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Gino I Says...

WINTER 2005

Want Some Life Saving Advice?

Ask Your Dental Hygienist About What to Expect from a Dental Hygiene Appointment

Dental hygienists are licensed oral health care professionals who have completed extensive educational and clinical preparation in preventive health care.

Hygienist can provide a wide range of services as determined by laws in each state. These services may include but are not limited to:

- A. Head and Neck examination to look for oral cancer and other problems
- B. To prevent and treat disease, they remove plaque (a stubborn film that contains bacteria) and calculus, above and below the gum line
- C. Targeted and specific dental hygiene treatment for children, adolescents, adults, older adults and patients who are medically compromised

- E. While assessing a patient's overall health, they look for problems such as caries (cavities) and periodontal (gum) disease.
- F. They expose and develop oral x-rays
- G. They administer local anesthesia and/or nitrous oxide
- H. Education—is a big part of your appointment with dental hygienist. Any question how to brush, floss or what dental product might be the best for you, can be answered by your hygienist

Do you take better care of your car then your teeth?

Yes No

Do you get the oil changed in your car every 3000 miles?

Yes No

Do you get your teeth cleaned every six months?

Yes No

If you answered yes to all of these, you are on track. Good for you!

If you did not answer yes to all questions, you should come see us. We might not change your oil, but we will clean your teeth .

P.S. We can still recommend a good place to change your oil.

Www. DRGUY.COM - CHECK IT OUT!

We are very excited to let you know that our web site has been updated and it is ready for you! We have made many changes to make it more interesting and

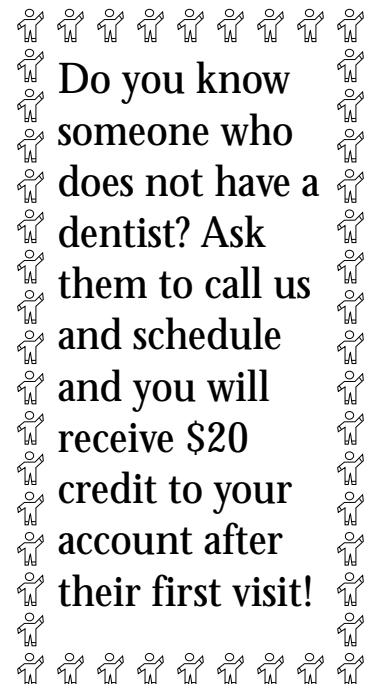
educational for you. The new web site gives you updates information of services we provide for you as well as short animated movies of many procedures.

Check it out and let us know how you like it and what other information you would like to find there!

IT IS
COLD
SORE
SEASON!

Call us when you feel first tingling!

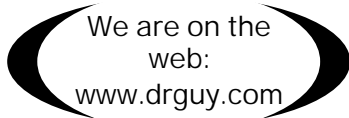
The treatment with laser takes about 1 min. Most insurances will pay.


 Do you know someone who does not have a dentist? Ask them to call us and schedule and you will receive \$20 credit to your account after their first visit!

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*Creating Perfection
One Smile at a Time*



We are now participating with Blue Cross PPO. Just another way how to serve you better!

As the new year approaches, we would like to wish each and every one of you all the health, wealth and the happiness you ask for.

We would like to thank you for the opportunity to serve you with all your dental needs. We love doing it!

We appreciate your every visit, especially when you can think of many other places you would rather be.

We love to see your smiles getting healthier and with that, your overall health and quality of your life improved.

We love to see our teen patients to change when their teeth get straighter and they become more self-confident!

Thank you again for letting us to make a difference!

Bruxism or Teeth Grinding

Commonly known as tooth grinding is clenching the upper and lower jaw together. It affects 10-50 % of the population. Bruxism is a subconscious behavior so many people do not realize they are doing it. Although it can occur during the waking hours, bruxism most frequently occurs while we sleep. During sleep, the biting force can be up to six times greater, strong enough to crack your tooth.

Bruxism can lead to pain and cause damage to gums and other oral structures. This includes but it is not limited to morning headaches, earaches, grinding down teeth until they are significantly shorter, sensitive teeth, broken teeth or fillings, damage to your temporomandibular joint (or TMJ).

If you or your partner suspect bruxism, give us a call. A simple device may prevent significant damage to your teeth which in the long run can save you money. Additionally we may help you with properly position your teeth and tongue so as to reduce your bruxism.

Reducing alcohol intake is also advisable since alcohol has been shown to worsen bruxism.

It is now well known that stress and anxiety play the major role in causing bruxism. If you suffer from bruxism try to more effectively manage the stress in your life. By carefully monitoring and controlling the stress you can often dramatically reduce bruxism.

