

DENTAL ARTISTRY

DONALD REID DDS

Produced to improve your dental health and awareness

Summer 2010

From Dr. Reid

Do You Know You'll Have Your Teeth For Life?

An ophthalmologist once told me during a routine exam that I would never suffer from Glaucoma!

I was in my early thirties and questioned "Why are you so sure?" He said the arteries and veins in the back of my eye tell the tale as they would present a different clinical picture if I were prone to Glaucoma. It was very reassuring to cross one future possible medical issue from the list. I immediately thought of my patients and letting them know as it is really good news. I can easily tell based on the quality of the bone surrounding the teeth and the condition of the teeth that one will never lose their natural teeth.

As I began to tell patients the good news, they were both surprised and relieved. They always ask, "Why are you so sure?"

If you want to know the prospect of having your teeth for life, ask me.



Dr. Donald Reid

Dr. Reid Joins Faculty of DentalEDU.tv

Naples Florida based company is nation's first accredited HD online educational website

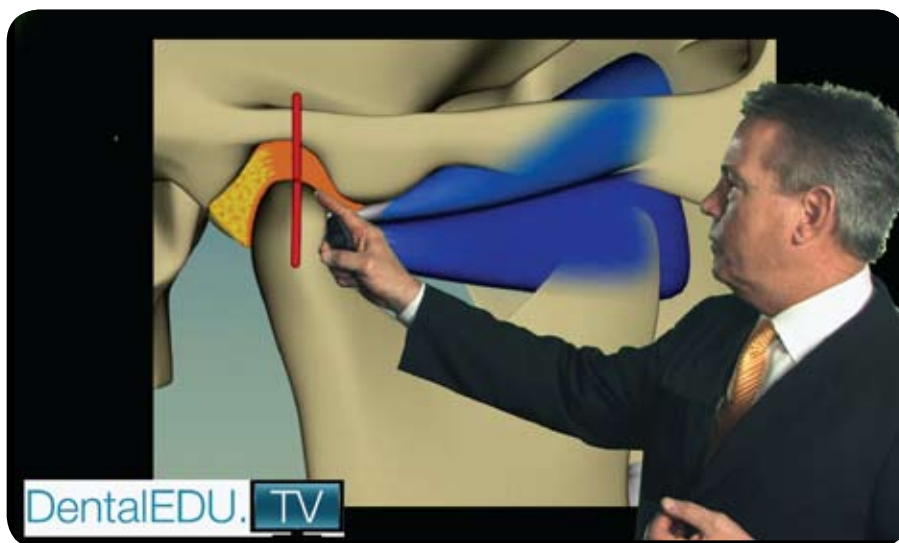
Dr. Donald Reid returned from a long weekend shooting two educational videos on the topic of occlusion, his specialty and the Art of Bite Balancing. He was chosen to join the faculty because of his strong and consistent presence on the international speaker circuit and because he is recognized for his dental software company *BiteFX* and its contribution to educating dentists worldwide.

Dr. Reid stated that the process was exhausting and required 10 hours of filming to produce a

4-hour product. The producer has a background in movie production and surprised Dr. Reid when he first began recording. He told Don, "Don't look so serious." Then as they say in film, "Make love to the camera!" It proved helpful, and without a literal approach, things went fairly smoothly.

Dr. Reid has new appreciation for newscasters, commentators, and actors ... "I'll stick to dentistry!"

Please watch the videos at www.dentaledu.tv.



DONALD REID DDS
DENTAL ARTISTRY

www.tahoedentalartistry.com

When You Lose You Win

What you need to know
about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it's different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

And it's getting more complicated...

Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

How's that?

Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

How will you know?

Initially you probably won't because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

Is there any good news?

Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there's more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn't show weight loss!



Oral Cancer Bites

Start early & win!

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the *human papilloma virus* (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

A Check your tongue, lips, cheek lining, and gums.

B Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

C Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancer can be cured.



Many challenges? We have many ways to beautify a smile!

Before



After



Reality Checks

We can tell you why it is what it is!

We're happy to say that most dental problems can be treated successfully ... but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here's why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, color, and feel of your tissues;
- early signs of lip cancer and tumors in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!



LIKE NIGHT & DAY

What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle *and* reducing your carbon footprint.

- ◆ If you take really long showers, you could save more water and energy by soaking in the tub until you're clean, relaxed, and ready for bed. If you don't like baths, use a timer or energy-saver shower head.
- ◆ Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- ◆ A slightly cooler bedroom temperature can improve sleep, conserve energy, and save dollars, so lower your thermostat, open a window, or install an energy-efficient fan.

Monkey See...

Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don't go to the zoo ... come see us for a demo!

