



GINO II says...

Guy M. Hanson, DDS, PA

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How Likely Are You to Doze Off or Fall Asleep in the Following Situations.

Although many people experience occasional trouble sleeping due to issues like stress or worry, excessive sleepiness can have serious health consequences and may require medical attention.

If you score a 10 or more on this test, you should consider whether you are obtaining adequate sleep, need to improve your sleep hygiene and/or need to see a sleep specialist.

Circle one in each row:	No Chance	Slight Chance	Moderate Chance	High Chance
Sitting and reading.....	0.....	1.....	2.....	3.....
Watching TV.....	0.....	1.....	2.....	3.....
Sitting inactive in public.....	0.....	1.....	2.....	3.....
As a passenger in a car for 1 hour without a break.....	0.....	1.....	2.....	3.....
Lying down to rest in the afternoon.....	0.....	1.....	2.....	3.....
Sitting and talking.....	0.....	1.....	2.....	3.....
Sitting quietly after lunch without alcohol.....	0.....	1.....	2.....	3.....
In a car while stopped for a few minutes in traffic.....	0.....	1.....	2.....	3.....

California Dreamin'

How many of your fellow American's are getting a full 8 hours? Here, a regional breakdown.

40% of people in the West

32% of people in the South

25% of people in the Northeast

24% of people in the Midwest

—National Sleep Foundation

DO YOU WANT WHITER TEETH BUT THINK YOU CAN'T AFFORD IT? CALL US TODAY, WE HAVE WHITENING OPTIONS FOR EVERY BUDGET!

Oral Piercing

Tongue piercing remains a teen trend, however it is not always a healthy choice for your mouth. People chip teeth on tongue piercing while eating, sleeping and chewing on the jewelry. Tongue piercing commonly

causes fractured teeth. The fracture can be confined to tooth enamel and require a filling or it may go deeper; in which case, can cause a need for a root canal or extraction.

Infections are also common with oral piercing, and they

cause more than pain. A tongue can swell after being punctured, however in some cases the tongue becomes infected and swells so much that it may cut off breathing. Unclean piercing equipment can cause other infections such as blood borne hepatitis.

The Grin Reality

Who smiles the most times each day?

MEN.....8

WOMEN...62

BABIES...200

Guy M. Hanson, DDS, PA

9203 West Overland Road
Boise, Idaho, 83709

Phone: 208-375-1012
Fax: 208-375-1098
Email: guy@drguy.com

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Do you want straight teeth?
Call us today for a FREE
evaluation for braces!

Lights Out!

Here are what people are
doing before conking out.

69% Watch TV

52% Spend time with family
or friends

30% Take a shower or bath

27% Read

13% Listen to Music

12% Surf the Web

8% Do work

4% Exercise

3% Drink a cocktail

Do you have any missing teeth
that you would like replaced? Call
us today for an evaluation for im-
plants!

Gatorade Erodes Teeth Faster Than Coke

That doesn't mean that Gatorade and other sports drinks are necessarily harder on your teeth than Coke and other soft drinks. But it may be a surprise that they aren't any better either.

I don't think everybody realizes how erosive these things are, especially Gatorade and Red Bull. People need to be aware that all sorts of beverages can be causing dental erosion.

More and more dentists now think that sugary drinks are the major culprit in tooth decay.

There is pretty good evidence now that

this is not just sports drinks, but soft drinks and juices in general. They have become the main source of sugars in the diet. It comes down to the more sugar in the drink, the more risk of cavities to the person drinking it.



The University of Iowa did an experiment with extracted teeth to see the effects of different beverages on the teeth. They placed the teeth in tubes filled with regular Coke, Diet Coke, Gatorade, Red Bull or

100% apple juice.

Every 5 hours they refreshed the beverages. After 25 hours they examined the teeth with a microscope. All of the

beverages eroded the teeth. But different beverages had significantly different effects.

On the enamel, Gatorade was significantly more corrosive than Red Bull and Coke. Red Bull and Coke, in turn, were significantly more corrosive than Diet Coke and apple juice.

On the roots of the teeth, Gatorade was more corrosive than Red Bull. Coke, apple juice and Diet Coke followed in that order.

The difference in the effect isn't simply due to their sugar content. Gatorade is 6% carbohydrates, mostly sugars. Coke is about 10% sugar. Both are acidic beverages.