## <u>Dental Patient Education</u> <u>e-Guide</u>

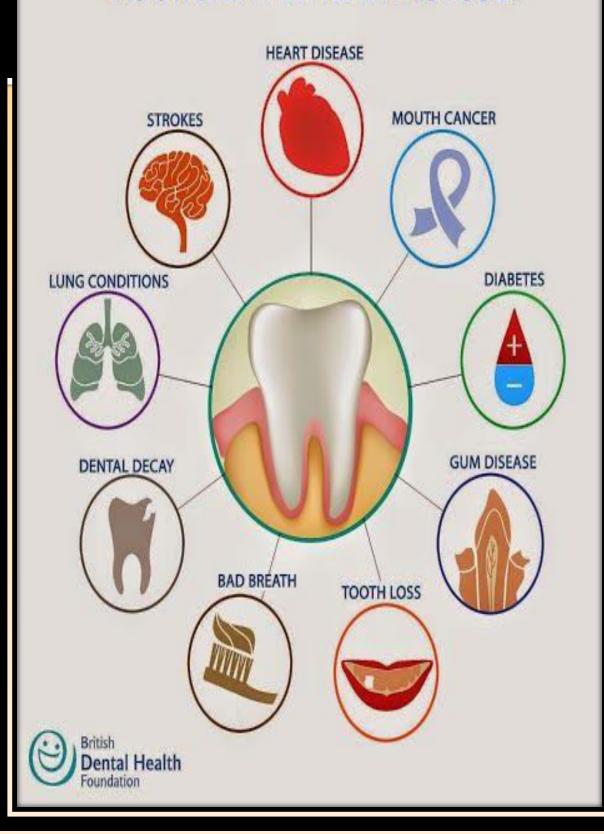


Team Sparkle Dental Clinic Dr. Rohit Shah Dr. Deepali Shah Dr. Uzma Mukri

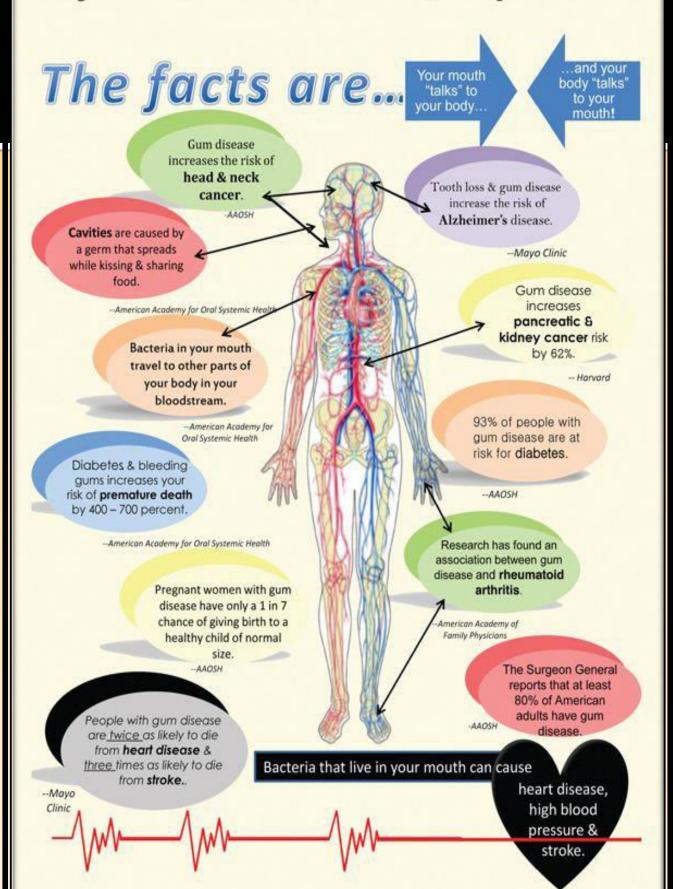
## <u>Disclaimer</u>

- This patient education guide is educational and informative. All images are taken from google search.
- However this guide is not a substitute for individual dental opinion and consultation.
- Team Sparkle Dental will not be held responsible for any actions arising out of the information provided by this guide book.

# WHAT PROBLEMS COULD POOR DENTAL HEALTH CAUSE?



## Why Is Dental Health So Important?



## DID YOU KNOW?

Gum Disease increases the Risk of Head & Neck Cancer?

**AAOSH** 

Bacteria in your mouth travels to other parts of your body in your Blood Stream

American Academy for Oral Systemic Health

Diabetes & Bleeding
Gums increases
your risk of
Pre-Mature Death
by 400 to 700%

American Academy for Oral Systemic Health,

Pregnant women with gum
disease have only a 1 in 7
change of giving birth to a
Healthy Child of normal size

American Academy for Oral Systemic Health

People with Gum Disease
are twice as likely to die
from heart disease &
three times as likely to
die from stroke

Mayo Clinic

Tooth Loss & Gum Disease increase the risk of Alzheimer's Disease & Dementia

Mayo Clinic

Gum Disease
increases Pancreatic
& Kidney Cancer
by 62%

HARVARD

93% of people with Gum Disease are at risk for **Diabetes** 

American Academy for Oral Systemic Health

Research has found an association between gum disease and Rheumatoid Arthritis

American Academy of Family Physicians

The Surgeon General reports that at least 80% of American Adults have Gum Disease

American Academy for Oral Systemic Health

## WITHOUT GOOD PERIODONTAL HEALTH, YOU CAN'T HAVE GOOD GENERAL HEALTH.

Periodontal disease (gum disease) can affect your general health... and it can be affected by your general health.

Here are a few examples:

#### RESPIRATORY INFECTIONS<sup>2</sup>

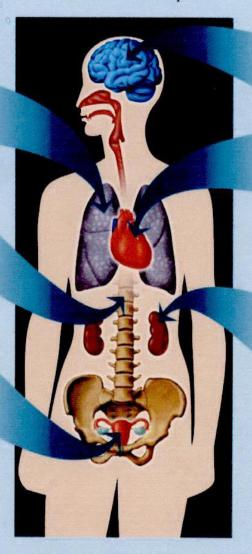
- Inhaling bacteria from the mouth and throat can lead to pneumonia
- Dental plaque buildup creates a dangerous source of bacteria that can be inhaled into the lungs

#### SEVERE OSTEOPENIA"

- Reduction in bone mass (osteopenia) is associated with gum disease and related tooth loss
- Severity has been connected to tooth loss in postmenopausal women

#### PRETERM OR LOW BIRTHWEIGHT

- Women with advanced gum disease may be more likely to give birth to an underweight or preterm baby17
- Oral microbes can cross the placental barrier, exposing the fetus to infection."



