keep each other in line. When one is knocked out, or lost due to dental decay, the resulting gap opens up space for surrounding teeth to drift out of position, shift, or tip into the empty space and change your bite. This could possibly lead to pain in your jaw, cavities, gum disease and the potential to lose more teeth.

As more teeth go missing, you'll be forced to chew in other areas of your mouth, which can sometimes lead

to tooth fractures from overloading, excessive erosion and/or TMJ (jaw joint) problems.

Please call us to arrange a full explanation of all your tooth replacement options, including one, or a combination of, the following:

- Removable partial dentures.
- Fixed dental bridges.
- Full dentures, for patients who have lost all of their teeth on the top and/or bottom of their mouth.
- Dental implants, which involve surgically implanting a replacement tooth root and then capping it with a natural-looking replacement tooth.

Early intervention will help you avoid more extensive — and expensive! — dentistry in the future.

## GET ON THE SMART SNACK TRACK

**If your well-intended New Year's resolution to eat healthier is already starting to waiver, here's some support to help you through your next snack attack...not only in the benefit of your overall health, but your dental well-being too!**



It's important to be able to identify between a real need for food, and a diversion from stress or boredom through food. If you are indeed responding to physical hunger, it's tempting to just grab the first thing that comes your way. Instead, plan ahead for snack attacks by making sure there are always healthy options available to satisfy your cravings.

Nutritious snacks that are also teeth-friendly include fresh fruit, vegetable sticks, plain popcorn, nuts, seeds and cheese. Not only is cheese a nutrient-packed snack idea, it's even recommended as a post-meal option to help protect your teeth against cavities!

Eating cheese after a meal helps increase the amount of saliva in your mouth, which helps rinse food particles away. After a meal, the pH level in your mouth often drops, and your mouth becomes more acidic – a potentially damaging situation for teeth. Cheese can neutralize the acidity in your mouth and help maintain a pH balance that is safe for teeth and, as a final touch, provide a coating of calcium.

Looking for a healthy smile? It's as easy as saying "cheese"!

# March Madness!

Trivia Time: Would you like to win tickets to a Piston's Basketball Game?

Call us with the missing word to this statement and you'll be entered into the drawing to win the tickets: Looking for a healthy smile? It's as easy as saying "\_\_\_\_\_!" (hint: the answer is somewhere in this newsletter)

**Increase your chances of winning by going to our facebook page  
[www.facebook.com/ypsilantidentist](http://www.facebook.com/ypsilantidentist), like our page and post "I want to win the basketball tickets" on our wall and we'll give you an extra entry.**

## **Congratulations!**

Congratulations goes out to K.G. who won the movie tickets for answering the last newsletter question properly! According to the Academy of General Dentistry, teeth may soften when there is a shortage of what? Vitamin D!

## **March 11**

Daylight Savings - Mark your calendars! Set your clocks ahead one hour and start enjoying the extra daylight hours. This is also a great time to replace your smoke alarm batteries.

## **National Kidney Month**

People with chronic kidney disease are at risk for dental problems such as gum disease, tooth decay and tooth loss. Left untreated, these problems can cause infections which can lead to more overall health issues.

***Don't put off scheduling your all important dental visit - give us a call today 734-485-2200 a welcoming smile is waiting for you!***

## **Reminder To ...**

**Please, PASS IT ON!** After you are finished reading this newsletter please feel free to share it with a friend, family member, co-worker or neighbor.

**Protect Your Smile!** "I got a bite guard to help with grinding my teeth. I couldn't believe how much it helped. It relieves tension in my neck and shoulders. I really notice a difference without it!" ~M.T.

**Check Your Benefits!** Almost all insurance companies renew your dental benefits with the New Year. That means that you can take advantage of possibly \$1,000 or more of benefits for yourself and your family. So if you've been postponing dental treatment, now is the time! Call us today at 734-485-2200 to ensure your best dental health – particularly if you're due for your regular check-up and cleaning!

# Looking Ahead To April:

## **It's Oral Cancer Awareness month!**

Approximately 37,000 Americans will be diagnosed with oral cancer this year, sadly, one person will die every hour from this dreaded disease.

Oral cancer (cancer of the head, neck & mouth) can go completely undetected and kills. However, if detected early enough survival rate increases 80-90%.

What are the risk factors? In years past, oral cancer was a disease most often associated with older ones who were long time tobacco users. Not anymore! A serious change has taken place, a common sexually transmitted virus has replaced tobacco as the number one cause, Human Papilloma Virus (HPV) in persons ages 25-50.

The good news is, Oral Cancer is easier than ever to detect. The screening is quick and painless.

**Please, please take your oral health serious. We understand that the current financial situation may be preventing some from seeing their dentist. Dr. Schmidt offers FREE Oral Cancer Screenings. Call us today at 734-485-2200.**

## **Preventive, Restorative & Cosmetic Dentistry for you and your family.**



**Dr. Schmidt & Team**

**1900 Packard Road  
Ypsilanti, MI 48197**

**Phone:** 734-485-2200  
**Email:** [appointment@ypsilantidentist.com](mailto:appointment@ypsilantidentist.com)  
**Web:** [www.ypsilantidentist.com](http://www.ypsilantidentist.com)

**Office Hours:**  
Mon., Tues.: 8 a.m. - 5:30 p.m.  
Wed.: 12 p.m. - 7 p.m.  
Fri.: 9 a.m. - 2 p.m.

### **Our Services Include:**

- Cleanings • Fluoride Treatments • X-Rays
- Sealants • Exams • Fillings • Root Canals
- Crowns & Bridges • Bonding & Veneers
- Mouthguards • Lifetime Teeth Whitening
- Invisalign® • Emergency Dental Care
- Periodontal (Gum) Treatment
- You can pay for your office visits and/or treatments by cash, check, credit or debit cards at the time of service.
- We also accept most major dental insurance plans.
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