

Dr. Rodney Shainbom's DENTAL NEWS

Produced for the Patients of Dr. Rodney Shainbom

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www.drrodneyshainbom.com

We are now living at a time when information is a "search" and a "click" away. An internet search for any subject will inevitably yield a plethora of information. Unfortunately not all information is always relevant, appropriate and accurate and we can become skewed in our understanding of what we are reading.



Our website is designed to be a source of relevant information for both new and existing patients. From basic information on treatment procedures to home care we hope to develop a source of reference for your dental information needs. The links which we provide will be reliable sources of relevant, evidence based information.

The website is still in its infancy and will be modified and developed over time. We hope you will use it both as a source of reference information and a means to keep up with our practice information. If there are topics that you feel should be mentioned or discussed, please let me know and we will attempt to include them.

– Dr. Rodney Shainbom

"How long will it last?"

Restorative dentistry involves different treatment modalities to restore previously broken down or decayed teeth, the extent of reconstruction being dependent on the amount of damage to or loss of tooth structure.

Initially teeth are damaged by decay (dental caries), abnormal functional habits such as grinding or clenching, dietary and reflux acids and trauma. The dental supporting structure (gums and bone) is damaged by invasion of the supporting soft and hard tissues by bacteria in the presence of a compromised immune response.

It is important to realize that the mouth is a constantly changing environment dependent on and subject to several factors. Diet, oral hygiene, functional and parafunctional habits, the presence or absence of previous dental restorations and dental disease processes all play an important role in the maintenance of long term dental health.

Ultimately we all abuse our mouths and teeth. We do things which we should not, using our teeth to open things, tear things or hold things. We all know that we have to brush and floss, yet we don't. We are aware that we eat and drink things that are not kind to our teeth – acids that will break down and destroy tooth structure, sugars that are converted to acids by resident bacteria. Smoking and alcohol are

the two most common causes of oral cancer and are linked to gum disease. Compounded by habits such as grinding and clenching, the forces generated on the teeth during normal function are in the region of 300 pounds per square inch.

The hardest structure in the human body is enamel. It is considerably harder than bone. Yet any of the above factors can result in enamel breakdown or wear. The best we have is what we are given. There is nothing we as dentists can do that is better than original tooth structure. However when things break down, dentistry today has amazing technology to repair and restore tooth form and function. Though never as good as the original, dental procedures and materials are so advanced as to provide reliable long term solutions to dental problems.

So, how long will it last? All dental procedures will last as long as the material will allow the choice of treatment and the state of oral hygiene. Maintaining a healthy and clean oral environment, regular hygiene maintenance programs, dealing with parafunctional destructive habits, and regular dental checkups are necessary for the long term success of dental treatment. Dental procedures do have a life span, but only with your effort and dedication will you get the longevity we hope to achieve out of your restored dentition.

Simple TMD?

A complex disorder can have dental origins

If you have been suffering with jaw pain or clicking, earaches, headaches, even sinus pain, you could require dental intervention. In 1982, the *American Dental Association* adopted a new term to describe a constellation of problems that affect the jaw joint: *Temporomandibular Joint Disorder* (TMD).

The temporomandibular joints just might be the most complicated joints in the body. If you place your fingers in front of your ears while opening your mouth, you can feel them. Their movement is controlled by powerful muscles which, along with the joints themselves and your teeth, are connected to the mandible or jawbone.

How can jaw anatomy affect the rest of your body?

- A significant number of your body's nerves pass near the jaw joint.
- Many of the nerves of your body go to your mouth and jaw.
- Much of the brain's processing takes place through the trigeminal nerve ... which links with the facial, hypoglossal, and vagus nerves ... which control the sensation and function of almost all other muscles of your head, neck, and throat.
- Jaw compression can strain the neck muscles.
- Strained neck muscles can affect blood flow to the head and neck.

We understand that living with the complex symptoms of TMD is no simple matter. We'll work with you toward a solution!



Detecting TMD

Some questions we may ask:

- Do you have pain when you move your jaw or do you hear noise in your jaw joint?
- Have you ever had medical treatment for jaw or facial pain?
- Have you had a recent injury to your jaw or head?

We may also:

- Check how wide you can open your mouth.
- Feel your jaw joint for clicking, and identify pain and tenderness in and around your jaw, face, and head.
- Inspect your teeth for wear (indicating grinding) and all other causes for your pain or discomfort.

Cinnamon

Say *Cinnamomum*. That's the genus the sweet, aromatic spice cinnamon belongs to. One of the earliest known and most sought after spices, it has been credited with creating the momentum to discover America. Research now credits cinnamon with the ability to do much more than that!

With no known risks and virtually no calories, cinnamon can:

- inhibit disagreeable mouth odors by destroying sulphuric bacteria;
- help the body to use insulin more efficiently, reducing the risk of type 2 diabetes which has been linked to periodontal disease;
- cut blood sugar levels by as much



as 20-30% to help prevent diabetic complications that can be aggravated by periodontal disease;

- reduce total cholesterol, bad cholesterol, and triglycerides that can affect cardiovascular health.

So do yourself and your oral health a *flavor*, and spice up your diet with cinnamon!

Give Yourself A Treat

Perio health creates the best cosmetic results

A cosmetic procedure like teeth whitening can give you the great looks, self-confidence, and motivation to take care of your oral health. We're all for that! But we'd like to remind you that only natural tooth structure will lighten. If you have calculus on your teeth, having them cleaned first will achieve the best results.

Calculus is also commonly called tartar, and it builds up when you miss removing bacterial plaque during your usual brushing and flossing routine. Removing hard yellow tartar has to do with a lot more than looks. Tartar causes periodontal or gum disease. Here are some interesting facts.

