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### **Surviving the holidays without cavities**

The kids are back in school, which means birthday parties and holiday celebrations full of sugary treats and candy. Try to avoid the sticky, chewy, hard and crunchy treats. Soft and sticky candies stick to the teeth, giving the decay-causing bacteria time to decay your teeth. Hard candies dissolve slowly in your mouth, coating your teeth with sugar for a long period of time. They can also chip your teeth and cause choking in younger children. Instead of sweets, donate fruit, cheese and crackers, veggies and dip, or bottled water (with fluoride) for your child's class party. Drinking water after eating sugary sweets will help rinse sugar away.

The Michigan Dental Association offers the following healthy tips:

- Serve a balanced meal before the party and festivities begin, so children won't be tempted to fill up on candy before they get home.
- Offer the Halloween or holiday candy as a substitute for dessert after lunch and dinner, or a few pieces along with a healthy snack.
- Mix in healthy snacks along with candy, like vegetables, yogurt or milk, which is good for dunking cookies and washing down sweets.
- Model healthy habits to your children by practicing restraint when dipping into the candy jar yourself.
- Remember that dessert can be part of a healthy diet. Moderation is the key.
- Make sure your children brush and floss their teeth after enjoying holiday treats.

### **5 foods for a healthy smile**

1. Celery—Chomping on naturally abrasive food massages gums and cleans between teeth. Also, the extra chewing produces saliva, which neutralizes bacteria.
2. Cheese—Helps balance the pH level in your mouth (an acidic pH leads to bacteria growth), and preserves and rebuilds tooth enamel and produces saliva.
3. Green tea—Contains catechins that kills the plaque forming bacteria in your mouth as well as the bacteria that causes bad breath.
4. Kiwi—Contains more vitamin C than any other fruit (for its size). Vitamin C deficiency causes collagen in your gums to break down, making them tender and more susceptible to the bacteria causing periodontal disease.
5. Parsley—Chewing parsley or mint leaves will help maintain sweet-smelling breath.



## Your dental health

### Office staff

#### Dentists

Jeffrey Baker DDS

Paul Brecht DDS

#### Hygienists

Jeanne

Sue

Susan

#### Dental Assistants

Karen

Patty

#### Administrative Assistants

Anna

Clare

### Dealing with diabetes

In support of Diabetes Awareness Month, November 2009, we've compiled information on diabetes and your oral health.

If you have diabetes, you need to care for your teeth and gums just as carefully as you care for the rest of your body. Diabetes patients are twice as likely to develop gum disease and the infection will most likely be more severe than patients without diabetes.

Oral health problems associated with diabetes:

- Tooth decay
- Periodontal (gum) disease
- Decreased salivary gland function
- Fungal infections
- Inflammatory skin disease
- Infection and delayed healing
- Taste impairment

*Sources: American Dental Association and Michigan Dental Association*

Helpful tips for keeping your gums and mouth healthy:

- See Dr. Baker and Dr. Brecht regularly
- Schedule appointments during the morning hours, when your blood glucose levels are most likely to be under control
- Eat and take your medications as usual before your appointment
- If your blood sugar is not under control, talk to Dr. Baker and Dr. Brecht before receiving dental care
- Keep Dr. Baker and Dr. Brecht informed about your current health status
- Brush and floss regularly
- To keep teeth and gums strong, watch your blood sugar levels in addition to checking triglycerides and cholesterol levels regularly. These may have a direct correlation on your chances of developing gum disease.

## From the dentist

### We value our customers

We would like to express our sincere gratitude to our patients for choosing us to provide dental care. If you know of anyone who is in need of the same type of quality care, please feel free to refer them to our office. We will be placing the names of all referring patients into a monthly drawing. The winner will receive a Philips Sonicare

toothbrush. Monthly winners will also be recognized in our quarterly newsletter.

Congratulations to our summer winners!

July—Anneliese Esser-Jugo

August—Dan Hodder

September—Gina Becker



# Smiles go high tech

## Survey finds smile is 'most attractive' physical feature

A recent survey showed more than half of Americans (55 percent) find a person's smile to be the "most attractive" physical feature, beating out hair, build/figure, eyes and skin. Here

are some simple tips for keeping an attractive smile:

- Brush twice a day
- Floss regularly
- Eat a balanced diet

Source: American Dental Association

## Zoom2! whitening system

If you've been considering whitening your teeth, consider Dr. Baker's in-office whitening system, Zoom2! The Zoom2! whitening system provides immediate results, is long lasting and there's less fadeback compared to other whitening treatments. The simple procedure can be completed in just over one hour. Call our office (586.992.9222) for more information or to schedule an appointment.

## Same day dentistry

Dr. Baker is pleased to offer same day porcelain crowns, inlays, onlays and veneers with the new E4D cad-cam Restoration System. This eliminates the need for a temporary restoration and a second trip to our office. He has found this new technology can be used on approximately 85 percent of our crown procedures.

Our office is one of only 13 dental practices in the state of Michigan to provide this service. And the best news, there is no increased cost to our patients for this procedure.

**E4D Dentist**

Modern Dentistry. Modern Lifestyles.<sup>TM</sup>



## Q&A

### Are diet pop and sport drinks just as bad for my teeth as regular pop?

Diet pop doesn't have the high sugar content of regular pop, however, it is high in acid. Acid in pop is the primary cause of weakening tooth enamel. Sports drinks may have less sugar, but they have just as much acid as most soft drinks. Drink water instead of pop and sports drinks. It has no sugar, no acid and no calories.





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&  
BRECHT**

586-992-9222

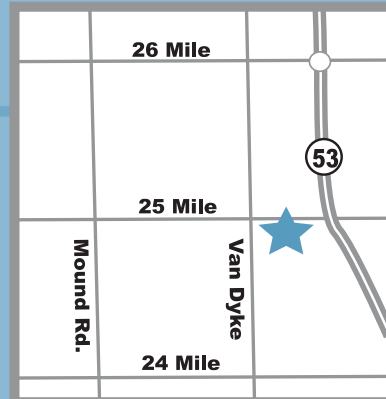
smilesbybaker.com



*Did you know?*

**Time is running out!**

Many people save up their dental benefits until the end of the year and never use them. Don't let this happen to you ... there's still plenty of time to have some of those fillings and crowns replaced. Maximize your 2009 dental benefits before they're gone! Call Dr. Baker and Dr. Brecht's office (586-992-9222) to schedule an appointment today.



8152 25 Mile Road  
Shelby Township, MI 48316

**Hours:**

Monday & Tuesday: 8 a.m.-6 p.m.  
Wednesday: 8 a.m.-2 p.m.  
Thursday: 8 a.m.-5 p.m.

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