

Healthy Mouth, Healthy Body

Emerging science suggests a link between a healthy mouth and maintaining a healthy body. It makes sense. The mouth contains over 400 different types of bacteria, some good and some bad. As long as the good bacteria dominate, the environment in the mouth remains healthy. When the bad bacteria begin to take over gums will bleed. That is not normal. It is a sign of infection. This is why we recommend using an oral irrigator (water pik) with an antibacterial mouth rinse. It's all about suppressing the bacteria. We highly recommend Tooth and Gum Tonic as a mouth rinse and to irrigate with. Listerine and Crest Pro Health are 2 other good products. When your gums aren't healthy or a tooth is abscessed you can be swallowing pus and spreading bacteria to your heart and lung by brushing your teeth. For more information about this you can go to:

www.listerine.com or www.crest.com/prohealth/home.

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Word of Mouth

A QUARTERLY NEWSLETTER TO THE PATIENTS & FRIENDS OF
DR. STEVEN HUTT, DDS

Lumineers - Contact Lenses for your Teeth

That's right! Except they are not removable. You have probably heard by now about porcelain laminates or porcelain veneers. Unlike conventional porcelain crowns which require removal of a lot of tooth structure all around the tooth, porcelain veneers are thin chips of porcelain which are bonded to your teeth. Traditional veneers are 1/2 - 1 mm thick and generally require preparing a little window on the front of the tooth into which the veneer is bonded. Recently with the introduction of "Lumineers" the porcelain can be made so thin (.3 mm) that they are literally a contact lens of porcelain fitted on your tooth. They can be bonded directly to your existing tooth structure and will permanently change the shape and color of your teeth. Closing gaps and brighter smiles can be achieved in most cases with no need for drilling or anesthesia.



Like contact lenses for your eyes they take a few days to get used to but then feel perfectly natural and look spectacular. Take advantage of our smile vision imaging and see what you could look like with a new smile. This is part of our smile confidence program. We are so sure you will be impressed with the imaging that we offer the service with no fee attached.

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Survey Says... You'd Be Surprised

As dental professionals, part of our mantra is brush and floss. We constantly try to reinforce to our patients the importance of good oral hygiene to keep the bacteria that cause gum disease and cavities from taking charge. In essence we suggest flossing, water pik irrigation with antibacterial agents and brushing with high level fluoride toothpastes with desensitizers. A common reply, "Well Doc, how much time do you expect me to spend in the bathroom taking care of my teeth?" It prompted me to begin a study to answer that question. The results were surprising. The average amount of time it takes to floss all your teeth is 45 seconds. Water pik (oral irrigators) average 45 seconds to empty a full tank at high speed. Power brushes with timers recommend brushing your teeth for 2 minutes. That's a long time. An oral B triumph with 4 speeds of operation averaged 1 ½ minutes brushing all your teeth on all 4 modes. Most power brushes with 1, 2, 3 speeds will not even take that long to thoroughly brush your teeth. I know we all lead busy, microwave lives but the conclusion of the survey says that if you're not willing to spend even that little time taking care of your teeth and gums then it just falls into the category of excuses like why you don't exercise.

There are no excuses. If you want to try to live a healthy life these are part of the things you must do.

Mercury Rising

Pulling a fish out of a river for the first time is a memory worth cherishing, but eating your catch is no longer wise. One man believes it's time to fight for what he loves.
By ROBERT F KENNEDY JR.

"The truth is that mercury contamination now makes it unsafe for children and women of childbearing age to eat most of the freshwater fish in New York State or any freshwater fish in nearby Connecticut. In fact, fish taken from every waterway in 19 states and fish taken from some waterways in 46 states now carry consumption advisories because of mercury contamination. And popular marine fish such as tuna, swordfish, and shark are contaminated with dangerous levels of mercury as well. According to the National Research Council, one in six American women now have so much mercury in their bodies that their unborn children are at risk for a grim inventory of problems. These may include kidney, liver, and heart damage; autism; blindness; mental retardation; learning disabilities; and cognitive impairment."

Gourmet Magazine, July 2006

Suffice it to say that many people (especially baby boomers) are walking around with silver-mercury fillings in their mouths that haven't been replaced in 20 years. If this applies to you maybe its time to start asking questions.

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Do you Suffer from Headaches?

You're not alone!

23 million Americans suffer from migraine pain.

44 million Americans suffer from chronic clenching & grinding resulting in tooth damage.

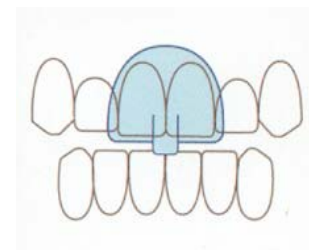
There is a simple solution.

It's called the NTI Plus!

Many of our patients who suffer from headaches find relief with NTI Plus. It also protects your teeth from chips, cracks and wear.

What is it?

The NTI Plus is a small simple device that fits securely and comfortably on your upper or lower two front teeth while you sleep.



How does it work?

Wearing the NTI Plus keeps the back teeth from meeting which prevents jaw-clenching, the intense muscle contractions of the scalp and jaw that migraine and chronic headache sufferers experience during sleep. This intense muscle activity usually occurs without the sufferer's knowledge, and has been linked to increased severity and frequency of headache and migraine pain.

Wearing the NTI Plus also helps protect your teeth from damage caused by bruxing and clenching...an activity that can wear your teeth down or cause chips and cracks.

We would be pleased to show you a NTI Plus appliance during your next check-up.

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