

You're receiving this newsletter because you are one of our valued patients. If you are not interested in receiving news on oral health care and updates on what today's dentistry has to offer, please email us at dds@chinospectrumdental.com to unsubscribe. Having trouble viewing this email? View it in your browser.



Dr. Daniel Nguyen's

Smile Update

October 2011

Welcome to our newsletter!

Our dental newsletter is designed to inform and educate our valued patients on your dental health.

With each issue, we'll bring you tips to prevent tooth decay, gum disease, and keep you up to date on the latest advances and techniques in today's dentistry by showing you cases of our actual patients from this office.

We hope you enjoy the personal touch of our newsletter and we welcome your comments, questions, or suggestions.

HAVE A HAPPY & SAFE HALLOWEEN



How Prone Are You To Developing Dental Cavities? (Part II)

In the last issue, we discussed in detail how cavities are formed and the multiple factors which may influence an individual's susceptibility to cavity development. In this segment, we will focus on how to prevent cavity formation and how to



Daniel Ngyen, DDS.

Refer Friends and Family

As always, we thank all of you who have entrusted us with your dental care and those of you who have referred your family and friends. I encourage you to share this *Smile Update* with others and we always welcome your referrals.

In fact, we will gladly send you a gift card for any of your referral as a way to say thank you for your support and trust.

Office Staff



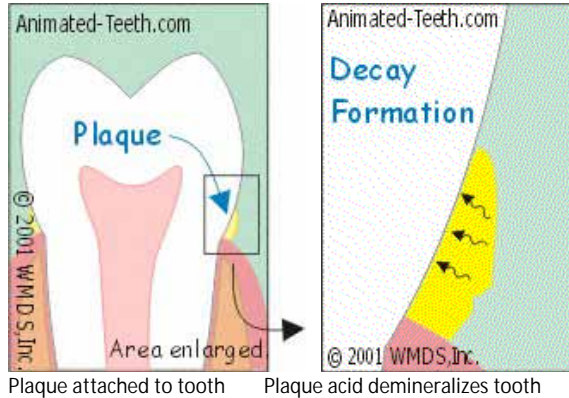
LorettaOffice Manager



Katie....Reg. Dental Assistant

reverse it. For a copy of Part 1, please refer to www.chinospectrumdental.com.

As discussed previously, consumption of starches (especially simple sugars) causes certain mouth bacteria to secrete acid, lowering oral pH. This may cause the tooth to lose calcium and phosphate, a process called *demineralization*.



A demineralized tooth may eventually form a cavity.



Occlusal decay



Interproximal decay

In contrary, re-mineralization involves neutralizing oral pH and restoring calcium and phosphate back into the tooth. This process can be enhanced with the application of fluoride.



Fluoride can remineralize teeth



Brushing removes plaque



Tita.....Reg. Dental Assistant



JessicaDental Hygienist

Office Hours

Mon	7:30am - 4:30pm
Tue	9:00am - 6:00pm
Wed	8:00am - 5:00pm
Thu	8:00am - 5:00pm
Fri	8:00am - 3:00pm

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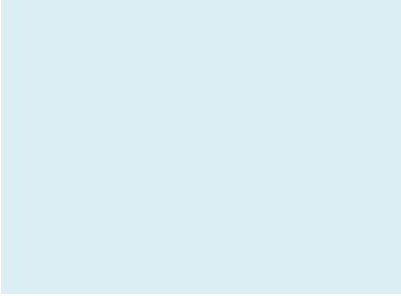
Flossing removes plaque in-between teeth and under the gum

Factors which may increase a person’s cavity risk included but is not limited to dry mouth, soft teeth, bad oral hygiene, high bacteria counts, high sugar intake, and/ or acidic saliva. When a person’s unique cavity risk is determined, there are many different home treatments a person can consider besides better brushing and flossing techniques. If the problem is bacteria, chlorhexidine and xylitol should be considered as they have been shown to significantly reduce bacteria levels. Chlorhexidine is a mouth rinse that can be prescribed by a dentist. Xylitol is a naturally occurring sugar that cannot be fermented by oral bacteria. Xylitol can be found in granular form to replace table sugar and can be found in candy, mouth sprays, toothpastes and mouth gels.

Fluoride can also be considered and it has been long known to inhibit plaque bacteria and enhance re-mineralization. It comes in over the counter and prescription toothpastes, prescription tablets, and mouth rinses. The strength a person requires will depend on their cavity risk.

Other solutions include using calcium and phosphate paste, and baking soda products. Calcium and phosphate pastes have been shown to effectively re-mineralize teeth. And for individuals with acidic levels in their saliva, baking soda products such as toothpaste and gum can be considered.

If is very important to know that to optimize the efficacy of the above products and to avoid negative outcomes, the amounts, duration, combinations, and frequencies in using one or more of these products must be discussed with each individual’s dentist. For example, a person



who uses chlorhexidine and fluoride should take them at least 30 minutes apart or else they will be less effective. Taking too much fluoride may lead to fluorosis. Excessive use of xylitol may cause diarrhea. It is both exciting and a relief that we now have so much knowledge about how cavities are formed.

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