#### STROKE'

■ Those with adult periodontitis may have increased risk of stroke

#### HEART DISEASE 10

- Those with adult periodontitis may have increased risk of fatal heart attack ... 1,6,7
- And are more likely to be diagnosed with cardiovascular disease1
- Bacteria from the mouth may cause clotting problems in the cardiovascular system6

#### UNCONTROLLED DIABETES 12-16

- Chronic periodontal disease can disrupt diabetic control12-15
- Diabetes can alter the pocket environment, contributing to bacterial overgrowth14
- Smokers with diabetes increase their risk of tooth loss by 20 times<sup>13</sup>
- People with type II diabetes are 3 times as likely to develop periodontal disease than are nondiabetics13

#### DO YOU HAVE ADULT PERIODONTITIS? WHAT ARE YOU DOING ABOUT IT?

Ask your dentist for a full periodontal evaluation and about the latest developments in periodontal treatment.

For more information, visit http://www.perio.org/healthy/bodiesngums.html

Accessed periodicated disease and systemic beautit a scientific update. Deer Roday, July 1999;86-80. 2. Febrer M. Thoughts to cheer on Available at http://www.dukoop.com/teutitreews/\_reports/acat/july/gam\_disease.hzml. Accessed April 100, 178-180. 2. Linetuce 81. Implications of real identification on systemic diseases in the institutionalize of elderly with a special force on presuments. Ann Presidential 1998;2:202-275. 3. Scientification in the institution of the

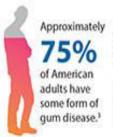


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## Diabetes & Gum Disease

Diabetes and oral health go hand-in-hand: People with poorly controlled diabetes are more likely to develop gum disease, which in turn can contribute to the progression of diabetes.

#### Numbers to Know



30.3 million Americans have some have severe form of diabetes.4

1/3 of people with diabetes periodontitis.5

Young adults with diabetes have 2x the risk of periodontitis than those without diabetes.5

#### Dental care can make a difference

Professional dental care is necessary to diagnose, treat, and/or stop the progression of gum disease. If you have diabetes, follow these steps to get the most from your dental care and insurance:

- Schedule regular dental visits depending on your condition, your dentist may recommend more frequent cleanings and exams
- Inform your dentist of any health conditions, medications, and symptoms
- Offer to connect your dental and medical professionals to better coordinate your care
- Talk to your dentist about whether or not you have gum. disease and the recommended treatment, which may include:
  - · A routine dental cleaning, which may reverse the early stages of gum disease
  - Scaling and root planning (or deep cleaning) For more severe stages, this procedure scrapes tartar from above and below the gum line and removes rough spots on the tooth's root where bacteria can collect
  - Surgery may be required in extreme cases or when other treatments have failed
- Review your dental insurance coverage While insurance may not cover everything your dentist recommends, it's helpful to know what's covered in advance.

#### UNITED CONCORDIA DENTAL

Source: 1 Relational Goal Brazie Court Sources, and Sourcest: Related Institute of Destal and Consideral Beauty Servetter 2018 2 Separt of Periodostal Therapy on General Health, American Southal of Presentive Medicine, 2014. 3. Dispelling Myths About Switt Street, American Academy of Periodic mology, 2010. 4. Statistics Blood Disbeter, American Disbeter Association, July 2017. 5. What Dental Professionals Would Life from Mindoon to Name Wood that North and Dubries, Centers for Dissour Control and Prevention. 6. Oral North and Psychose, American Disboton Resociation, September 2012. 7. Disboton, Com Dissour, and Other Sental Problems, National Invitator of Biobeton and Disposite and Kaleny Division, September 2014. B. Diubeten and dental case: Gode to a healthy mouth, Mayo Cloric, September 2015. B. Diubeten and Draf Houbb. Poblems American Dialetes Rosciation; Seylenber 2012

#### reportant Declinions Delted Enginella con Declarem

#### What is Gum Disease?

Also referred to as periodontal disease, gum disease is a largely preventable condition where the bacteria in plague causes inflammation and destruction of the gums and supporting bone.1

#### There are two main types:

#### Gingivitis

A mild form of gum disease that can be marked by red, swollen or bleeding gums or may have no noticeable symptoms. In this early stage of gum disease, there is no bone loss around the teeth.1



#### Periodontitis

A serious infection that may occur if gingivitis is left untreated. It first causes the gums to recede from the teeth, creating pockets that become infected. As it worsens, the body's immune system may respond by destroying the tissues and bone that hold the teeth in place.1

#### Cause = Effect

- Diabetes can reduce saliva production and cause dry mouth, a risk factor for gum disease.7
- High blood sugar from poorly controlled diabetes can increase oral bacteria and contribute to the buildup of gum disease-causing plaque.74
- · Since diabetes makes it harder for the body to fight infection, gum disease may be more severe and harder to treat and maintain."



- Periodontitis may impact the body's ability to control blood sugar, making diabetes more difficult to control.6
- Getting the proper care at the dentist can lead to improved overall health for people with diabetes.2

#### At-Home Oral Health Care Tips9



Brush teeth 2-3x and floss at least once daily - ask your dentist about proper techniques and recommended products



Drink water throughout the day and use it to rinse after eating or drinking other beverages



Avoid using tobacco



Eat a balanced diet, avoiding sugary or starchy snacks and beverages?



Remove and clean dentures daily



Follow physician's guidelines for managing diabetes

# Dental Care Tips for a Healthier Teeth winningsmilesdentists.com.au



## **BRUSH YOUR TEETH**

at least twice daily



## **FLOSS YOUR TEETH**

to remove plaque in between teeth



**LIMIT SUGARY FOODS** 

to avoid tooth decay



QUIT SMOKING & DRINKING to avoid yellowing of teeth



USE MOUTHWASH to keep gums healthy



# 6 TIPS FOR HEALTHY TEETH



RINSE BETWEEN MEALS



**USE A STRAW** 



**AVOID STICKY FOODS** 



AVOID ACIDIC FOODS



CHEW SUGAR-FREE GUM



DRINK MORE WATER

# 5 TIPS FOR DENTAL GUM CARE

Your dental health is only as good as the health of your gums and brushing your teeth is not enough.

#### INCREASE VITAMIN C INTAKE

Vitamin C is necessary for strong gums. Make sure your diet contains citrus fruits.



7

#### THE RIGHT TOOTHBRUSH

Brushing your teeth aggressively with a hard toothbrush can cause bleeding gums.



3

#### FLOSS FREQUENTLY

Food that gets stuck in the crevices of your teeth can encourage bacteria growth that affects your gums. Flossing is effective at removing such foods.



4

#### **USE A MOUTHWASH**

Besides ridding your mouth of bad breath, a mouthwash helps remove food particles from your mouth.



5

#### VISIT THE DENTIST

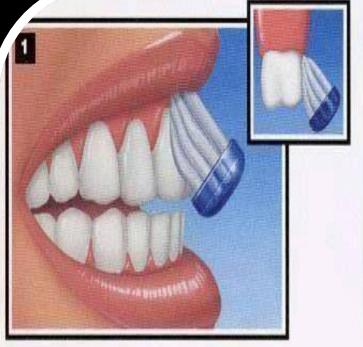
The best way to ensure your gums are in good health is to visit a dentist.

