

# The Dental Newsletter

**MITCHELL A. JOSEPHS, D.D.S., P.A.**

*Cosmetic and Reconstructive Dentistry*

Mitchell A. Josephs,  
D.D.S., P.A.

[www.palmbeachdentist.com](http://www.palmbeachdentist.com)

Summer 2003

## DENTAL TEAM

**Patient Care  
Coordinator:**  
Lana Mayer

**Certified Dental  
Assistant:**  
Robin Byrd

**Dental Hygienist:**  
Vickie Cramer

## Let us give you a custom-made smile!

We all know that the way you look says a lot about you. You search for clothing styles to find the ones that flatter you best. And you choose hairstyles you feel are just right for you. You coordinate everything to get the look you want.

But did you know your smile also says a lot about you? It is, after all, the first thing most people see when they meet you.

So if you want to add a little something to your smile, we can help you through cosmetic dentistry. No matter how nice your smile is now, we can help you make it better.

We'll start with an extensive consultation on your personal dental situation. Then, we'll talk about how cosmetic dentistry can help you get the smile you want.

When you've decided on the changes that are best for you, we'll outline new and improved methods and procedures to fashion a bright smile tailored perfectly for you.

We might decide to use bleaching agents to lighten and brighten teeth that have become dulled or discolored.

Another way we can improve your smile is by bonding attractive porcelain veneers or composite (tooth-colored plastic) fillings to your teeth. Or we can use porcelain crowns, bridges, inlays, and onlays to correct those imperfections you'd like to have fixed.

With the latest procedures, we can apply cosmetic dentistry materials on your teeth in new ways. We can also match the color of your natural teeth better than ever before.

If our approach includes changing the shape of some of your teeth, we can do that with contouring.

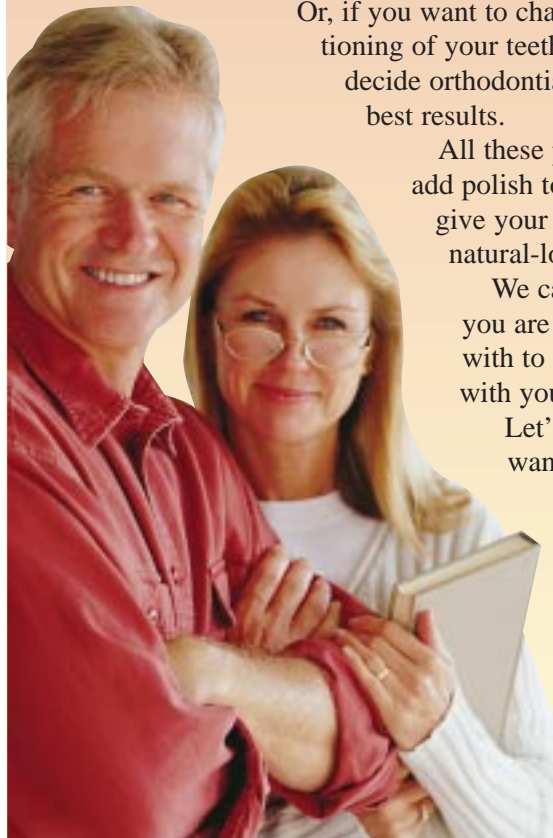
Or, if you want to change the positioning of your teeth, we may even decide orthodontia can give the best results.

All these procedures can add polish to your smile and give your teeth a new, natural-looking beauty.

We can do as much as you are comfortable with to make you happy with your smile.

Let's face it, we all want our smiles to

look great. And when you look good, you'll have a lot more to smile about.



*Thank you for all your referrals. We appreciate them!*



# THE 3,000-MILE DENTAL CHECKUP

Statistics tell us that men are more likely to schedule timely oil-change appointments for their cars than dental-exam appointments for themselves. No wonder men lose five teeth or more before the age of 75. (Men who smoke may lose twice that many.)

What can be done to help convince men that their teeth are just as important as the oil that lubricates their car engines? One way is to remind them of the connection between a longer life and having healthy teeth and gums. But, just in case that doesn't convince them, try these arguments:

## THE COSMETIC CONNECTION

Remind them that cleaner teeth and fresher breath are the immediate benefits of good oral hygiene. If you know a man who isn't happy with the look of his teeth, point out the myriad of options available to straighten, whiten, and simply enhance his smile.

## JOG THE JOCK

If he likes to work out and stay in shape, remind him that his teeth need care along with the rest of his body. You might even recommend that he have a custom mouthguard fitted to protect his pearly whites while he participates in that Wednesday night basketball game or other contact sport.

