



Call (715) 842-5691 for an appointment

Monday: 8am-5pm
 Tuesday: 8am-5pm
 Wednesday: 8am-5pm
 Thursday: 8am-5pm

Winter Newsletter December, January, February 2018



"There is only one happiness in this life, to love and to be loved"

George Sand

'Tis the season
 for fresh breath



Bad Breath/Halitosis Treatment

by:patientconnect365

Bad breath, also called halitosis, can be an embarrassing problem. It is one of those things even your best friends won't mention. So unfortunately, many people walk around with bad breath without even knowing it. Or if they do suspect it, they try temporary cover-ups, like breath mints or alcohol-based mouthwashes that dry out your mouth and increase your susceptibility to bad breath. What are some of the causes of bad breath?

There are many things that can cause bad breath, including the following:

- Diet
- Dry mouth caused by decreased flow of saliva, which is a vital part of removing odor-causing particles in the mouth
- Bacteria which produces Volatile Sulfuric Compounds (VSCs) which can smell like rotten eggs or sweaty socks

- Tobacco products
- Certain medical conditions which originate from nasal or throat area, lungs, digestive tract, etc

What can be done?

Maintaining proper oral health can help reduce or eliminate bad breath, but specific treatment to cure bad breath depends upon the cause.

- Tongue cleaning is the very most important aspect when treating 'genuine halitosis'. The tongue harbors bacteria that produce the VSCs mentioned above. When asked, most people say that the tongue has a light color - yet actually, a tongue has a dark rose color to it when cleaned properly. Although a toothbrush is most commonly used to clean the tongue, there are devices specifically designed for this purpose. These devices do a better job of getting to the back of the tongue without triggering the gag reflex as well as 'scrape' the tongue clean. To best achieve getting to the back of the tongue, a person should stick the tongue out as far as possible and hold their breath to minimize gagging.
- Mouth rinses are most often only effective for a short time in reducing malodors. Most often they only mask the odor and do not effectively deal with the VSCs that cause them. There are mouth rinses containing zinc and chlorine compounds that can significantly reduce the VSCs present in the mouth.
- Proper attention to home oral hygiene helps maintain the overall cleanliness of the mouth and slow the spread of small-causing bacteria
- Regular thorough professional cleaning appointments are also a great aid in treating halitosis.



Dental Options December 2017

The Season of Giving Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Schedule bell ringing with the Salvation Army	2 Donate a book to restock a public library
3 Donate items to your local Humane Society	4 Anonymously brush off someone else's vehicle	5 Tie a blanket for the warming shelter	6 St Nicholas Day – Donate to Toys for Tots	7 Pearl Harbor Day -Place a wreath on the grave of a fallen soldier	8 Visit an elderly person	9 Ask someone what you can do to help them
10 Give someone a compliment	11 Donate to the Women's Community	12 Hanukkah - Surprise someone with a holiday treat	13 Greet a stranger with a smile and a "hello"	14 Bring a healthy treat for your co-workers	15 Shovel someone else's snow	16 Hold a door for someone
17 Donate an old pair of eyeglasses	18 Buy a stranger a cup of coffee	19 Donate a food item to the Salvation Army	20 Give a treat to your mail carrier	21 1st Day of Winter -Donate a warm coat	22 Give way to someone else in line	23 Send a greeting to a person with special needs.
24 Take a moment to give "Thanks"	25 					

In preparation for the Christmas season the Dental Options staff has created a giving calendar. You can follow our daily experiences on our Facebook page (Dental Options—Vincent E. Bearjar, DMD). You're invited to join us and share your experiences with us on Facebook or by emailing us at frontdesk@dentaloptions2600.com. Together we can make it truly a season of giving.

Let us remember that the Christmas heart is a giving heart, a wide open heart that thinks of others first.

5 Things That Yellow Teeth by: deltadental

Yellow is usually considered a happy color – sunshine, buttercups, and daffodils are guaranteed to put smiles on most faces. When it comes to teeth, however, yellow isn't such a welcome hue.

- Age**– Most teeth naturally yellow as we age.
- Gentics**—Some people have brighter or thicker enamel due to DNA.
- Medications**—Tetracycline antibiotics, commonly used to treat bacterial infections, can cause permanent tooth stains, especially in young children. Pregnant women who take tetracycline also risk staining their developing baby's permanent teeth.
- Certain foods and drinks**— Coffee, tea and red wine contain an ingredient called tannin, which causes color compounds to stick to enamel, leaving unwanted stains.
- Tobacco Use**— The nicotine and tar found in cigarettes, cigars, and smokeless tobacco can make teeth yellow very quickly.