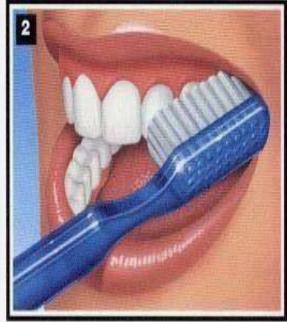


At Downtown Dental Clinic, you will find a dentist who will care for your teeth.

**Book an Appointment** 

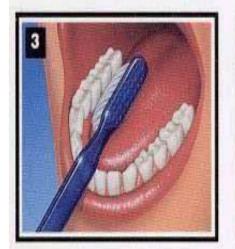
780-424-7475 info@downtown-dental.net

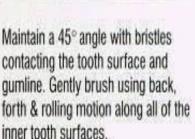




Place bristles along the gumline at a 45° angle. Bristles should contact both the tooth surface and the gumline.

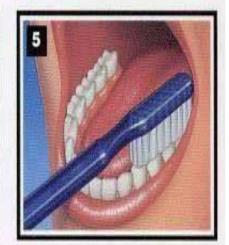
Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back, forth & rolling motion. Move brush to the next group of 2-3 teeth and repeat.



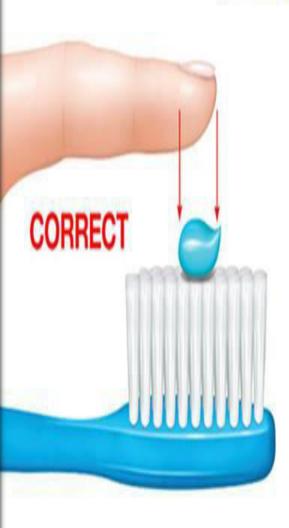




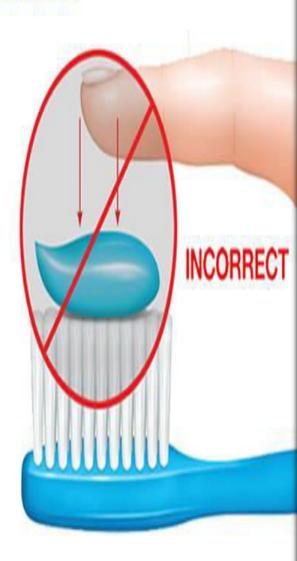
Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.



Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing bacteria.



The above illustration shows the proper amount of toothpaste for a child, which is a pea-sized amount or roughly the size of their fingernail.

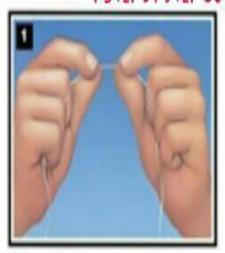


The above illustration shows the incorrect amount of toothpaste for a child. This amount could be swallowed by the child increasing or exceeding the daily amount necessary.

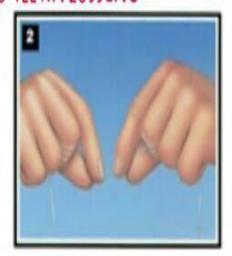




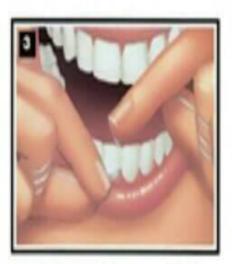
## 4 STEP BY STEP GUIDE TO TEETH FLOSSING



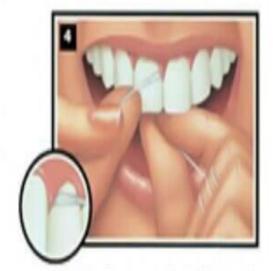
Wrap the floss around your middle fingers.



Pinch the floss between your thumbs and index fingers leaving 1-2 inches in between.



Gently floss in between your teeth using a sawing-like motion. Use your index fingers to direct the floss between the lower teeth.



Bend the floss towards the front and back teeth in order to clean both tooth surfaces. Use your thumbs to direct the floss between the upper teeth. Healthsoothe.com



## LISTERINE



Pour 20 millilitres (4 teaspoons) of LISTERINE® mouthwash into a cup.



Empty the cup into your mouth. Don't dilute the solution with water.



Swish for a full 30 seconds.

Don't worry if you can't get to

30 seconds the first time—it

gets easier each time you try.



During rinsing, swish in your mouth - that is, move the liquid side to side, from one cheek to the other, inside your mouth.



5 Spit the solution out in the sink.

## Interdental Brushes



- Types:
  - Small Insert brushes with reusable handle
  - 2. Brushes with wire handles

The Dentist Day

## **Tooth Snack Guide**

Won't Cause Cavities\*

(Low Carb foods)

Raw, Crunchy Vegetables Raw, Leafy Vegetables

Cheese

Nuts

100% Nut butters

All Meats

All Fats

Water

If you are water

(Usually) Won't Cause Cavities



Whole Milk Fresh Fruit K is best

Whole grain bread

Popcorn

Smoothies

Dark Chocolate (>70% Cacao)

Don't set outly but it rinses Yogurt away better Ice Cream than other Dips & Sauces desserts. Oatmeal

This list, including milk and fruit, has the potential to cause covities quickly if you don't organize meal and snack times. The sugars won't stay in contact with teeth for long with organized eating habits.

Causes Cavities Easily



Candies

Soda

luice

Chocolate milk

Cookies

Dried fruit

Fruit snacks/strips

Dried flour cereals

Pretzels

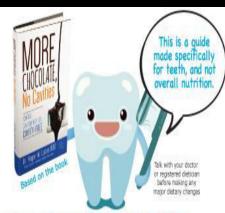
Crackers

K day long Oranges & Bananas

them, just not all

Sports Drinks

Even some healthy foods can cause cavities quickly. Being processed and/or dried is not good for teeth. Fresh bread is better than dried flour for teeth.



#### Important Prevention Tips

- Always try to have a sip of water after every meal or snack!
- Give your child 5 to 6 organized "mini-meals" a day with only water in between.
- Disorganized eating or drinking will cause cavities even with healthy foods!
- Help your child brush their teeth daily until they are six or seven years old.
- Only have water after the night time brushing.
- Floss teeth if they are touching for additional
- Schedule an infant screening exam with your dentist at age one.
- Fluoride application at your dentist every six months can also help reduce cavities by 20 to 30%.
- Never leave a bottle in bed with baby!

