

Dental Health News®

Compliments of Dr. David Schmidt

USE 'EM or LOSE 'EM!

As we near the end of 2011, we want to remind you to take advantage of any unused dental benefits. Every year you receive a maximum amount from your dental insurance company - make sure to use all available benefits to complete any outstanding treatment or for your preventive dental hygiene appointment. Almost all plans do not let you rollover unused dollars to the next benefit year.

We like to say: Use 'Em or Lose 'Em! Your employer and insurance company only allow for so much of a benefit each year (often very little) - we'd hate for you to lose out on it.

If you have funds set aside in a flexible spending account (FSA) or healthcare saving account (HSA), now is the time to schedule treatment so your copayment amounts can be applied to this year's deductions.

Call us today to schedule your appointment. We find that the holiday season is always our "busy time" and we are certain it is a very busy time for you too. Get in early, our phone number is 734-485-2200.

Speaking of the holidays, why not give the gift of a healthy & beautiful smile!

Did you know we offer gift certificates? Beat the holiday shopping rush and purchase a gift certificate for teeth whitening for your special someone(s). We have both in-office & take-home teeth whitening at special prices. Electric Toothbrushes make a fantastic gift too!

Office Happenings

Our Back to School with Healthy Smiles Teacher & Student Appreciation in August was so much fun!

Thank you to all the local businesses that so generously contributed prizes for this special event:

Haab's Restaurant, Thomas Blondi Salon, Ann Arbor Therapeutic Massage, In the Clouds Massage therapy by Zeena, Schokolad Chocolate Factory, Putterz Mini Golf, Miles Of Golf and Guerresso Chiropractic!

And a big CONGRATULATIONS! to our winners

Remember: Preventive dentistry can help keep your smile healthy and attractive.

Special note to Teachers & Parents: Just a reminder we offer FREE Dental Education & Toothbrushes during February's Dental Health Month. To schedule a free field trip call us today at 734-485-2200.

We are also participating in the Give Kids A Smile Program. Friday February 3, 2011 by appointment - uninsured, low-income children can receive FREE dental care. Contact us at 734-485-2200 to schedule an appointment.

MIGHTY MOUTHTEAM

Hey kids, **SAVE THE DATE: Tuesday November 1, 2011 we will be accepting your excess wrapped Halloween candy in exchange for Cash & Prizes!**

We would like to welcome all our new Mighty Mouth Team Members!

Have you joined our team? If not, remember to join at your next visit or have your parents bring you by during office hours to join our team.

WHO WANTS TO WIN MOVIE TICKETS?

Answer the following Trivia Question (hint: answer can be found somewhere in this newsletter)

According to the Academy of General Dentistry, teeth may soften when there is a shortage of what?

Call us at 734-485-2200 or post your answer on our Facebook® page www.facebook.com/ypsilantidentist and your name will go into a drawing to win FREE Movie Theatre Tickets! GOOD LUCK!

Our Gift Basket Winner for June was Erma W. Who won a bucket filled with car care supplies!

Congratulations to our Ice Cream Cone Winners (free large ice cream cone thanks to Dairy Queen on Washetenaw here in Ypsilanti) Katie, A. J., Dave & Evie ~ Hope you enjoyed your ice cream!

Special thank you to our patients that have brought in wonderful treats for us - Chocolate Chip Cookies, homemade guacamole, salsa, pickles & Candy. Yummy!

Thank you to all of you that have dropped off your new and gently used books—we have quite a collection to give to the library and we are still accepting books!



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



YOUR RECIPE FOR DENTAL HEALTH

We all know that a well-balanced diet is an important element in the development of healthy teeth and bones. We recognize the importance of ensuring that our children get the recommended daily number of servings of milk, cheese and other good calcium sources, but let's not forget that balancing our own, grown-up nutritional intake is an ongoing requirement, as well.



You may be surprised to learn that teeth are “alive,” and that in order to keep them healthy you need to maintain a well-balanced diet that includes potassium, phosphorous, vitamin D and calcium. The best dietary sources for vitamin D and calcium are dairy products, such as milk, yogurt and cheese, while potassium and phosphorous can be found naturally in fruits and vegetables.

Teeth, like bones, are calcified tissues. Teeth begin to form in the first few months of fetal life and the mineralization process continues into late adolescence. An adequate intake of calcium is essential for proper development of tooth structures and, as such, it is recommended that children up to age 11 consume 700 to 900 mg of calcium per day, while pre-teens and teenagers require between 1,000 to 1,200 mg of calcium or more per day to keep up with the growth spurts common to this age group. (As a guideline, there are about 300 mg of calcium in one cup of milk.)

Calcium consumption is important at all stages of life. When adults don't get enough calcium in their diet, their body is forced to borrow what it needs from their bones. Continued withdrawals of calcium from the “bone bank” can lead to osteoporosis, or brittle bones. In fact, dentists are often the first ones to notice the initial indications of osteoporosis, because, as the jawbone is surrendering calcium for needs elsewhere in the body, the bone will weaken and teeth will loosen, creating gaps where bacteria can invade.

According to the Academy of General Dentistry, teeth may soften when there is a shortage of vitamin D, making them more susceptible to decay and periodontal disease. Because vitamin D is produced in the body

with sun exposure, a deficiency in this vitamin is not common, however it can develop in some who don't consume enough milk or fish.

