



DENTAL HEALTH LETTER

Produced for the
patients of
Catherine L.
Forster, D.D.S.

Spring 2006

OFFICE STAFF

**Appointment
Coordinators:**
Mary Beth Bajornas
Susan Fleming

**Dental Assistant/
EFDA:**
Jeanne Bolen

Dental Assistants:
Holly Stark
Kathy Craft

**Sterilization
Coordinator:**
Megan Esker

**Registered Dental
Hygienists:**
Sandy Giannini
Bonnie Rudner
Terri Moran

OFFICE HOURS

Our regular hours are
7:30 a.m.-5:00 p.m.

**Appointment and
Emergency
Phone:**
(330) 492-7889
Web site:
www.cantonsmiles.com

Healthy mouth, healthy body

Think that the health of your teeth and your overall health aren't related? Evidence seems to be pointing to the contrary. Studies continue to find a correlation between dental health and precursors to heart disease.

In one study, researchers found that among people who were missing at least ten teeth, 60 percent also had plaque buildup in their major arteries. In those missing nine or fewer teeth, the percentage with clogged arteries was just over 45 percent. Some scientists believe that the presence of periodontal disease is an important factor in calculating the risk of stroke or heart attack.

Tooth loss also severely affects diet. To put it simply, many healthy foods require the ability to chew. Those who are missing teeth or have unstable teeth have difficulty ingesting raw fruits and vegetables, which are nutritious and fat-free. It's important for such people to be sure they are still eating foods that are rich in fiber, vitamins, and minerals.

One thing is certain: Taking steps to prevent gum disease while you still have your natural teeth is essential to keeping them. Brushing after each meal, flossing daily, and seeing us at recommended intervals can make a difference in your dental health and your overall health.

Are you clenching?

Clenching your jaw excessively when you are stressed or during sleep isn't normal. In fact, it can damage teeth and lead to headaches and jaw problems. However, for many people, this habit is so entrenched in their lives, they no longer realize they are clenching.

The technical term for clenching and grinding your teeth is bruxism. Untreated, bruxism can wear and break teeth, cause hypersensitivity of the teeth to hot and cold, and even loosen teeth. In addition, headaches and jaw pain can result.

Don't wait until bruxism takes a toll on your mouth and your life. Come to us for a diagnosis and the treatment that could ward off the pain before it starts. If you find yourself clenching or grinding, give us a call. We'd like to help you avoid the problems associated with this condition.



Feelin' dry?

Some medications can make your mouth feel like a desert. Whether it's blood-pressure drugs, antihistamines, or antidepressants, that cotton-mouth feeling can be miserable. In addition to how it makes you feel, it also can increase the likelihood of developing a cavity. How can you wet your whistle and save your teeth?

Whatever you do, don't reach for the hard candies. Sure, they'll increase saliva production, but they'll also get those bacteria working away to produce the acids that can break down enamel. Instead, grab a glass of water or a bottle to take with you. Sip all you want. If that doesn't do the trick, rinsing your mouth with water can sometimes provide relief. Occasionally, reach for a sugarless hard candy. This combination of remedies should do the trick to keep your mouth watering and hold bacteria at bay.

Our best patients are referred by our best patients. Thank you!



Put down the sports drinks

The essential electrolytes contained in sports drinks are necessary for athletes seeking to replace the ones they lose during tough workouts. The drinks rehydrate athletes quickly and quench their thirsts at the same time. That's a good thing, but habitually consuming these drinks apart from a workout regimen is bad news for teeth.

A recent study has revealed that sports drinks can cause irreversible damage to enamel—the hard layer that protects the teeth from decay. Energy drinks are suspected of being as dangerous to enamel as colas and other soft drinks that contain sugar. The study exposed the enamel of molars to the drinks continuously for a period of about two weeks. Researchers estimated this to be the equivalent of 13 years of a person's beverage consumption. Acids in sports beverages and other additives are believed to be dangerous to enamel.

Be sure to exercise common sense when using these liquids to rehydrate. It's fine to consume them right after workouts or during sporting events, but don't substitute them for other beverages throughout the day. Alternate the use of sports drinks with water, and choose other beverages to accompany meals.