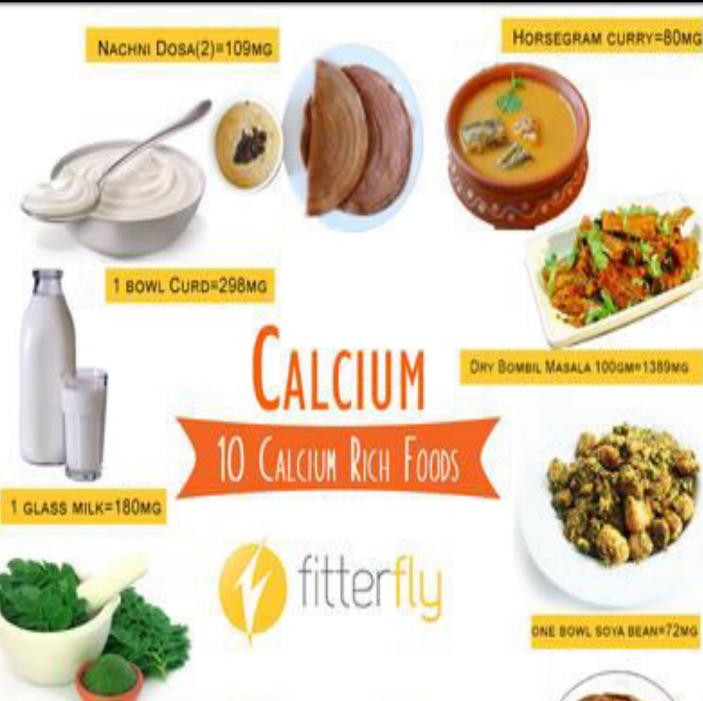
Provided by your dentist:



Remember to give your child age

appropriate food. Nuts, hot dogs, grapes, and sausages are common choking hazards, especially in

children three years old and under.







CRAB CURRY 100gm=1370mg



1TSP TIL=83MG





RAJGIRA PARATHA# 54MG

# Top 10 Sources of Veggie Protein

design / layout by: Q-Mars Imandel www.facebook.com/viberider

## Where do you get your protein?

(brought to you by The GIVE Project)



thegiveproject.org www.facebook.com/giveproject



Spinach 49% protein



Kale 45% protein



Broccoli 45% protein



Cauliflower 40% protein



Mushrooms 38% protein



Parsley 34% protein



Cucumbers 24% protein



Green Pepper 22% protein



Cabbage 22% protein



Tomatoes 18% protein



Beef 25.8% protein





Eggs 12% protein



### 5 Ways to Prevent Kids' Tooth Decay

## Care don't share



Don't share utensils with your child or "clean" a pacifier by putting it in your mouth. You can transfer cavitycausing germs to your child.





### First dental visit

no later than age 1 year old

# Seal out decay

Ask your dentist about applying dental sealants to chewing surfaces of teeth.



## Use fluoride toothpaste



as soon as teeth come through the gums. When kids can brush their own teeth, have them brush









Brought to you by the ADA American Dental Association\*

Learn more at MouthHealthy.org.



## **Healthy** Smiles

## Tooth decay

is the most common childhood disease in the United States.







- > Don't put your baby to bed with a bottle of milk or juice.
- > Start brushing when baby's first tooth comes in.
- Use a smear (size of a grain of rice) of fluoride toothpaste.

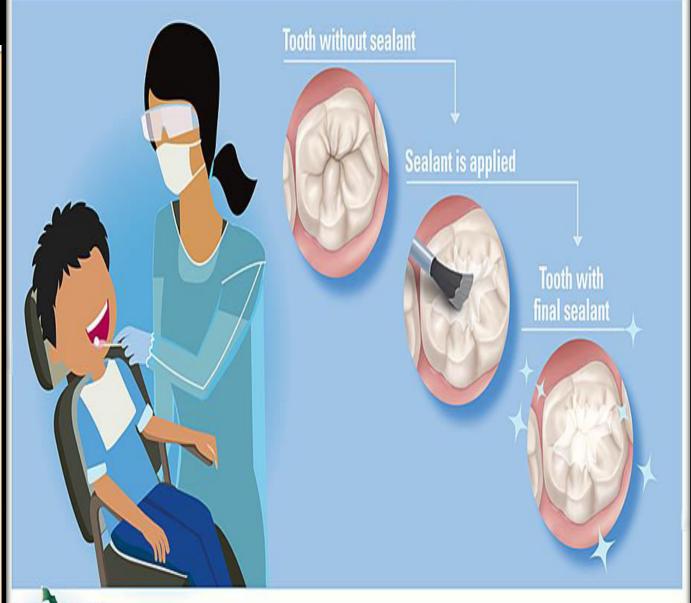


- > Watch as your child brushes twice daily.
- > After age 3, use a pea-size amount of fluoride toothpaste.
- > Ask your baby's doctor about fluoride varnish.



- Make sure your child brushes twice daily with fluoride toothpaste.
- > Over-the-counter fluoride rinses are not recommended for kids under age 6.
- Your child should floss at least once a day.
- > Visit the pediatrician and dentist each year.

## Dental sealants can prevent cavities when applied to molar teeth.





School-based programs are one way to reach millions of children with sealants to prevent cavities.

## **Tooth Decay Prevention**



- A tooth-kind diet
- **Ø** Good oral hygiene
- Fluoride from toothpaste and mouthwash
- Sugar-free gum after meals
- Regular visits to dentist
- Fissure sealants on young teeth



## FLUORIDE: CAVITY FIGHTER

Children can maintain good oral health in 4 ways:



Drink water that has fluoride



Brush twice a day with the right amount of fluoridated toothpaste





Eat a healthy diet, limiting sweet drinks, sticky candies, and snacks



Talk to your dentist or doctor about fluoride treatments



Fluoride is an important mineral for all children. Talk to your doctor or dentist to learn more.





The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and

The persons whose photographs are depicted on this poster are professional models. They have no relation to the issues discussed. Any characters they are portraying are fictional.

s publication has been developed by the American Academy of Pediatrics. The authors and contributors are expert authorities in the field of pediatrics. No commercial michievement of any kind has been solicited or accepted in the webporned of the content of this publication.

## For Mouth Vlcers



#### WHAT CAUSES TOOTH SENSITIVITY?

- Gum recession
- Tooth decay
- Long term trauma from excessive and forceful brushing.
- Brushing with abrasive toothpaste.
- Excessive consumption of acid containing food.
- Grinding of teeth(Bruxism)
- Smoking tobacco
- Bleaching



Common Causes of Sensitive Teeth

ressure on teeth from

grinding/clenching.

# MAJOR CAUSES OF TOOTH SENSITIVITY

SWEET FOODS CANDY, CERTAIN FRUITS AND VEGETABLES

ACIDIC FOODS CERTAIN FRUITS, LEMONS, TOMATOES, AND VINEGAR

HOT & COLD FOODS & DRINKS

TEA, COFFEE, ICE WATER, AND SODA











#### Sensitive Teeth

#### Home Remedies and Dental Treatments

People between ages 20 and 40 are the most common sufferers of sensitive teeth

It can also affect teenagers and even people who are in their 70s



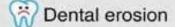


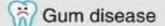
#### Women

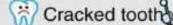
are more likely to experience sensitive teeth than men.

