

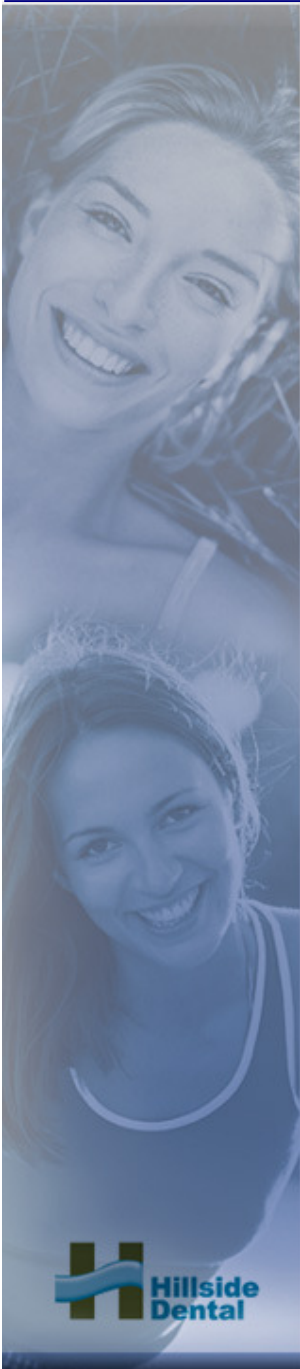


Winter Newsletter

Winter 2010
www.HillsideDental.com

507 Main Street
Eau Claire, WI 54701
(715) 834-6603

William Hutchinson, DDS • Tom Breneman, DDS • Lonneta Breneman, DDS • Christopher Johnson, DDS



ADULTS AND FLUORIDE

The reason for adults needing fluoride are the same as for children- decay prevention.

Many adults need no further fluoride protection than that obtained in fluoridated toothpaste and water. However, adults suffering high decay rates from dietary habits, dry mouth or poor oral hygiene may benefit from additional fluoride application. We may recommend a daily fluoride rinse or gel; a prescription strength fluoridated toothpaste; or fluoride varnish treatments. Even patients without high decay rates may benefit from extra fluoride especially where roots are exposed. The root structure is softer than enamel, therefore more susceptible to decay. Fluoride varnish treatments may be advised for patients with isolated temperature sensitivity areas.

FLOSS FIRST OR BRUSH FIRST

It doesn't matter. The goal is to remove plaque and bacteria from between and around the teeth. The particular order isn't important. Any type of floss will work. Research shows no difference between waxed or unwaxed floss. Typically, you will have a better result using floss with your fingers rather than a holding device. However, we may have talked to you about an Access Floss holder. For those with dexterity concerns, we find this holder type more effective and easier to use than most floss holders. Just use what works for you and use it daily!

TYPES OF TOOTHPASTE

Can't decide which is the right toothpaste for you? We recommend toothpaste with fluoride for everyone for decay prevention. Young children should use only a pea sized amount of toothpaste. Adults may also benefit from one of the myriad of the additional ingredient options:

Potassium Nitrate for sensitive teeth (not due to untreated decay). You should use it for at least 2 weeks to determine if there will be a benefit.

Tetrasodium Pyrophosphate to decrease tarter buildup. This should decrease the volume of tartar you develop which should make your cleaning appointments easier.

Xylitol for decay prevention & enamel demineralization. Look for Xylitol sweetened gum or lozenges too. For an effective chewing gum or lozenge, Xylitol should be the first, second or third ingredient listed.

The brand names do not matter. It is your personal choice. If you develop increased sensitivity, tissue sloughing or mouth sores, discontinue the product. Over the years, we have noticed some patients may be sensitive to the above products.

Upcoming Events:

February 2010 National Dental Health Month

February 5, 2010 Give Kids a Smile Day

DENTAL ASSISTANTS WEEK

March 7-13, 2010
Linda Betty
Gloria Lindsay

DENTAL IMPLANTS

Dental Implants are a wonderful way to replace missing teeth. Dental Implants can replace one tooth or up to your whole dentition. Dental Implants function like natural teeth. Implants have a high success rate, longevity and great function.

A dental implant is a titanium structure that is custom fit into the jaw bone. It acts like a replacement tooth root. The top of the implant(s) is restored with a single tooth, several teeth or perhaps a full denture depending on the individual's needs. The implant base is not removable. Generally, an implant retained denture is removable by the patient for daily cleaning.

And best of all, implants do not get cavities!

