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**In this Newsletter:**

## Early Warning Signs of Orthodontic Problems

Some orthodontic problems may be easier to correct if treated early. Waiting until all the permanent teeth have come in, or until facial growth is nearly complete, may make correction of some problems more difficult. But...children and adults can both benefit from orthodontics, because healthy teeth can be moved at almost any age.



It is not unusual to begin orthodontic intervention if one or more of the following early warning signs is seen:

- Difficulty in chewing or biting
- Chronic mouth breathing
- Finger sucking or other oral habits that continue after 6 years of age
- Top front teeth that protrude
- Top front teeth cover more than 25% of the bottom teeth when biting
- Top front teeth go behind the bottom teeth when biting
- A space exists between top and bottom front teeth when biting
- Crowded, overlapped, misplaced teeth or extra teeth
- Teeth meet abnormally or don't meet at all
- Center of top and bottom teeth don't line up
- Teeth wearing unevenly
- Baby teeth falling out too early

### Side Note

**Smile!!**



...it brings out the sunshine!

- Jaw joints that click or are painful
- Jaws that shift off center when biting
- Speech difficulty
- Biting the cheek or roof of the mouth often
- Weak chin or a prominent chin
- Facial imbalance
- Jaws that protrude or recede
- Grinding or clenching of the teeth
- Embarrassing teeth or smile often hidden by hands

If you or your child has one or more of these early warning signs of orthodontic problems, see your dentist or orthodontist. The sooner you receive orthodontic intervention for these alignment problems, the sooner you can light up a room with your smile!

## Why Is Flossing Important?

Some of the food we eat is essential for health and well-being and some is just junk that we could live without. Whether your diet consists of completely healthy foods or whether you eat lots of sugary snacks, everything you eat can be unhealthy for your teeth.



The bacteria that is normally present in your mouth converts the sugars and starches in your food into acids. Together, the bacteria and acids mix with food particles to form plaque, a sticky film that coats your teeth. If left in your mouth, plaque attacks your tooth enamel and dissolves it, creating a hole, called a cavity, in the hard outer casing of the tooth. Plaque hardens into tartar, which only a dental cleaning by a professional can remove. Plaque and tartar irritates your gums and, if left unchecked, causes gingivitis, an inflammation of the gums, which in turn can lead to periodontal disease and tooth loss. Plaque can also be a source of bad breath. So now you see why your

orthodontist, dentist and other dental professionals place such an emphasis on good oral hygiene!

Good oral hygiene is a routine of brushing and flossing every day to remove plaque from your mouth. You should brush at least twice a day and floss at least once a day. Brushing teeth properly and consistently helps to remove most dental plaque, but brushing alone can't remove plaque that is located in places that a toothbrush can't reach...such as between your teeth. Toothbrushes only work on the exposed outer surfaces of your teeth, flossing gets between your teeth and under the gum line.

As a part of your daily routine, you should floss at least once a day, especially after eating foods that easily stick between the teeth, such as sticky or gummy candies, corn on the cob, popcorn, or potato chips. (Floss first to loosen and dislodge plaque and food, then brush to sweep particles away.) In addition to removing plaque, flossing also helps to remove food debris that adheres to teeth and gums in between teeth, polishes tooth surfaces and helps control bad breath.

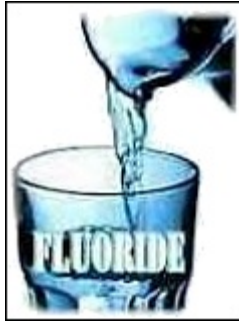
Flossing helps keep your teeth their whitest by removing food that could stain them. Flossing well also means your trips to the hygienist will be shorter and more pleasant, because you'll be doing most of the work of removing plaque and tartar in advance. Trips to the dentist will also be more economical, because you'll need fewer dental procedures such as fillings.

If you practice basic dental care, which means brushing and flossing regularly, eating a mouth-healthy diet, and visiting your dentist for check-ups and your dental hygienist for cleanings, you can prevent tooth decay and gum disease and your teeth will last a lifetime.

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## Fluoride Facts

Cavities used to be a fact of life. But over the past few decades, tooth decay has been reduced dramatically. The key reason: fluoride. Research has shown that fluoride reduces cavities in both children and adults. It also helps repair the early stages of tooth decay even before the decay becomes visible. Unfortunately, many people continue to be misinformed about fluoride and fluoridation. Fluoride is like any other nutrient; it is safe and effective when used appropriately. This article will help you learn more about the important oral health benefits of fluoride.



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### **Fluoride: Nature's Cavity Fighter**

Fluoride is a mineral that occurs naturally in all water sources, even the oceans. The fluoride ion comes from the element fluorine. Fluorine, the 17th most abundant element in the earth's crust, is never encountered in its free state in nature. It exists only in combination with other elements as a fluoride compound.

Fluoride is effective in preventing and reversing the early signs of dental caries (tooth decay). Researchers have shown that there are several ways through which fluoride achieves its decay-preventive effects. It makes the tooth structure stronger, so teeth are more resistant to acid attacks. Acid is formed when the bacteria in plaque break down sugars and carbohydrates from the diet. Repeated acid attacks break down the tooth, which causes cavities. Fluoride also acts to repair, or remineralize, areas in which acid attacks have already begun. The remineralization effect of fluoride is important because it reverses the early decay process as well as creating a tooth surface that is more resistant to decay.