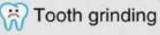
#### Here are the Common Causes of Sensitive Teeth:

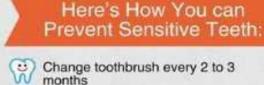


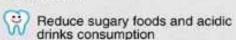


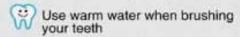




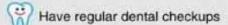










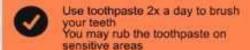


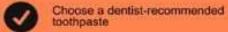


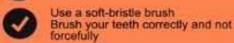
#### **Tips**



#### Home Remedies for Sensitive Teeth









#### In-Office Treatments

To build up teeth's protection and strength: Fluoride varnish, gels and rinse Bonding agent to seal the dentin surface

## 6 WAYS TO HELP PREVENT GUM DISEASE

CREST® AND ORAL-B® CAN HELP



BRUSH thoroughly at least TWICE A DAY



Use a toothpaste like CREST® PRO-HEALTH™



RINSE THOROUGHLY
with Crest® Pro-Health™
Multi-Protection



Use an ORAL B® SOFT BRISTLED TOOTHBRUSH



USE ORAL B® FLOSS DAILY



VISIT A DENTIST regularly



## SENSITIVE TEETH

What are the Causes and Treatment



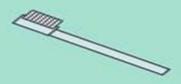
#### **Tooth Sensitivity**

When eating hot, cold, or sweet food, the flow of the fluid changes, which results in the sharp stinging sensation you would feel. Treatment: Brushing Your Teeth,



#### **Proper Oral Hygiene**

Basic oral hygiene practices such as regular brushing and flossing of teeth to prevent various oral diseases.



#### Soft Toothbrush Bristles

Prevent from creating friction on your enamel to prevent the dentine from exposing. Also, remember to hold the brush lightly and not use too much force to avoid unnecessary friction.



#### **Avoid Acidic Food**

Food containing high acid levels can increase the chances of your enamel wearing out and becoming thin. It is best to avoid these foods or lessen your intake of them.



#### **Control Teeth Grinding**

look for methods to reduce and halt it immediately to prevent further damage to your teeth. If teeth grinding occurs during your sleep, it would be best to seek professional dental help.

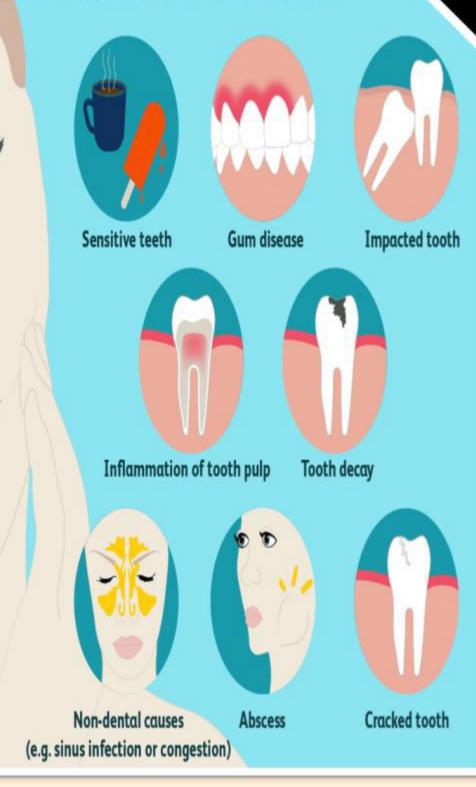


#### Special Toothpaste

Various toothpaste brands have developed and released toothpaste especially for sensitive teeth.







## How to Manage Cavity Pain



Make an appointment with your dentist ASAP



Pass on hot and cold foods and beverages



Pass on sweet or acidic foods and beverages



Try OTC pain relief medications



Try eugenol for tooth decay pain



Brush and floss the area



Try OTC filling material to fill the hole temporarily



## **Wisdom Teeth Symptoms**



HEALTH TIPS

Treat with salt water. Salt is a great substance to help heal skin. To make a gargle, stir ½ teaspoon of sea salt into four ounces of warm water until it dissolves. Pour part of the mixture into your mouth without swallowing. Move the solution in your mouth over to where the painful tooth is. Hold it in your mouth for 30 to 60 seconds. Don't swish forcefully.



### **EFFECTS OF AGING ON NUTRITION**

Change → Effect

Sensory Impairment

Decreased sense of taste → Reduced appetite

Decreased sense of smell → Reduced appetite

Loss of vision and hearing → Decreased ability to purchase and prepare food

\* Oral health / dental problems → Difficulty chewing, inflammation, poor quality diet

Altered energy need → Diet lacking in essential nutrients

Decreased physical activity → Progressive depletion of LBM and loss of appetite

Muscle loss (sarcopenia) → Decreased functional ability, assistance needed with ADLs

Psychosocial (isolation) → Decreased appetite

Environmental (financial) → Limited access to food; poor quality diet

Cumulative Effect → Progressive Undernutrition

# Importance of Prevention/Detection of Oral Problems in the Elderly

- Antibacterial agents such cetylpyridinium chloride (Perivex) provides protection against dental plaque and gingivitis. Perivex is non-fluoridated, alcohol free antibacterial mouth cleaning gel and is highly recommended for the residents at risk of choking. (Silva MF et al 2009)
- Brushing with mild soap and water is an effective way to clean dentures (South Australian Dental Service 2009)





# DRY MOUTH & OLDER ADULTS

Dry mouth is the feeling that there is not enough saliva in the mouth. Common causes of dry mouth in older adults include side effects of certain medications and dehydration, when you lose more fluid than you take in.

Dry mouth can make it hard to chew, swallow, or even talk.

Having less saliva also increases the risk of developing tooth decay or fungal infections in the mouth since saliva helps keep harmful germs in check.

Dentures can become uncomfortable and may not fit as well if the mouth is dry. And without enough saliva, dentures can rub against the gums or the roof of the mouth and cause sore

### WHAT CAUSES DRY MOUTH?

- Side effects of some medicines. Hundreds of medicines can cause the salivary glands to make less saliva.
- Dehydration. Older adults are more prone to dehydration than younger people.
- Disease. Diabetes, Sjögren's

cnote



# **BRUSHING**

### Oral Health and Older Adults

If you regularly help someone with oral health care, this fact sheet is for you. It offers practical suggestions about how to provide guidance or direct care, as well as tips that may make the job easier. Oral health is important for people of all ages. A healthy mouth helps people enjoy their food, chew better, eat well, and avoid pain and tooth loss. With good oral hygiene and regular visits to the dentist, older adults can maintain their oral health into their later years.