Your cleaning checkup... *It's essential to good dental health*

If you own a car, you know that ignoring regularly scheduled maintenance is a big mistake. Forego that oil change one time too many, and you'll be walking for sure. It's the same with dental hygiene recall visits. Those cleanings and checkups that you visit us for every six months or on the schedule we've specifically recommended for you are essential if you want to keep your teeth.

Your preventive-maintenance appointment is a time when several things that are very important to your dental health occur. Among these are:

- ✓ professional removal of plaque and calculus from the teeth
- ✓ measuring of periodontal pockets
- ✓ x-rays when necessary
- ✓ updating of your health history
- ✓ oral examination
- ✓ oral-cancer screening
- ✓ patient education, such as proper brushing and flossing techniques or nutritional information
- ✓ scaling and root planing, if necessary

Preventive maintenance generally is focused on discouraging dental decay and gum disease. Cavities can destroy individual teeth, but periodontal disease is responsible for the majority of tooth loss. Regular cleanings and examinations can help you to avoid both these negative outcomes and keep you smiling for many years to come.

Want your kids to have fewer cavities?

Make sure they eat breakfast

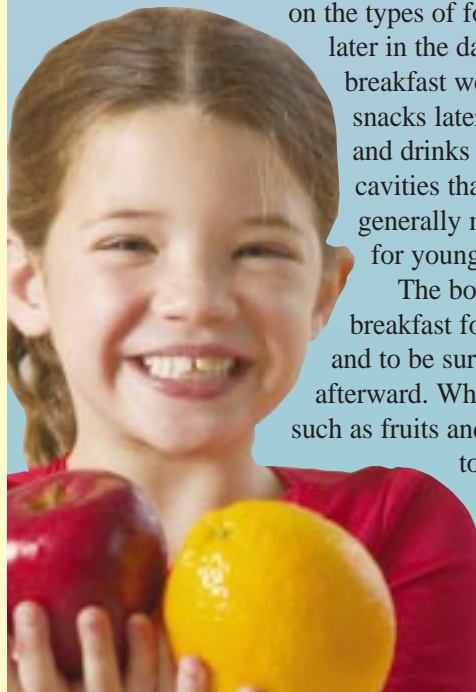
A recent study has uncovered evidence that children who eat a good breakfast each day may develop fewer cavities.

The study involved youngsters between the ages of two and five. Results showed a 40 percent reduction in tooth decay development in those who ate breakfast regularly.

The reasons behind the decrease weren't readily apparent, but researchers came to the conclusion that a good breakfast has an effect

on the types of foods children choose to eat later in the day. Those who had a good breakfast were less tempted to ingest snacks later in the morning. Snack foods and drinks are more likely to promote cavities than the nutritious foods that generally make up breakfast and lunch for young children.

The bottom line is to choose healthy breakfast foods for little ones each day and to be sure they brush well right afterward. When it comes to snacks, choices such as fruits and raw vegetables are preferable to cookies and cakes. Perhaps best of all, you'll be helping children develop good eating habits that will benefit their teeth and their overall health throughout their lives.



Choosing the right brush

With myriad options available today, it can be difficult to know which toothbrush is right for you. Should you purchase the one with the angled head? The curved bristles? Maybe an electric brush with a rotating head? The choices can be overwhelming.

Whatever brush you choose, how you brush is far more important than the brush you use. No single brush design has been proven to remove plaque more efficiently than another. It's the technique of the person using the brush that makes the difference.

So how can you do a better job of removing plaque and keeping your teeth healthy? First, choose a brush that feels comfortable in your hand and which has a ½–1-inch head of soft bristles. Brush gently in a back-and-forth motion. Start with the outsides of the teeth, then cover the insides, then the chewing surfaces. Include areas between teeth and the tongue. Brush at least twice daily—after each meal or snack, if possible.

The length of time you brush is as important as how thoroughly you clean. Brushing for less than three minutes generally indicates a less-than-adequate job.

