

BEAUTIFUL

# Smiles

BY DR. HAROLD A. POLLACK

## NEWSLETTER

Produced to improve your dental health and awareness

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##### TREATMENT COORDINATOR

Linda

##### HYGIENE COORDINATOR

Chanel



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Dr. Harold A. Pollack has dedicated himself to the tradition initiated by his father in 1936.



*I just love my smile!*

After years of keeping my smile closed because of dealing with crooked teeth and yellowed fillings, I had my teeth professionally whitened with the BriteSmile® System. Dr. Pollack started the treatment for nine Porcelain Veneers.

They look and feel very natural. It's great to be able to smile again with an open mouth. Dr. Pollack and his team helped to find the perfect color and style for me.

*Thank you all.*

*JJ, Springfield, NJ*

**Before**



**After**

## What you need to know about oral cancer

It's an important public service when high-profile people like actor Michael Douglas turn the spotlight on oral cancer. Yet still many people remain unaware of this potentially lethal disease. Oral cancer is not rare and it's occurring more frequently and to a younger group with every passing year.

At each of your hygiene maintenance visits your dental hygienist performs an oral cancer screening. This is done by examining the tissues of the oral cavity for any visible lesions. However, suspicious lesions may be identified at an earlier stage, therefore with a better outcome, by an adjunctive oral exam; our office has offered this exam, called ViziLite®, for several years now.

As we know, technology changes and improves. We are now currently performing this adjunctive oral cancer examination with VELScope®. If you have any questions about VELscope or are interested in receiving this examination, please talk with your dental hygienist.

Call us and ask  
about Velscope®

When found at early stages, oral cancers have an 80-90% survival rate, yet someone dies from oral cancer every hour every day.

Cosmetic • Preventive • Family • Implant Dentistry

# 5

## Smile-Saving Strategies

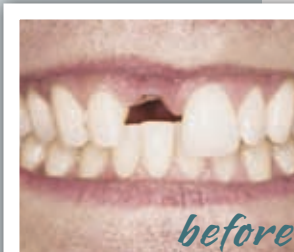
### Delightful dental implants

You know that sunken look around the mouth and cheeks that you associate with ageing? That isn't inevitable, and often, it isn't even necessary. When teeth are lost, there is also a loss of jawbone so that surrounding teeth shift, resulting in a lack of support to the cheeks and lips. This can create lines around the mouth. Dental implants can save your bone structure which helps you to avoid premature facial changes.

**What a dental implant is...** A dental implant has two parts: a root made of biocompatible metal and a custom-made tooth crown which is attached to it.

### How it works...

- 1 The root is anchored permanently in your jawbone, preventing future bone loss.
- 2 The crown does not rely on other teeth for support & doesn't affect surrounding healthy teeth.
- 3 An implant can replace one tooth or two, or the teeth in an entire jaw.
- 4 Implants can anchor dentures to prevent shifting & can replace partial dentures & bridgework.
- 5 Multiple implants & implant-supported dentures require no plates that cover the roof of your mouth.



### What you can do...

**Consider safe reliable easy-care and natural-looking dental implants, and call us for a consultation.**

## LEMON *Aid*

### A word to the wise

You'd think that acidic food would digest meals faster, but weirdly, the opposite is true. Citric acid in lemons, for example, slows down gastric emptying, holding food in your stomach longer so you feel full longer and avoid snacking.

That's great if you're watching your weight! Lemon juice tastes terrific on poultry, fish, or salads and when combined with oil and herbs for salad dressing. But just a note – you can get too much of a good thing. Lemons, like many foods that contain acids naturally, can cause enamel erosion if consumed excessively.

Still, go ahead and release your inner gourmand! Wise choices and a little moderation will let you enjoy great meals, your best weight, and a fabulous smile!

## Lose Weight...

### And keep your smile

Here's a dental perspective that could help you reach your weight loss goals and add to your motivation. Don't overlook the liquids you're consuming! You may know that many beverages can stain your teeth, and that sodas and juices can erode teeth enamel and cause cavities, but here's more...

- A *Harvard* study found that drinking only one diet or regular soft drink a day increased the risk of obesity by 31%.
- Evidence suggests that diet drinks may actually promote weight gain, although the mechanism is unclear.
- Compared to real fruit and vegetables, the lack of fiber in soda can leave you feeling hungry – and heading back to the fridge.

Here's another dental angle... Experts suggest you create cues to signal it's time to stop eating 2-3 hours before bed time. Brushing and flossing is highly recommended!





# Veneers Q&A

Here's what you want to know

## Q: What are the benefits of veneers?

A: An improved smile can increase your self-confidence which improves your work and social life. Veneers are an effective cosmetic technique used to cover flaws and strengthen your teeth with beautiful results.