## Brushing

If the person you care for can brush but needs some

# Make sure the person you care for:

- Brushes twice a day with a small amount of fluoride toothpaste.
- Uses a toothbrush with a small head, which makes it easier to clean around the back teeth.
- Angles the bristles toward the gumline so



# **FLOSSING**

### Oral Health and Older Adults

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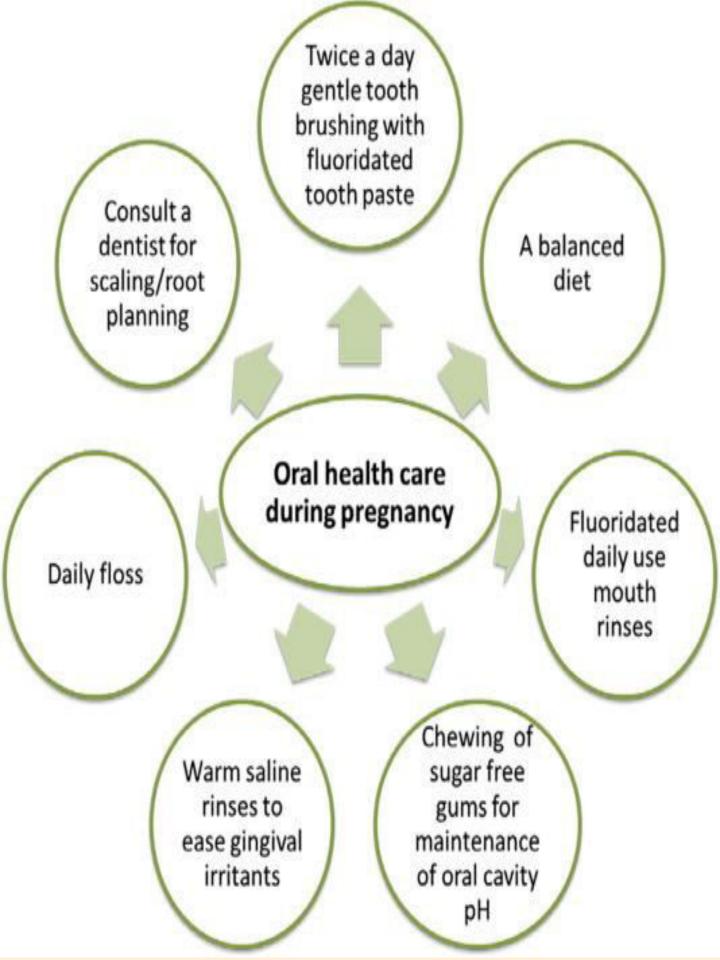
# Flossing

# What type of floss?

Waxed, unwaxed, flavored, or plain floss all do the same thing. Use the one the person you care for likes best.

### What if it's hard to floss?

If it's hard to floss, there are flossing tools that can help (see inside page).

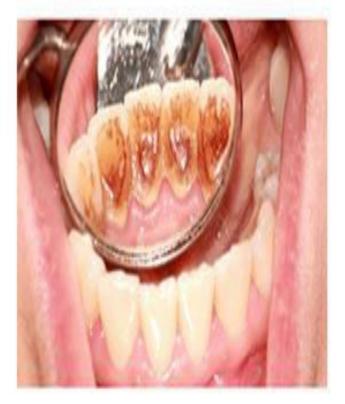




# Scaling & Root Planing

Periodontal Disease can have a devestating effect on your teeth and gums.

Scaling & Root Planing work to rid the gums of gum disease and thus extend the life of your teeth.





Before

After

# **Dental Implants Can Be Used To:**

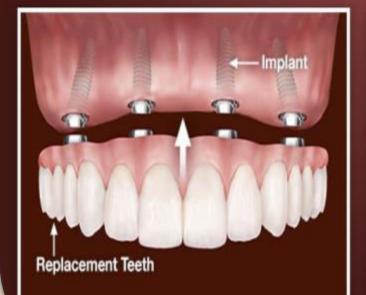
Replace One Tooth

Replace Multiple Teeth





Replace All Teeth



Support Removable Dentures



# TOP 8 BENEFITS OF DENTAL IMPLANTS

1. Developed appearance

2. Effortless eating

3. Developed speech

4. Upgraded oral health

5. Boost up self-esteem

6. Longevity

7. Increased comfort

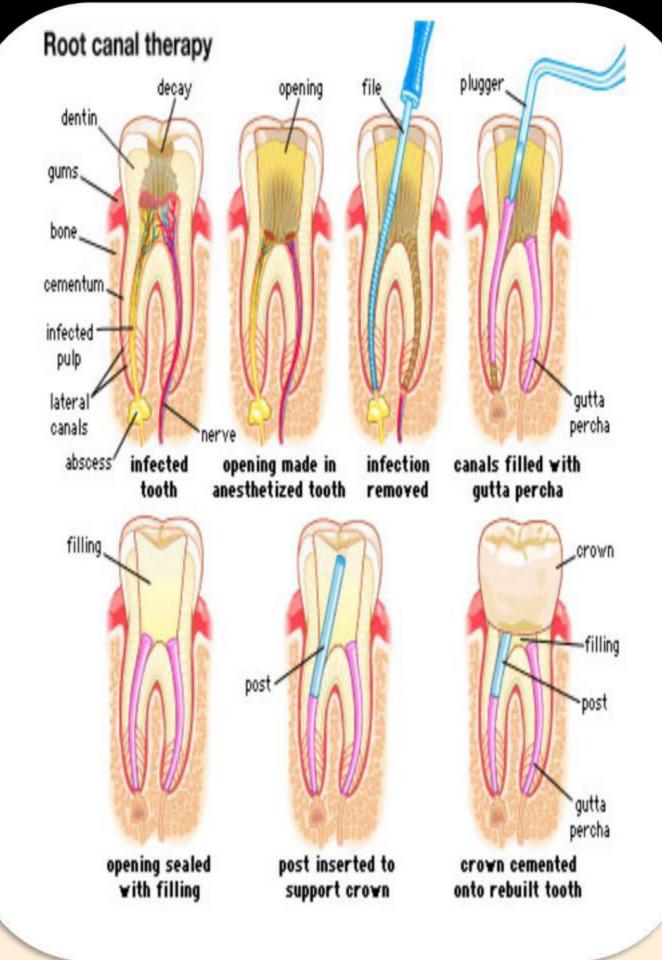
8. Easy to care



# How you can reduce your risk of Oral Cancer.

- Visit your dentist for regular check ups. A dentist can assess your mouth thoroughly for abnormalities and are trained in detecting signs of oral cancer.
- Check your mouth regularly for any unusual sores or lesions
- Avoid smoking and drink alcohol in moderation.
  Consume no more than two standard alcoholic drinks per day.

- Protect your skin with sunscreen, including your lips with SPF lip balm, and avoid getting sunburnt.
- Look after your teeth and mouth. Brush your teeth twice a day and floss once a day.
- Don't delay in seeking advice from a dentist or medical professional if you notice any unusual symptoms or sores on your lips or in and around your mouth.