Set a timer near your sink, and brush for the full amount of time. For more tips on how to improve your home-care technique, ask us at your next checkup.



Take it *easy*

Some people find dental visits to be very unnerving. We're aware of this, and we're sensitive to how they feel. Not everyone finds it a snap to have their teeth cleaned or other procedures completed. The main reason we do our best to keep up with all the advances in anesthesia, pain management, and other new technologies is to lower patients' anxiety levels and make their visits more comfortable.

The use and administration of local anesthesia is done completely with your comfort in mind. Our goal is to help you be as relaxed as possible. We'll also be happy to give detailed explanations beforehand of any procedures that need to be performed.

In addition, we suggest the following steps to reduce anxiety before and during your next dental visit:

- ▶▶ Get a good night's sleep.
- ▶▶ Eat balanced, nutritious meals that day...unless you've been instructed not to eat or drink.
- ▶▶ Help yourself to relax in the chair by breathing slowly and rhythmically.
- ▶▶ Feel free to close your eyes, and allow your muscles to relax.

If you fall asleep...well, we won't mind. The important thing is that we work together to make your experience with us as comfortable as possible. We'd like to do all we can to relieve any anxiety you feel about visiting us. Let's talk about the things we can both do to lessen your apprehension and make your visits with us as pleasant as can be.

Catherine L. Forster, D.D.S.

3455 Whipple Avenue, N.W.
Canton, OH 44718

*Here's your
dental newsletter!*

PRESORTED
STANDARD
U.S. POSTAGE PAID
CANTON, OH
PERMIT NO. 1005

RETURN SERVICE REQUESTED

© Copyright 2006. Newsletters, Ink. Corp. Printed in the U.S.A. www.newslettersink.com

REGISTRATION FORM FOR GREAT STRIDES

We are asking for your help in making Great Strides! On Saturday, May 6, 2006, the Canton Great Strides Walk-A-Thon for Cystic Fibrosis will be held at McKinley Senior High School.

Cystic fibrosis (CF) is a genetic disease that affects more than 30,000 children and adults in the United States. A defective gene causes the body to produce abnormally thick, sticky mucus. The abnormal mucus impairs digestion and leads to chronic and sometimes fatal lung infections. Currently, there is no cure for CF; however, new therapies and treatments are being developed.

In-Kind Donors: You or your organization can choose to donate an item of your choice to the walk, including food, drinks, goodies, etc.

Team Leader: Simply ask 5–10 of your closest friends, family members, or colleagues to join your team! Remind your walkers of the date of the walk and their \$150 fund-raising goal. Remember, ask 15 people for \$10 and you're done!

Walker: You don't have to be on a team to walk the walk! Join ours or simply go out and do a little of your own fund raising. Just keep in mind your goal of \$150.

Volunteer: We always need help the day of the walk! Help with registration, hand out t-shirts, help set up the walk route, or hand out water and food to the walkers.

Personal Donation: \$500, \$250, \$100, \$50, \$25, other \$ _____

Corporate Sponsorship: There is a variety of levels at which you and/or your organization may wish to become a sponsor, including:

Site Sponsor: \$5,000 donation Route Marker Sponsor: \$2,500 donation

Victory Party Sponsor: \$1,000 donation "65 Roses" Garden Sponsor: \$1,000 donation

Kids Corner Sponsor: \$750 donation Start/Finish Sponsor: \$500 donation

Halfway Sponsor: \$300 donation K-Marker Sponsor: \$250 donation

Single Rose Sponsor: \$125 donation

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Work _____

e-mail _____



Jennifer (7) & Emily (9)

**For as little as
\$7, you can give
a gift and
receive a gift!**



We have adorable bean-bag toys available at our office. With a \$7 donation, you can choose from patriotic teddy bears, bunnies, fun chicks in eggs, and other cute critters! All donations will go to support the Cystic Fibrosis Foundation. Stop by our office and pick up yours today!

Please mail or fax this form to:
Dr. Catherine L. Forster
3455 Whipple Avenue, N.W.
Canton, OH 44718
Fax 330-492-7966