

From Your **DENTIST**



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Monday-Thursday7am to 6pm
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Family SmileCare Center, PLC

Newsletter Spring 2011

Our Mission: Helping you keep your smile for a lifetime.

For A Healthier Mouth, Eat...

Raw, crunchy fruits and vegetables, like carrots, broccoli and cabbage. These are high in cellulose, a compound that works a little like a natural toothbrush, removing food and bacteria.

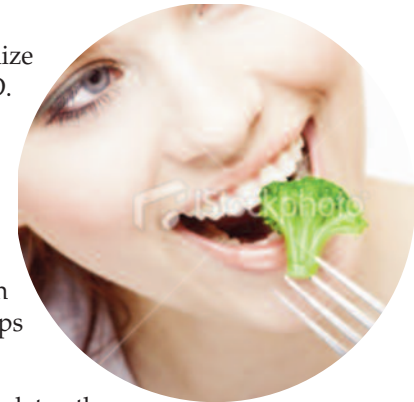
Hard cheese. It's high in phosphates, which help neutralize enamel-eroding acids, as well as calcium and vitamin D.

Nuts. Have them after meals for a particularly potent boost of acid-reducing phosphates. Nuts are also low in sugar and rich in calcium and magnesium, which provides additional strength and support for your teeth.

Kiwi, basil, sweet potatoes, and other foods high in vitamin C. You need C to produce collagen, which keeps your gums strong and healthy.

Sugarless gum. If you chew gum after meals, it stimulates the production of saliva to help clean the mouth. In addition, several studies have shown that the xylitol in some sugarless gum raises your mouth's pH level – which dips after you eat – thereby preventing acid from damaging your teeth.

Water. Water washes away residual food and bacteria that lead to tooth decay. Staying hydrated also helps your body produce an adequate amount of saliva.



And Watch Out for...

Berries, red wine, soy sauce, curry spices (like turmeric and cumin), coffee, and tea. If it stains a T-shirt, it'll stain your teeth. Luckily you can avoid the damage by chasing away pigmented foods with water.

Citrus fruits, sodas and sports drinks, fermented food (pickles, yogurt, white wine). These are all high in acid, which wears down tooth enamel.



Simple carbs (like candy and white bread) and highly processed foods (like packaged snacks). Simple carbs are sugar or easily converted to sugar, which is the best food for bacteria to thrive on. Same goes for processed foods, which have been broken down a lot in the manufacturing process. You don't have to give up these foods but you will need to be better at cleaning your teeth.

Sticky foods like peanut butter, gooey cheeses and toffee.

Watch out for anything that sticks to or between your teeth. One solution would be to carry some sugar free gum and dental floss with you.

Visit our website for other information about our office.

www.familysmilecarecenter.com



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DENTAL HEALTH FREQUENTLY ASKED QUESTIONS

Is there a right way to brush?

Yes! Grip your toothbrush at a 45-degree angle to the gumline, so it's slightly pointing up, and apply gentle pressure as you use a circular motion. Make sure you brush each tooth all over, as well as the gum line. And don't rush! A thorough brushing lasts 2 minutes or about 30 seconds on each quadrant of your mouth.

Are electronic toothbrushes better than manual ones?

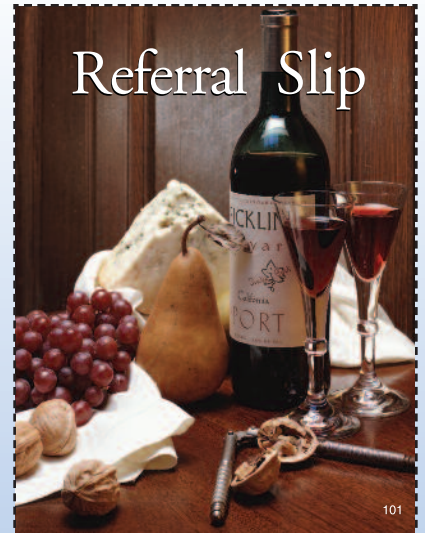
Yes! If you use them the right way they will prevent you from brushing too hard (which wears away enamel) and helps you brush the right amount of time (built in timers). Some electric toothbrushes go as fast as 40,000 strokes per second. You can't do that manually.

What's the best type of floss?

All types work equally well – the key is to floss daily especially before bed. Floss is the only way to remove food and plaque that get stuck between your teeth. It prevents cavities between the teeth and helps prevent gum disease.

This column has questions we get asked everyday. If you have questions, let us know and we may put it in our next issue.

Referral Slip



We would like more patients like you. Please refer us to your family, friends & co-workers and we will THANK YOU with a gift.

Have them call for an appointment

362-8657

After their first visit, we will contact you to choose:
 \$50 toward your next dental visit or
 \$50 to Biaggi's or Granite City or a
 \$50 BP Gasoline card

Thank you from
 Family SmileCare Center!