Even if your teeth are healthy, they won't do much good if they are held in place by deteriorating bone and gums. That's why it's important to ensure that your diet includes not only enough calcium and vitamin D, but also enough vitamin B and C, to help keep gum disease away.

If you're a vegetarian or vegan, you should be especially watchful of your diet to ensure you don't experience any deficiencies in calcium, vitamin D, riboflavin, vitamin B12 or complete proteins. Even vegans who don't get their calcium from milk, yogurt and cheese can get what they need from fortified food products, such as certain breakfast cereals, fortified orange juice, soy products, almonds and some dark green vegetables, like broccoli.

Ask us about healthy food options that will improve not only your dental health, but your general health, as well.



“JUST” A TOOTHACHE, OR SOMETHING MORE?



There are times when a toothache isn't just a toothache. In fact, ignoring toothache pain can sometimes even have life-threatening implications.

A toothache can present itself in a number of different ways. You may feel sensitivity to cold or heat, or pain when you bite down, or even a radiating type of ache after eating something very sweet. The pain may come and go over a long period of time, or may appear suddenly, and severely.

While many toothaches are a result of dental decay or a crack in a tooth, you may also feel the same type of pain from sinusitis — inflamed sinuses due to a bacterial infection — or sinus congestion from a cold, flu or an allergy. Nerve pain can sometimes feel like a toothache, too.

The most serious type of toothache may be the result of a dental abscess, from an infected nerve in a tooth.

It can intensify into an infection of the mouth, face, jaw or throat as bacteria extend from a cavity into the surrounding tissues.

In addition to a feeling of pressure, and an intense, persistent throbbing, the tooth may be sensitive to heat, and chewing or biting. As the infection worsens, you may develop a fever, a swelling in your face or cheek, and tender, swollen lymph nodes under your jaw or in your neck. An abscessed tooth is the most dangerous of toothaches — if not treated, the infection can spread into your bloodstream, leading to severe complications.

Don't wait for toothache pain to just “go away.” Please call us for advice about any type of dental discomfort.

LIKE TO TOOT YOUR OWN HORN? LET US KNOW!

Sometimes a chair-side chat about your hobbies can spur a very important discussion about your hobbies' impact on your dental treatments. That you play a wind instrument is a fine example of something to share with your dentist.



A critical component of a musician's technique is “embouchure,” defined as “the way in which a player applies his or her mouth to the mouthpiece of a brass or wind instrument.” More precisely, embouchure involves the synchronization of the lips, tongue, mouth and facial muscles in the production of a brass or wind instrument's tone and range. Any variation in a person's embouchure can affect the outcome of their music, which is why it's so important to inform your dentist if you're a musician, before certain dental procedures are initiated. For example, the application of bonding or dental veneers on the front teeth can significantly change the way a musician moves his or her mouth when playing an instrument. In fact, changing your front teeth can even affect how you speak, until you get used to the change.

If you're a student or someone who shares a woodwind or brass instrument with others, it's important to recognize that shared instruments often are not properly sanitized after use, and run the risk of being heavily contaminated with a variety of bacteria and fungi — even weeks after use.

Ask us about the “mouth-body” connection when it comes to illnesses, and in the meantime, please sanitize any shared instruments properly before putting them in your mouth.



THE LAST WORD ON: SEALANTS

While you may be the most diligent brusher, there may be some back teeth that may be difficult to clean because the grooves in the chewing part of the tooth are deep and narrow, allowing plaque to sneak in.

We can help combat this situation by applying a dental sealant into the grooves of the teeth. This literally seals the grooves to create a flatter, smoother tooth surface that doesn't allow plaque to penetrate.

While sealants are most effective in helping to prevent cavities in children with newly formed permanent teeth, they are also useful in cutting down the formation of decay in adult teeth as well. *Give us a call to find out more, or ask us about this preventive treatment at your next visit.*

Share a Smile - Share our Newsletter

We invite you to "Share a Smile" by passing our office information and this newsletter on to someone who you think would benefit from our dental services. Please have them advise us of your name when they call, so that we know to pass a special "thank you" on to you for your referral!

Thank you for your loyalty and your continued support.

And who knows, maybe you'll see your referrals' testimonial in our next newsletter just like Genevieve!

"The caring, sensitivity and compassion that Dr. Schmidt adds to his remarkable skills as a dentist are a wonderful gift to his patients.

His calm, cheerful manner help one to face perplexing and unsettling dental issues. Jennifer, Delta and his staff as a whole complete the picture of a modern (dental) practice done to perfection. The kind brilliant Dr. Fleszar did indeed choose a worthy successor. I am so grateful to have found you all. Thank you for taking such good care of me!"
~ Genevieve R.

David Schmidt, D.D.S. and team always work hard to give our patients the best dental experience possible and appreciate your wonderful compliments.

Would like to share your experience with others, please visit these sites and leave your comments:

Google™ Places - Facebook® - Yelp®

SNEAK PEEK!

We are so excited about all the much needed remodeling that is taking place in the office - New Carpet, Paint, Cabinets, Wall Decor and a New Coffee Maker! It is our goal to make your visit with us a GREAT one! Stop by for a cup of coffee and tell us what you think of the changes. Here's a little sneak peak:



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

Web: 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 card at the time of service.
- We also accept most major dental insurance plans.
- For your convenience, we are pleased to accept CareCredit®.

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