## Options for Single Tooth Replacement



Removable partial denture



Tooth-supported fixed bridge



Implant-supported crown

### Tooth-Supported Fixed Bridge - The Treatment Steps



Prepare the adjacent teeth



Bridge tried-in for fit



The beautiful results

### Implant-Supported Crown - The Treatment Steps



Before the procedure



Preparing the site and placing the implant



Abutment in place





The beautiful results

## Options for Several Missing Teeth



Removable partial denture



Tooth-supported fixed bridge



Implant-supported fixed bridge

### Tooth-Supported Fixed Bridge - The Treatment Steps



Before the procedure: Worn and discoloured bridges



Prepared adjacent teeth



Try-in on left quadrant



The beautiful results

### Implant-Supported Fixed Bridge – The Treatment Steps



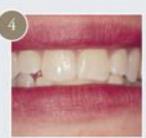
Before the procedure



Implants placed



Removable bridge vs. implant-supported fixed bridge



The beautiful results

### Options for All Missing Teeth



Overdenture



All-on-Four™ fixed bridge Implant-supported



Implant-supported fixed bridge

### Overdenture - The Treatment Steps



Before the procedure



Placing the implants & attachments



Delivering the overdenture

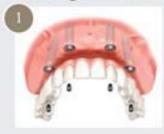


The beautiful results

### All on Four™ Fixed Bridge - The Treatment Steps



Before the procedure



Placing the implants



Attaching the bridge



The beautiful results

### Implant Supported Fixed Bridge - The Treatment Steps



Placed implants

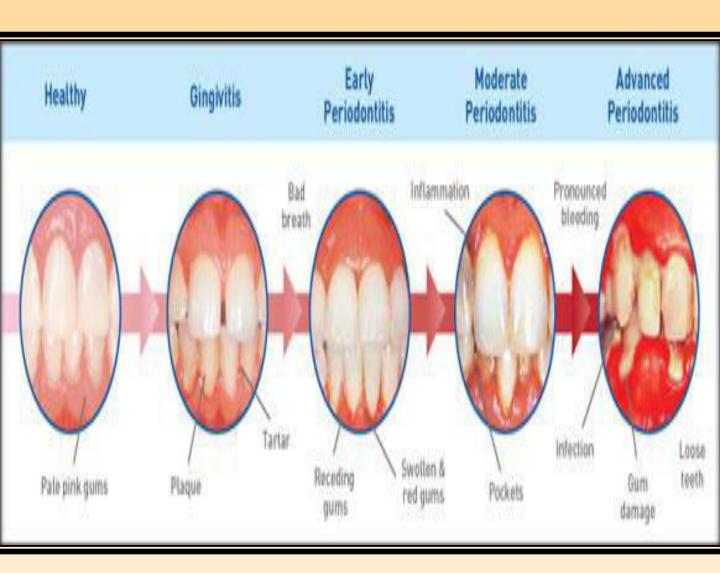


Bridge tried-in for fit



The beautiful results

# Stages of Pyorrhea (Periodontitis)



# Periodontitis management

Non-surgical Periodontal Therapy: physical, chemical, biological agents (Ultrasounds, O<sub>3</sub>, plant and bacterial products)

Management of Acute Conditions

Host Immunomodulation Therapy

Management of Local Plaque-retentive Factors

Management of Occlusal Trauma

Antimicrobial and antiinflammatory Medication

Management of Dentine Sensitivity

### WHAT CAUSES BAD BREATH?

BAD BREATH VARIES DEPENDING ON THE SOURCE AND THE CAUSE OF BAD BREATH.

IT'S HARD FOR YOU TO WORK OUT HOW BAD YOUR BREATH DOES –

OR DOESN'T SMELL.

# BAD BREATH STARTS IN YOUR MOUTH AND THERE ARE MANY POSSIBLE CAUSES INCLUDING –



#### **FOOD**

Eating certain foods such as spices, onions and garlic can cause bad breath.



#### **POOR DENTAL HYGIENE**

If you don't brush and floss daily food particles can remain trapped in your mouth causing bad breath.



#### **SMOKING**

Smokers are more likely to have gum disease – which is another source of bad breath.



#### **DRY MOUTH**

The saliva in your mouth helps keep your mouth cleansed, which in turn removes the particles that can cause bad breath.



### **MEDICATIONS**

Some medications cause bad breath by contributing to dry mouth, while other medications are broken down in the body to release chemicals that in turn can be carried by your breath.



#### **MOUTH INFECTIONS**

Bad breath can occur following dental surgery – such as the removal of a tooth, or as a result of gum disease, mouth sore or from tooth decay.

# Foods that Eliminate Bad Breath



Citrus Fruits

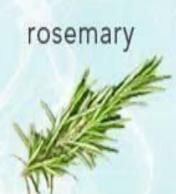
**Guava Leaves** 

**Parsley** 

# FOOD TO ELIMINATE BAD BREATH









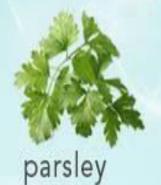
cinnamon







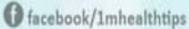


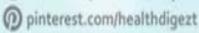






cardamom seeds









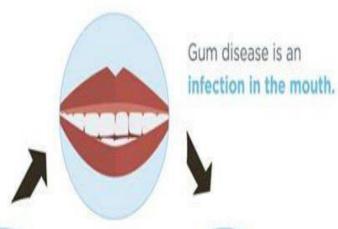


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@www.healthdigeZt.com

# Diabetes & Your Oral Health



and makes it harder for your body to fight infections including gum disease.



Gum disease is a cycle.



If you have diabetes, you are up to 3x more likely to develop gum disease.



which leads to diabetes complications,



1

Gum disease can lead to higher blood sugar,

# Oral Health And Pregnancy

Pregnancy Gingivitis: Hormone changes during pregnancy can affect the gums, making them more sensitive and inflamed in response to bacteria along the gum line.



X-rays: Avoid x-rays while pregnant. In the event of a dental emergency an x-ray may be necessary. Ask your dentist to shield your abdomen with a lead apron to protect your baby from exposure to radiation.

Pregnancy Tumor on the Gums: A painless bump on the gums that can be pink, red or purple it will usually not cause problems. See your dentist if you think you may be having this issue.

Morning Sickness: Stomach acid can damage the surface of your teeth and promote tooth decay. If you vomit, rinse your mouth with water or use a flouride rinse afterward.



MIK

Calcium: The body provides calcium from your bones. Eating enough dairy products and taking a calcium supplement, will ensure enough calcium without putting your teeth at risk.

Approximately 40% of pregnant women have some form of periodontal disease.

Pregnant women with periodontal disease may be seven times more likely to have a baby that is born too early and to small.



Dental work during pregnancy is safe. The best time for treatment is between the 14th and 20th weeks.