## Q: How do I know if I'm a good candidate?

A. If your teeth are stained, chipped, or have other minor irregularities like small spaces, uneven lengths, or exposed roots, veneers can work for you. For slightly crooked teeth, veneers can give your teeth a straighter appearance without braces.

## Q: Will my veneers stain?

A. Porcelain veneers should never stain, although some other veneer materials are more porous and could. To keep your natural teeth bright, try to reduce or avoid foods and beverages like coffee, tea, red wine, and dark fruit juices, as well as tobacco products. Most patients whiten teeth surrounding their veneer(s) to ensure a good match.

## Q: How long will they last?

A. They can last up to 20 years when you take care of your oral health to avoid decay and gum recession.

## Q: Is getting veneers a long process?

A. No, it usually takes just two to three appointments for diagnosis, treatment planning, preparation, and placing your veneers.



## Common Sense Care

### For veneers and crowns

Great news! Veneers can be cared for just like your natural teeth. Brush them regularly with toothpaste, floss once a day, and keep your regular hygiene visits. Just as with your other teeth, it's important to limit your sugar consumption and confine sweets to meal times to help prevent decay.

Although your veneers don't require special care, give them the same respect that you'd give the rest of your smile. Anything that will break or chip your natural teeth could do the same to a veneer, including ice, hard cookies, brittle candy, candy apples, hard nuts, pumpkin seeds, and popcorn. Other culprits? Habits like nail biting, pencil chewing, using your teeth instead of scissors or bottle openers, and even for pulling on your gloves. Once you get the picture, it's easy to take care!



# Seal Out Tooth Decay

**Ounce of prevention ... pound of cure!**

Studies have shown that more than 50% of kids' cavities develop on the chewing surfaces of the teeth. Food gets trapped in pits that are formed naturally by the crossing of deep grooves called fissures. We have a way to cover these surfaces with a protective material so decay doesn't have an opportunity to set in. It's called a dental sealant.

In just a matter of minutes this plastic tooth-colored material can be applied directly to the cavity-prone surfaces of teeth. The sealant creates

an impenetrable barrier to bacteria and decay for many years. There's no discomfort in the application of sealant and the benefits can last a lifetime.

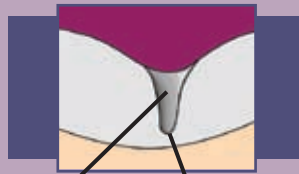
Recent studies have shown that sealants are one of the main contributing factors to the decline in the number of cavities in children. That's a lot of teeth that won't have to be drilled and filled. Sealants can work extremely well for many adults too, so the next time you're in for a visit, ask us about it. An ounce of prevention is worth a pound of cure!



As teeth develop, deep grooves called fissures naturally occur and where these grooves cross is called pits. These areas account for more than 50% of cavities among children.



Dental sealant is applied to the teeth and flows into the pits and fissures. It is a plastic tooth-colored material that creates an impenetrable barrier to bacteria and decay.



**Sealant** **Tooth fissure**  
Dental sealant provides lasting protection against decay as long as the seal remains intact.

## Dry Mouth Medicine **We treat your symptoms to reduce risk**

For one out of five adults, dry mouth is a chronic condition that leaves the mouth and the throat rough, sore, and sticky. Some victims experience hoarse voices and have trouble eating, swallowing, talking, or wearing dentures. They may be vulnerable to sores and yeast infections and their teeth are prone to decay.

In most cases, dry mouth is the result of drug therapy including those used to treat depression, anxiety, and hypertension. Other medications

with this side effect may include antihistamines, antispasmodics, decongestants, and muscle relaxants.

Dry mouth creates a risk of tooth decay and nutritional deficiencies. Sufferers cannot tolerate spicy or acidic foods like fruit juice, or foods that require a lot of chewing like vegetables and cereal.

If you suffer from dry mouth, you are at greater risk of both cavities and gum disease. Most importantly, let us know at your next visit. We may suggest a special rinse or different

oral hygiene techniques.

To decrease dry mouth or the problems associated with it: avoid spicy foods, avoid alcohol and smoking, use sugar-free gum and candy to stimulate saliva flow, eat soft foods moistened with sauce or gravy, drink a lot of fluids or suck on sugarless Popsicles, breathe through your nose and avoid mouth-breathing, use a humidifier, and rinse your mouth with lemon diluted in water or glycerin.



Congratulations to Debbie and Bob on their WEDDING held on Saturday June 23rd, 2012. Debbie has been one of Dr. Pollack's dental hygienists for over 26 years. Our entire team at *Beautiful Smiles* was so excited to share in her celebration.