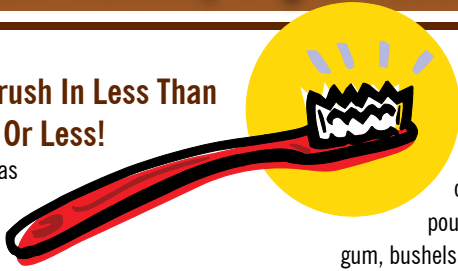
Dental Tales, Tips And Secrets • by Dr. Reid

How To Brush In Less Than One Second Or Less!

My mother was a firm, no pun intended, believer that the harder the bristles the better. My brush was red and I can't recall getting a new one during my childhood as money was tight and it still worked despite the bristles frayed and laying sideways like a bad hair day. I was told to scrub my gums and if they bleed you were doing a good job.

To insure young Donnie, (I'm still called that when I go back home to Pennsylvania and I hate it), was diligent with his brushing habits, Mom gave me a three minute egg timer to use and would check to see if my brush was wet.

Since I would rather be playing baseball after dinner or 'flipping' baseball cards, three minutes was valuable time before the sun set and all the Mom's in the neighborhood were heralding their kids to come home, I learned running the brush under the faucet for a second would suffice for a thorough tooth brushing.



It may have fooled Mom but not Mother Nature. That trick backfired after gallons of Kool-Aid, pounds of bubble gum, bushels of Frosted Flakes (Tony the Tiger lied - they weren't "sooo great" after all) and thousands of Good and Plenty's later took their toll.

A study by the late Weston Price DDS along with Dr. Pottenger, MD proved beyond any question, in the absence of refined carbohydrates and refined sugar, tooth decay doesn't exist. Avoid habitual usage of sugar in drinks, snacks, gum and mints and you'll reap benefits.

Most people don't brush their teeth long enough or thorough enough. I suggest you spend at least 30 seconds on each quadrant of your mouth and brush all the surfaces. Unless you're missing a lot of teeth, that translates into at least two minutes. Think about what you do when you wash and polish your car. The hood is fun and easy, as are the windows and tops of the doors. Getting down on the bottom of the doors and grilles isn't and consequently is often missed.

Most decay I see in mouths is at the gum line and on the back side of the last tooth in your mouth. Think about what you're trying to accomplish and use less toothpaste. Ton's of foam doesn't help and if it really gets going it will fill your mouth up, gag you and you'll spit it out, wash out your mouth and quit for the day.

Use a very soft bristled brush and use the sulcular- brushing technique taught by our hygienist, Julie Younger.

Finally, I found a brush I'm crazy about. It's called Gum by Butler.

Stop by the office and, I'll give you a free one!

Tip: Don't lie to your Mother, it will backfire on you.

Brusha, Brusha with IPANA". Branding does work as IPANA is no longer around. Bucky must have passed on with the advent of color TV. If you want to see this little rascal, go Google 'Bucky Beaver IPANA'.

Nonetheless, Bucky made a huge contribution to modern dentistry. At the end of his 30 second tirade about IPANA toothpaste, he'd suddenly appear at the forefront of the screen, spread his arms above his head and yell "Remember, see your dentist every six months!"

That was the origin of regular dental recall visits to your favorite hygienist.

I have a patient that heard Bucky's message loud and clear except the six month part. He comes in regularly, every seven years! This gentleman maintains a disease free mouth on his own and his visits with us are almost social visits as there is nothing for us to do.

I'm not suggesting every seven years, but if you're really motivated and well educated, an annual visit may suffice.

Tip: Next time you visit your friendly hygienist, ask her for all the information and tools required to allow you to maintain optimum oral health, on your own and at home!

Physician Heal Thyself!

Miracle Supplement or Placebo

James Sanwick, a Truckee resident and client told me an interesting tale I'd like to pass along. James is an athlete. He's a 4-5 tennis player, been with the National park service, lived in remote parts of Alaska and our deserts and looks like he could play rugby. Maybe he does. About five years ago, James was diagnosed with 'Bone on Bone' in both knees and told surgery would be the only option to eliminate his advancing knee pain and actual physical disability to perform as desired. He tried various meds including anti-inflammatory meds, Chondrotin and Glucosamine to name a few.

The long and short of it is someone advised him to use TWINLAB 'Citrus Bioflavonoid' capsules with Rutin. James can be quoted "I thought this was just another supplement and didn't expect much change but within one week I was pain free and have been ever since! The results have been miraculous!"

Call IDEASPHERE INC, 1.800.645.5626 for further information

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DONALD REID DDS
DENTAL ARTISTRY

See Your Dentist Regularly ... Every Seven Years!



Once upon a time there was a beaver named Bucky that hailed as the mascot for brand name toothpaste called IPANA. Bucky was a cute little animated character with buck teeth that strutted across our Black and White TV screens wildly brushing his teeth with an oversized toothbrush singing "Brusha, Brusha,