Be sure to maintain your oral health during and after pregnancy, contact your dentist right away and set up a specified dental plan if necessary.

Sources

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http://www.webmd.com/oral-health/dental-care-pregnancy
http://www.implestegsedental.com/SS/inISS/r.=u5.31948/i.35020/pr/3/html
http://well.blogs.nytimes.com/2013/05/06/obstractles-for-pregnant-women-seeking-dental-care/?\_r=0

#### MYTH

The whiter your teeth,the healthier they are...

#### TRUTH

Teeth aren't meant to be pure white. You can keep your teeth white with regular brushing & flossing, however decay & gum disease can hide



#### MYTH

Bad breath means poor oral hygiene...

#### TRUTH

Whilst poor oral hygiene can cause bad breath, it can also caused by things such as diet, smoking, medication & medical conditions

#### MYTH

Only sugar in sweet, cakes & fizzy drinks is bad for your teeth...

#### TRUTH

Whilst these foods are bad for your teeth, any food & drink with sugar, including fruit (regular or dried), fruit Juice & honey can be bad for your teeth If eaten/drunk to excess & proper oral hygiene isn't being implemented.



#### MYTH

You should visit your dentist once every 6 months...

#### TRUTH

Your dentist will tell you how often you need to go in for a dental check up. If you have good oral health, you may only need to see your dentist once every 2 years.

### MYTH

You shouldn't brush your teeth If your gums are bleeding...

### TRUTH

Bleeding gums are a sign that your gums are less than healthy, likely to be because of a build up of plaque & debris. Daily brushing & flossing as well as professional dental care is the best way to address bleeding gums, so keep brushing.



# DENTAL HYGIENE



### **Brush**

Brush near the gum line at a 45-degree angle in a back-and-forth and up-and-down motion. Be sure to brush twice a day: once in the morning and once at night.

### **Floss**

Flossing may seem like a chore, but it is an important part of dental hygiene. Floss can help remove food and bacteria that toothbrushes and mouthwash cannot reach.



### Mouthwash

Mouthwash is a great way to kill bacteria and bad breath. Use Listerene or products that contain chlorine dioxide directly after brushing your teeth.



### **Avoid Tobacco**

Chewing tobacco and cigarettes are extremely harmful to your teeth and gums. Tobacco products can also cause cancer, which may result in death.



### Visit the Dentist

Be sure to schedule a dentists appointment twice a year. Dentists can provide extensive cleaning as well as take X-rays to track your oral health.



healtheo36

Brought to you by: Sources:



# BENEFITS

of Quitting Smoking



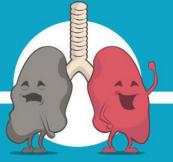
At 20 minutes: Heart rate and blood pressure drops.



At 12 hours: Carbon monoxide level in your blood drops to normal.



Over the first year of quitting, sense of taste and smell return.



At one to nine months: Coughing and shortness of breath decrease due to better lung function.



At two to five years: Stroke risk can fall to that of a non-smoker.



At ten years: Risk of dying from lung cancer is half that of an active smoker.



# 4 METHODS TO QUIT SMOKING.

WHICH WAY WILL YOU CHOOSE?

# Self Help Method

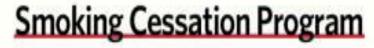
Quitting without using a program

# **Cold Turkey Method**

Quitting and never smoking again

# Tapering Method

Reducing the number of cigarettes you smoke until your quit day



Seeking professional support or enrolling in a program





# **Bleeding Gums:** Important Things to Know



Best Treatments for Bleeding Gums



Although bleeding gums can occur for a multitude of reasons, there are a number of safe and useful ways to treat them.

SheCares.com



# Staining is caused by:

- Smoking
- · Red wine
- · Fizzy drinks
- · Tea & coffee



We guarantee you will feel more confident after using our teeth whitening strips



### **Dentist**

General Dental Degree

# Orthodontist

General Dental Degree + Specialist Orthodontic Degree



Facial growth and dental development expert

Diagnoses and treats diseases of teeth, gums and mouth

Dental health expert

bad bites and poorly aligned jaws

Provider of general dental care for all ages Provider of all orthodontic treatment options for all ages

Diagnoses and treats crooked teeth,

General Dentists collaborating with Specialist Orthodontists = Optimal Results

# Myths about Orthodontics ...

### Myth ...

### Touth ...



BRACES ARE PAINFUL NEW
TECHNOLOGY
AND SOFT WIRES ARE
AVAILABLE AND
THE DISCOMFORT IS
MINIMAL





BRACES MAKE TEETH LOOSE BRACES POSITION
TIGETH AN ENGINE
APPROPRIATE
POSITIONS IN THE
JAW BOME, THIS MAKING
THEM STRUCTURALLY
ETHORIGHN AND ENGINE INC
BETTER LOAD
BEARING





ARE A MUST FOR BRACES EXTRACTION
REGUREMENTS
DUTTERS FROM
PERSON TO
PERSON AND CAN
ORLY BE ASCENTAINED
BY A THOROUGH
DIAGNOSIS





Friends will call me Metal mouth COLOURED AND LIMGUAL BRACES ARE ESTHETIC SOLUTIONS AVAILABLE TODAY





Braces are only for Kids ADVENT OF NEW
TECHNOLOGY AND
PROTOCOLS ALSO
ALLOW ADULTS
TO GET
TREATMENT





Straightening Teeth & Beautification Can be done in 1 Day THE STATEMENT IS MISS AROUND FOR ANY REST AND OFFICE WISHINGT AND ANY ROOF AND ANY ROOF AND ANY ROOF CAN'T SET THE CAN'T SET TALLES AND ANY TOTAL CAN'T SET TALLES AND ANY TALLES AND ANY TALLES ANY ANY TALLES ANY ANY TALLES AND ANY TALLES ANY

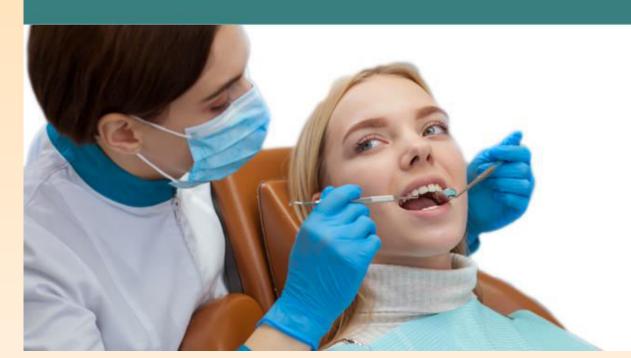




# WHAT ARE THE BENEFITS OF A SMILE MAKEOVER?

Improved appearance
Improved confidence
Improved functionality
Affordability

Patients with aesthetic issues, such as broken or stained teeth, along with missing teeth or severe decay, can work with our dentist to achieve dental health and beauty once again.



SMILE QUOTES

" A smile is an inexpensive way to improve your looks."

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