

LAKE DENTAL OFFICE



INFORMATIVE NEWSLETTER

FALL/WINTER 2017



FROM THE STAFF...

Fall is one of our favorite times of the year. It is the season of the In Between where everything feels more in balance. Gone are the high temperatures of summer and the winter snows have yet to fly. The day and the night share time equally on the clock. There is a peace that settles in, a feeling of romance and joy! A winding down takes place as we gather the late garden harvest and prepare the land for the winter months. We wear long sleeve shirts with a pair of shorts or add a sweater to a summer dress. Spending time by the river as it meanders along as if it has no desire to rush through the season. There is a hint of crispness in the evening air now accompanied by the chatter of owls. The occasional glass of white summer wine has now been replaced by a deeper red which goes well with the hint of color showing up in the trees. Enjoy the stillness.



Drs. John and Deborah Lake and Staff



LOOK AT WHAT DR. JOHN GREW!!

Dr. John had a place on his property rich with horse manure. He threw some pumpkin seeds out there early in the Spring just to see what would happen. Lo and behold, when he was walking out there this Fall, look what he found! There were two BIG pumpkins that looked like they were about to pop! The Drs. gave one of the pumpkins to their neighbors' son and brought the other one into the office to have folks stop in and guess the weight of the pumpkin. So come on in and guess the weight. We have a jar at the front. Closest guess wins two pizzas from Papa Murphys! YUM...

Fall Reminders...

It's the time of year to check your remaining dental insurance benefits, and whether or not you have insurance, schedule your dental work. Plan ahead so you aren't caught up in the end of the year jam when everyone is trying to use up their dental benefits. Christmas shopping, preparing for family and friends, or getting ready to leave town all come quickly. We do our very best to fit everyone into the schedule but sometimes we can't guarantee that we'll have appointments when you need them at the last minute. Help us to help you, make your dental appointments now!

For those of you with children in school, think ahead to the winter vacation times. We often hear that parents don't want their children missing school so our later afternoon appointments fill up quickly. Plan ahead, take advantage of your childrens' vacation days and schedule their dental appointments during a time when they won't miss school such as the winter holidays!

TOOTH BRUSHING TIPS

1. **Make sure you take enough time:** Brush for two minutes, 30 seconds in each quarter of your mouth, both fronts and backs of teeth. Use an electric tooth brush that beeps when you've completed two minutes or use your phone to time your brushing.
2. **Don't brush too hard:** The point of brushing is to remove plaque (a bacterial film) , which is sticky but soft. You don't have to work hard to remove it. Brushing too hard can overstress the gum tissue and cause it to recede, ultimately exposing the tooth's root.
3. **Use a 45 degree angle:** Whether you have an electric toothbrush or a manual, hold the toothbrush at a 45 degree angle to the gums-upward on your tops and downward for your bottom teeth. Brush in small circles as wide as each tooth.
4. **Get the right toothbrush:** Use a soft or ultra soft bristled toothbrush as they can gently get down under the gumline. Hard and medium bristles don't do that and can actually erode the gum.
5. **Never skip the floss:** Toothbrushes reach a little between the teeth but don't remove all the plaque between the teeth which is where daily flossing comes in. Floss, use a Sonicare Air Flosser, use the plastic picks or Proxa Brushes by GUM , just do something to help get the plaque off!
6. **You should get a new toothbrush every three months** to get the most out of your twice daily brushing.
7. **Don't forget to brush your tongue!** Bacteria can get caught in all the little fissures.

What are the Drs. looking for when they do a Periodic Oral Exam ??

Regular dental care is critical to the overall health of your gums and teeth. What you may not know is that Dr. John and Dr. Debbie can also spot signs of non dental medical issues in your mouth during an exam. Some of the diseases and conditions that exhibit signs within your mouth include diabetes, infections, oral cancer, HIV, stress, poor nutrition, and osteoporosis.

Your mouth can give some indicators as to potential issues. Diabetes can show indicators such as loose teeth, dry mouth, and receding, dry, and bleeding gums. Bleeding gums don't always mean that you have diabetes, this problem can also come from gingivitis and other gum diseases.

They could spot signs of infection in your mouth which could happen after a dental procedure, trauma to your mouth, or other problem. Infection signs include severe pain, swelling, redness around the affected area and drainage from the wound or tooth. Infection can spread to other parts of the body, including the lungs and heart, so it's critical to treat it right away.

Oral cancer is the sixth-most common type of cancer diagnosed in the U.S. Dr.s John and Debbie also check for this disease. What they see may be red and white lesions on the floor of your mouth, palate or the tongue. Risk factors that increase the chances of oral cancer include heavy alcohol use, smoking, and exposure to HPV, the human papillomavirus which also causes cervical cancer.

CONTACT US!

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