## EMPHASIZE HEALTH

Overall health, as mentioned before, has been linked to good oral health. Checking for early signs of oral cancer is one of the things we hope to do when patients see us regularly. About twice as many men as women develop oral cancer, so it's imperative that men have regular checkups to watch for this insidious disease. Men should also be aware that there is a relationship between periodontal disease and coronary artery disease.



## What are you taking?

When you visit our office, it's important for us to know if you're taking any medications, what those medications are, and for which conditions you are taking them. We need to know this in order to avoid interactions with sedatives and/or to be aware of how these medications may affect your dental health. For these same reasons, we also need to know if patients are taking supplements or herbs.

Herbs, such as Ginko biloba, can affect your health, especially if they are taken along with other medications, such as blood thinners. Many patients think that because herbs are natural substances and aren't regulated as drugs, they don't affect them the way medications might, but that isn't necessarily true.

Herbs and supplements, *because* they are not tested or regulated, may have effects on the body that aren't expected, especially when taken in large doses. Vitamins fall into this category as well.

Play it safe by informing both your personal physician and our office of all the supplements, herbs, and medications you are taking. We want to know how they may affect your oral health or any procedures we might want to perform.

## THINGS THAT DON'T CHANGE

There are some things about the mouth that change as we age. Gums do tend to recede, for instance. However, there are also myths surrounding oral health and aging. Let's debunk a few of them.

**Losing your senses?** At one time, it was believed that as we aged, we actually lost taste buds. More recently, studies have shown that although taste buds don't diminish, the sense of smell does. Because olfactory senses are strongly linked to taste, the sense of taste may change

somewhat as we age, but not because of a lack of taste buds.

**Feeling on the dry side?** Loss of salivary flow and the resulting dry mouth have also been considered a standard part of aging. Studies have shown that although salivary glands do change with age, healthy individuals of any age should not suffer from dry mouth. The problem with seniors is often linked and/or associated with certain medications or illnesses that can cause dry mouth.

# Healthy teeth...



## healthy gums

and abscess will develop, making treatment a necessity.

The teeth aren't alone in being affected by plaque. When bacteria build up between the teeth and gums, they can cause inflammation and bleeding known as gingivitis. Untreated, gingivitis can progress into periodontal disease, which causes pockets to form between gums and teeth. When the gums no longer adhere to the teeth, the supporting bone is left open to destruction by the disease. Without treatment, the teeth will eventually loosen and fall out.

Preventing both tooth decay and periodontal disease requires scrupulous home care that includes daily:

- **flossing**—do this first to remove debris between teeth.
- **brushing**—to remove food debris and plaque on both front and back teeth.
- **irrigating**—which means rinsing when you're finished, either with plain water or with a fluoride rinse.
- **regular dental checkups**—on the schedule we recommend for you.

Regular checkups will allow us to keep your teeth free of tartar and to watch for decay or signs of periodontal disease that can be treated early to help you avoid extensive restorations or tooth loss. It's not difficult to have healthy teeth and gums. It just takes a little daily attention from you and then some regularly scheduled attention from us.



## HAPPY SUMMER!

Because of our commitment to you, we'd like to offer some suggestions that might make summer easier on your dental health.

### **Avoid all-day sippers.**

Soft drinks and sweetened iced teas feel good going down, but if you're drinking more than usual, you could be damaging your teeth. To quench your thirst, stick to cold water, or rinse with water after you drink a sugary drink.

**Watch the sugar.** Children tend to consume more sweets when school is out. Snack bars and stores brim with chewing gum and candies to tempt young taste buds. You can't deny sweets all the time, so opt for candy that dissolves quickly (chocolate) and doesn't stick to teeth. Rinse and brush after eating.

### **Guard your mouth.**

Summer sports require mouthguards, too. Roller blading, skateboarding, baseball, and basketball can all mean danger for teeth. Talk to us about a custom mouthguard.

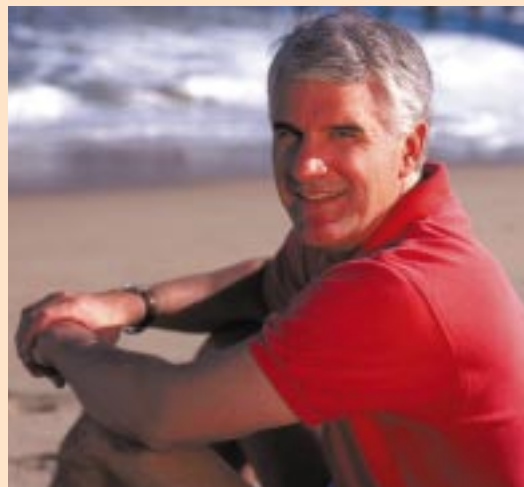
### **Don't forget about us.**

Summer is a wonderful time. It's easy to miss a scheduled appointment or put off a procedure you need. Don't neglect your teeth just because the weather is nice.