Fluoride is obtained in two forms: topical and systemic. Topical fluorides strengthen teeth already present in the mouth making them more decay-resistant. Topical fluorides include toothpastes, mouthrinses and professionally applied fluoride therapies.

Systemic fluorides are those that are ingested into the body and become incorporated into forming tooth structures. Systemic fluorides can also give topical protection because fluoride is present in saliva, which continually bathes the teeth. Systemic fluorides include water fluoridation or dietary fluoride supplements in the form of tablets, drops or lozenges.

As a result of the widespread availability of these various sources of fluoride, the decay rates in both the U.S. and other countries have greatly diminished.

*The proper mix is key*

It is important to note that the effective prevention of dental decay requires that the proper mix of both forms of fluoride (topical and systemic) be made available to individuals. Your dentist can help you assess whether you are receiving adequate levels of fluoride for all family members from the two forms (topical and systemic).

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## **Topical Fluorides**

### *Self-Applied*

One method of self-applied topical fluoride that is responsible for a significant drop in the level of cavities since 1960 is use of a fluoride-containing toothpaste. The American Dental Association recommends that children (over two years of age) and adults use a fluoride toothpaste displaying the ADA Seal of Acceptance or consult with a child's dentist if considering the use of toothpaste before age 2. Other sources of self-applied fluoride are mouthrinses designed to be rinsed and spit out, either prescribed by your dentist or an over-the-counter variety. The ADA recommends the use of fluoride mouthrinses, but not for children under six years of age because they may swallow the rinse.

### *Professionally-Applied*

Professionally-applied fluorides are in the form of a gel, foam or rinse, and are applied by a dentist or dental hygienist during dental visits. These fluorides are more concentrated than the self-applied fluorides, and therefore

are not needed as frequently. The ADA recommends that dental professionals use any of the professional strength, tray-applied gels or foam products carrying the ADA Seal of Acceptance. There are no ADA-accepted fluoride professional rinses for use in dental offices.

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## **Systemic Fluorides**

Systemic fluorides such as community water fluoridation and dietary fluoride supplements are effective in reducing tooth decay. These fluorides provide topical as well as systemic protection because fluoride is present in the saliva.

### *Community Water Fluoridation*

Fluoride is present naturally in all water sources. Community water fluoridation, which has been around for over 50 years, is simply the process of adjusting the fluoride content of fluoride-deficient water to the recommended level for optimal dental health. That recommended level is 0.7 - 1.2 parts fluoride per million parts water. Water fluoridation has been proven to reduce decay in both children and adults. While water fluoridation is an extremely effective and inexpensive means of obtaining the fluoride necessary for optimal tooth decay prevention, not everyone lives in a community with a centralized, public or private water source that can be fluoridated. For those individuals, fluoride is available in other forms.

### *Dietary Fluoride Supplements*

Dietary fluoride supplements (tablets, drops or lozenges) are available only by prescription and are intended for use by children ages six months to 16 years living in nonfluoridated areas. Your dentist or physician can prescribe the correct dosage. It is based on the natural fluoride concentration of the child's drinking water and the age of the child. For optimum benefits, use of dietary fluoride supplements should begin when a child is six months old and be continued daily until the child is 16 years old. The need for taking dietary fluoride supplements over an extended period of time makes dietary fluoride

supplements less cost-effective than water fluoridation; therefore, dietary fluoride supplements are considerably less practical as a wide-spread alternative to water fluoridation as a public health measure. Fluoride supplements are recommended only for children living in non-fluoridated areas.

It is important to note that fluoridated water may be consumed from sources other than the home water supply, such as the workplace, school and/or day care, bottled water, filtered water and from processed beverages and foods prepared with fluoridated water. For this reason, dietary fluoride supplements should be prescribed by carefully following the recommended dosage schedule. Dietary fluoride supplements are not recommended for children residing in a fluoridated community.

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## **Conclusion**

No matter how you get the fluoride you need -- whether it be through your drinking water, supplements, toothpaste, mouthrinse or professionally applied fluoride -- you can be confident that fluoride is silently at work fighting decay. Safe, convenient, effective...however you describe it, fluoride fits naturally into any dental care program. For more information about the oral health benefits of fluoride, just ask your dentist.

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Derived from the [American Dental Association website](#).

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## **Operation Backpack!**

**By Kimberlee Williams**

This summer, our office will be participating in the Operation Backpack program and we are looking for donations of new school backpacks, supplies, and gently used or new coats. Bring your donations to our office at you next appointment. We will have a drop off box at our office in McMinnville and in Newberg. Please help if you can, there will be many kids and parents who will appreciate it! The goal this year is to provide supplies and backpacks for 750 children. I have attached the Operation Backpack flyer with the supply list and date. If you have any questions, please email or call me at the office.

Kimberlee Williams

[info@drfrydmd.com](mailto:info@drfrydmd.com) 503-472-7121/503-538-1380

\*Or contact the donation coordinator: Tim Elliott at [goodguytim@aol.com](mailto:goodguytim@aol.com) 503-580-6225

**Smile!!**

...it brings out the sunshine!