- The word *periodontal* literally means "around the tooth."
- Periodontal disease is a chronic bacterial infection that affects the gums and bone supporting the teeth.

- There are many forms of periodontal disease. The most common ones are *gingivitis* and *chronic periodontitis*. Left untreated, both these diseases can lead to tooth loss.

Gingivitis is the mildest and earliest form of periodontal disease. It causes your gums to become red, swollen, and bleed easily with virtually no pain. **Chronic periodontitis** is present when gingival inflammation has progressed to within the supporting tissues of the teeth causing gum recession and bone loss.

In most cases, periodontal disease is reversible with professional treatment and good oral care at home.



Teeth Whitening Is #1

It's easy & effective!

Cosmetic teeth whitening is a surefire way to set your smile ablaze with glamor. That's why it's the number-one cosmetic dental procedure. Even though natural tooth color varies from individual to individual, and patients differ greatly in tooth color, enamel thickness, and degree of staining, science allows us to reliably predict shade results. Art added to science makes glamor look radiantly natural.



Whether life or time has dimmed your smile, only you can decide if it's time to turn up the wattage. We can recommend a safe, reliable, and *very* effective supervised teeth whitening program that will let you brighten your smile. Some smiles brighten up a few shades ... some to up to ten!

We'd be pleased to show you how teeth whitening can transform your smile!

Seeing is believing! Just think what a difference modern teeth whitening can make in your smile. In a few hours or a few weeks ... it's up to you.

Smile Savers

Brush and floss the kinder way

Remember ... the purpose of brushing and flossing is to remove the *soft*, sticky film called plaque *before* it hardens into calculus and spoils your smile. You don't have to brush hard or floss vigorously because overzealous care can damage your tooth enamel and gums.

Try these kinder, gentler smile savers!

- Use a soft toothbrush. It's twice as gentle on your gums as a hard brush.
- Take the time to brush all of your tooth surfaces. That only takes about three minutes – not 30 seconds.
- Switch to your opposite hand when brushing.
- Try a new toothbrush that gives a warning when too much pressure is being placed on the gums.
- Make an appointment for an oral hygiene brushup to refine your technique.

Focus On Wellness

Holistic dentistry: your oral and overall health

Holistic dentistry recognizes that all of the parts of the body are connected. Our team focus is on wellness – maintaining and improving health rather than just treating pain and disease. The Surgeon General’s Report on Oral Health in America looks at the meaning of oral health, and explains why it is essential to the general

Stroke
New studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% comes from the mouth.

Heart Disease
Bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.

Diabetes
A study conducted in Arizona showed that diabetics with gum disease were three times more likely to have heart attacks.

Pre-Term Births
Women with periodontal disease are seven to eight times more likely to have premature or low-birth-weight babies.

health and well-being of all Americans, and why all Americans can achieve it. Here are some highlights of the report:

Oral diseases affect health and well-being throughout life. ...These conditions can undermine self-image and self-esteem, and lead to chronic stress and depression as well as incur great financial cost. They can also interfere with vital functions such as breathing, eating, swallowing, and speaking. **Daily oral hygiene ...** and regular examinations for dental and oral problems are central to a healthy mouth and a healthy body.

Lifestyle behaviors such as tobacco use, excessive alcohol use, and poor dietary choices increase the risk of oral cancers, periodontal disease, and cavities.

The mouth is the gateway to the body. “You cannot be healthy without oral health.” We must recognize that oral and general health are



inseparable. The connection between periodontal disease and diabetes, stroke, premature births, and cardiovascular disease has been demonstrated, although further study is needed.

Please remember that excellent dental health is a good start towards overall health excellence.

officeinformation

Rodney Shainbom, BDS

660 Clyde Avenue
West Vancouver, BC
V7T 1C9

Office Hours

Monday 8:00 am – 5:00 pm
Tuesday 8:00 am – 5:00 pm
Wednesday 8:00 am – 5:00 pm
Thursday 8:00 am – 5:00 pm

Contact Information

Office (604) 922-5711
Fax (604) 922-5722
Emergency (604) 925-3611
Email info@drrodneyshainbom.com
Web Site www.drrodneyshainbom.com

Office Staff

Val Receptionist
Diane Certified Dental Assistant
Sita Dental Assistant
Jill Registered Dental Hygienist

Brush • Floss • Smile



In Good Taste

Clean tongue ... clear palate!

If you’ve ever tried to curl your tongue into a tube, you know that practicing won’t help. That’s because it’s a genetic trait. Similarly, taste palates vary from person to person.

Each of our 10,000 taste buds contains at least 300,000 receptors. The tongue’s tip is sensitive to sweetness, while salty and sour are sensed on the sides, bitterness at the back.

Plaque coatings can dull taste receptors, and cleansing the tongue can enhance our taste palates and help maintain oral health. When you brush your teeth, gently brush your tongue with your toothbrush. Or rinse a clean teaspoon under warm water, then place the open side down on your tongue, and drag it forward. Cleaning your tongue regularly makes your mouth healthier, breath sweeter, and food tastier.

Sonicare® Elite

The most important part of home dental care is regular tooth brushing, combined with daily flossing. Over the years we’ve seen many improvements to toothbrushes, but the new Sonicare® Elite is truly revolutionary!

The Sonicare high-speed bristle motion, combined with gentle sonic waves, has been proven in laboratory studies to attack plaque beyond the reach of bristles alone. Studies have shown that the Sonicare removes nearly twice as much plaque between teeth as a manual toothbrush, and can even reverse gingivitis and shrink periodontal pockets. And the built-in timers let you know when you’ve done a thorough job!

We think that the Sonicare Elite ranks with the very best methods of cleaning your teeth and your gums. Sonicare ... the toothbrush for the 21st century!

The Sonicare Elite is available from our office with substantial cost savings to you. Talk to us when you are ready to make the change.