**We're here for you.** We don't close up shop in the summer. We expect dental emergencies, so, if one occurs, don't hesitate to contact us.

## AS WE AGE

**Keeping your teeth?** If you are over the age of 65 and still have your teeth, you are among the nearly 70 percent of seniors who have retained their natural teeth. Only two decades ago, about 50 percent of seniors lost their teeth by this age, and it was assumed that tooth loss was a natural part of aging. Preventive dentistry and changes in how teeth are restored have changed all that and allowed many more seniors to keep their teeth—and keep them healthy—for their lifetimes.



**Mitchell A. Josephs, D.D.S., P.A.**

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*Here's your  
dental newsletter!*

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## ***Finding cavities wherever they hide***

One of our top priorities—along with preventing decay—is finding decay in your teeth before it becomes extensive. The sooner we can find the decay, the easier it will be to repair and the less tooth structure you will lose. When this is the case, we can help you to retain your teeth for life.

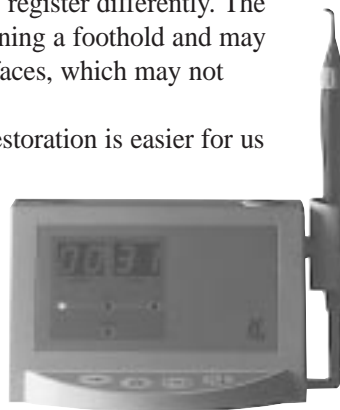
That's why we're so excited to tell you about the amazing new dental technology we've acquired. We now have the power to discover decay before it's apparent to the naked eye...sometimes even before it would show up on x-rays. The newest weapon in our decay-detection arsenal is the DIAGNOdent. The DIAGNOdent is a small piece of equipment that contains a laser we can use to detect even very small amounts of decay on the surfaces of teeth. Cavities tend to hide in the tiny crevices and lines found in teeth, especially on the chewing surfaces.

With this remarkable instrument, we can find even tiny spots where decay has begun to encroach on the enamel, threatening the tooth. Examining your teeth with the DIAGNOdent means that your dental exams will be speedier and more effective. It also means that restorations should be smaller and finished more quickly as well.

The technology behind the DIAGNOdent is based on reflection. First, we train the laser on a section of tooth that we know is healthy. The laser records this and then rates other teeth to see whether they register differently. The different readings tell us where decay may be gaining a foothold and may even help us find potential decay on occlusal surfaces, which may not show up on x-rays until it is larger.

When decay is caught early, completing the restoration is easier for us and simpler for you. Small fillings do not require you to lose large amounts of tooth. The procedures we employ to do small restorations are easier for patients to undergo as well.

Our goal is to prevent decay and preserve your teeth. The DIAGNOdent will help us go a long way toward reaching that goal.



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44 Coconut Row  
Palm Beach, FL 33480

### **Office Hours**

Monday 9:00 a.m.-5:00 p.m.  
Tuesday 9:00 a.m.-5:00 p.m.  
Wednesday 9:00 a.m.-5:00 p.m.  
Thursday 9:00 a.m.-5:00 p.m.  
Friday, Saturday, and Sunday  
*by appointment only*

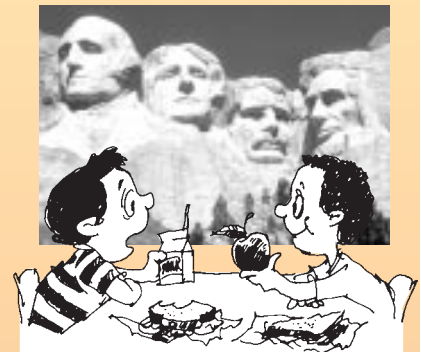
### **Appointment and Emergency**

**Phone: 561-832-4675**

**Fax: 561-832-7018**

**Web site:**

**www.palmbeachdentist.com**



***“Did you know that each  
president's mouth at Mt. Rushmore  
is 18 feet across?***

***That means the toothbrushes  
they'd need to clean their teeth  
would be 50 feet long!”***