

Dental Health News™

Compliments of Dr. Barry Bluth

News From the Office of:



Dr. Barry Bluth

Happy New Year to you and your family! Our first newsletter of 2006 aims to give you good dental advice to carry you through this new year – from being aware of bad dental habits, to how to avoid gum disease and how to make the best choices for your dental health to make your smile shine brighter than ever before.

Have a look at our dental resolutions on page 4 and promise yourself that you'll make your dental health a priority this year. We look forward to seeing you again soon!

All the best,

Harry Bluth

Harry Bluth

Don't Let Fear Steal Your Smile

Millions of North Americans are so fearful of going to the dentist that they simply don't go ... sometimes for many years. While fear of pain is certainly at the top of the list, fear of embarrassment is probably the most common concern among people who have been avoiding the dentist for some time. It gets to the point that some patients steer clear of the dentist because they think the doctor is going to chastise them for neglecting their mouth for so long. If someone you know has been avoiding the dentist because of a fear of the dental staff's reaction to the condition of their teeth and gums, please tell them to relax. We have seen everything from rotten gums to black and broken teeth or no teeth at all. Our job isn't to judge anyone's dental history, it's to bring mouths back to health and restore smiles. And believe it or not, any smile can be fixed, no matter how bad the patient thinks it is!

Here are some points to remember when trying to calm dental anxieties:

- Set aside a stress-free time for the dental appointment – don't try to squeeze it in-between other meetings you're rushing to get to.
- Remember that we work with patients who require multiple procedures every day. We are confident that we can fix whatever dental problem you may have.
- Be aware that dentistry has come a long way in the last few years. We'll find a treatment option to make even the most dreaded procedure comfortable for you.
- Discuss your fears and anxieties with us before we start working on your mouth. By articulating your concerns, we can discuss solutions that can work for your particular situation.

Please pass these points on to anyone you know who might be avoiding a dental visit due to fear. Our dental team is here to help patients have a positive dental experience, and we look forward to working with your friends and family to overcome their dental anxieties, and to making their experience as comfortable and successful as possible.



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Healthy New Year's (Dental) Resolutions!



The holiday season tends to be a time of excess – too much food and drink, too many sweets and too many treats that are bad for everything between your mouth and your waistline. It's now time to shake off the holiday habits and start the new year with some healthy resolutions, courtesy of your dental office!

My Top Five Dental Resolutions for 2006:

1. I will pay more attention to what I put in my mouth – from food, drinks and tobacco to pens that I chew.
2. I will brush my teeth at least twice a day for at least 3 minutes each time, no matter how tired or how rushed I am.
3. I will floss between my teeth every day to remove the stuff that my toothbrush can't reach.
4. I will maintain my continuing care appointments with my dentist, scheduling visits at least every 6 months.
5. I will check my dental insurance right now to see what it covers for this year. After all, if it pays for me to maintain my good dental health, why shouldn't I take full advantage of it?

There's no better time than the present to start working toward a new year of healthy, bright smiles!



The last word on: Soft Drinks

Have you ever stopped to consider how much sugar is in the average soft drink? A 12-ounce can contains approximately 10 teaspoons of sugar, while 20 ounces serves up approximately 17 teaspoons of sugar – and 250 empty calories!

While we of course recommend that you avoid soft drinks altogether, here are some tips to keep in mind if you do enjoy the occasional one:

1. Following your drink, brush your teeth or at least rinse your mouth out with water to wash away excess sugar and reduce the bacteria that create acids.
2. Drink from a straw to reduce sugar exposure and possible staining of the teeth.
3. Avoid sipping from a bottle all day long, as this provides a constant supply of sugar and acids.
4. Chew sugarless gum. Chewing gum encourages the production of saliva in the mouth, which helps wash away some of the aftermath of your beverage.

Besides the effects on your general health, remember that a poor diet that includes soft drinks, especially during the adolescent years, can lead to premature loss of tooth enamel and have devastating effects on the structure of your teeth in later years.

Bluth Family Dental



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Our Services Include:

- Sedation Dentistry
- Emergency Dental Care
- Bad Breath Advice & Treatment
- Tooth Whitening
- Cosmetic Dentistry
- Dental Implants
- Bonding, Veneers, Crowns, Bridges
- Periodontics