



In This Issue

- Oral Health in Men
- Monthly Drawings
- Patient of the Month
- Cavity-Free Club
- Dental Emergency Tips



#1 Gift For #1 DAD

**Main Street Family
Dentistry, PC**
712 West Main
Street
Suite 100
Plainfield, Indiana
46168
317-839-5500

Monthly Drawings

Each month we have a drawing and randomly select one patient who has referred another patient and one patient who has had treatment completed.

This month's winners are

And

Why is Oral Health Important for Men?

Men are less likely than women to take care of their physical health and, according to surveys and studies, their oral health is equally ignored. Good oral health recently has been linked with longevity. Yet, one of the most common factors associated with infrequent dental checkups is just being male. Men are less likely than women to seek preventive dental care and often neglect their oral health for years, visiting a dentist only when a problem arises. When it comes to oral health, statistics show that the average man brushes his teeth 1.9 times a day and will lose 5.4 teeth by age 72. If he smokes, he can plan on losing 12 teeth by age 72. Men are also more likely to develop oral and throat cancer, and periodontal (gum) disease.

Why is Periodontal Disease a problem?

Periodontal disease is a result of plaque, which hardens into a rough, porous substance called tartar. The acids produced and released by bacteria found in tartar irritate gums. These acids cause the breakdown of fibers that anchor the gums tightly to the teeth, creating periodontal pockets that fill with even more bacteria. Researchers have found a connection between gum disease and cardiovascular disease, which can place people at risk for heart attacks and strokes.

See your dentist if you have any of these symptoms:

- Bleeding gums during brushing
- Red swollen or tender gums
- Persistent bad breath
- Loose or separating teeth

Do you take medications?

Since men are more likely to suffer from heart attacks, they also are more likely to be on medications that can cause dry mouth. If you take medication for the heart or blood pressure, or if you take antidepressants, your salivary flow could be inhibited, increasing the risk for cavities. Saliva helps to reduce the cavity-causing bacteria found in your mouth.

Do you use tobacco?

If you smoke or chew, you have a greater risk for gum disease and oral cancer. Men are affected twice as often as women, and 95% of oral cancers occur in those over 40 years of age. The most frequent oral cancer sites are the tongue, the floor of the mouth, soft palate tissues, back of the tongue, lips and gums. If not diagnosed and treated in its early stages, oral cancer can spread, leading to chronic pain, loss of function, irreparable facial and oral disfigurement following surgery and even death. More than 8,000 people die each year from oral and pharyngeal diseases. If you use tobacco, it is important to see a dentist frequently for cleanings and to ensure your mouth remains healthy. Your general dentist can perform a thorough screening for oral cancer.

Do you play sports?

If you participate in sports, you have a greater potential for trauma to your mouth and teeth. If you play contact sports, such as football, soccer, basketball and even baseball, it is important to use a mouthguard, which is a flexible appliance made of plastic that protects teeth from trauma. If you ride bicycles or motorcycles, wear a helmet.

Taking care of your teeth

To take better care of your oral health, it is important to floss daily, brush your teeth with fluoride toothpaste twice daily, and visit your dentist at least twice a year for cleanings. Here are some tips to better dental health:

Use a soft-bristled toothbrush to reach every surface of each tooth. If the bristles on your toothbrush are bent or frayed, buy a new one.

Replace your toothbrush every three months or after you've been sick. Choose a toothbrush with fluoride.

This can reduce tooth decay by as much as 40%.

Brush properly. To clean the outside surfaces of your teeth, position the brush at a 45-degree angle where your gums and teeth meet. Gently move the brush in a circular motion using short, gentle strokes. To clean the inside surfaces of the upper and lower front teeth, hold the brush vertically. Make several gentle strokes over each tooth and its surrounding gum tissue. Spend at least two minutes brushing.

Floss properly. Gently insert floss between teeth using a back-and-forth motion. Do not force the floss or snap it into place. Curve the floss into a C-shape against one tooth and then the other. Remember to also floss behind the last teeth.

Patient of the Month

Name: Joel Close

Age: 8

Siblings: Josh, Ben, Nathan

Hobbies: Riding dirt bikes and playing legos

Sports: Basketball

What do you want to be when you grow up?

Doesn't know yet.



Cavity- Free Club Age 16 and under

March 16th—April 16th

Brannon Arnold

Sidrah Badar

Maura Baver

Megan Baver

Justin Beck

Spencer Carlson

Ben Close

Joshua Close

Nathan Close

Chris Cones

Dominic Dolder

Dalton Dubois

Dane Dubois

Hannah Garrette

Emily Graves

Rachel Graves

Kelsey Helterbrand

Wyatt Helterbrand

Quentin Humbarger

Jenna Lautenschlager

Jack Mondary

Maggie McKinney

Colin Murray

Ben Nagel

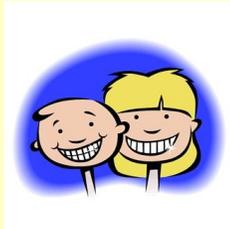
Matt Nagel

Breanna Schondel

Nate Simpson

Nicolas Simpson

Madison Tancak



6 Tips for Handling Dental Emergencies

As we all know, accidents can and do happen. If you or someone you know has a dental emergency, don't panic. These tips will tell you what to do in case of a dental emergency.

1. Toothaches

Never put any pain killers, including aspirin, on the gum because it can burn the gum tissue. Clean your mouth out by rinsing thoroughly with warm water. Gently floss around the tooth to remove any food particles that may be caught there. If your tooth continues to hurt, you should call your dentist as soon as possible. A toothache can result from several dental problems. Regular dental check ups and dental cleanings can help prevent toothaches.

2. Broken Tooth

If your tooth breaks, the first thing you should do is contact your dentist immediately. You should also clean your mouth out by rinsing thoroughly with warm water. Apply a cold compress to the area to minimize any swelling. If unable to get to your dentist immediately, place dental wax or temporary filling from the drug store to cover sharp edges.

3. Possible Broken Jaw

If you think that your jaw might be broken, apply a cold compress to the area to minimize any swelling. You will need to see your dentist immediately or go to the emergency room of a nearby hospital.

4. Knocked Out Tooth

If your tooth has been knocked out, rinse the tooth off very gently to make sure it is clean. Do not scrub the tooth or remove any tissue that is attached to it. Be sure to place a towel or wash cloth in the sink so that it does not go down the drain. If you can, gently place the tooth back into the socket. If this is not possible, place the tooth in a small container or cup of milk. You will need to take the tooth with you and get to your dentist immediately. The sooner the tooth is replaced, the more likely its chance of survival.

5. Bitten Tongue or Lip

If you have bitten your tongue or lip, gently wipe the area clean with a cloth. Apply a cold compress to the area to minimize any swelling. If the bleeding will not stop, you should go to the emergency room of a nearby hospital.

6. Something Caught Between the Teeth

Gently insert a piece of dental floss or a dental flosser. Be very careful not to cut the gum tissue. If you are unable to remove the object, contact your dentist. Never use a sharp object to try and remove something that is stuck in between your teeth.

<http://dentistry.about.com/od/toothmouthconditions/tp/emergencies.htm>



Happy
FATHER'S
DAY

Gary Varvel
THE ANIMATED STORY
©2007 GARY VARVEL