



BAKER BRECHT

Excellence
in dentistry



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Are you using the right toothpaste?

Choices, choices, choices! Some toothpastes provide whitening enhancement, some guard against sensitivity and some protect against the effects of acid wear, and the list gets longer.

Toothpastes don't merely clean teeth anymore. Different types have special ingredients. Many adults have, or are at risk of having, some form of gingivitis. It is a benefit to use a toothpaste that contains fluoride plus an antibacterial ingredient. Some toothpastes can also fight germs for 12 hours.

Here are a few tips on picking the right toothpaste:

- Look for the American Dental Association (ADA) seal to see if that toothpaste meets your specific oral health needs.
- Choose a toothpaste that tastes and feels best for you.
- Or ask us at your next hygiene visit and we will help you make the right choice.

See you soon!

From the dentist

Children's dental health

February is National Children's Dental Health Month. Here are a few tips to keep your child's smile healthy:

- Avoid giving your child sweetened liquids
- Brush your child's teeth twice a day and floss once a day
- Make sure your child gets enough fluoride

- Start regular dental visits by age 3
- Ask Dr. Baker and Dr. Brecht for advice on sealants and mouth guards
- Keep Dr. Baker and Dr. Brecht informed of any changes in your child's health
- Set a good example for your child!

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 fall winners!

November—Noyes Family

December—Sace Palusha

January—Annmarie Kedzierski





Your dental health

Office staff

Dentists

Jeffrey Baker DDS

Paul Brecht DDS

Hygienists

Jeanne

Sue

Susan

Dental Assistants

Karen

Patty

Administrative Assistants

Anna

Clare

Heart disease and oral health

Coronary heart disease is the single major cause of death, and stroke is number three in the U.S. What does heart disease have to do with your oral health? Plenty! Recent studies have shown that chronic infectious diseases, such as periodontal disease (gum disease) can be a primary factor in heart disease. Chronic infections produce inflammatory proteins, which can damage blood vessel walls. These proteins release plaque, or fatty buildups, into the blood stream potentially forming a clot and increasing the risk of a heart attack or stroke.

The ABCs of preventing heart disease, stroke and heart attacks from the American Heart Association:

Avoid Tobacco. If you smoke, quit. If someone in your household smokes, encourage them to quit. It can be

tough, but it's tougher to recover from a heart attack or stroke or to live with chronic heart disease.

Become More Active. Research has shown getting at least 30 minutes of physical activity a day on five or more days a week can help lower blood pressure and cholesterol, and keep your weight at a healthy level. But, something is better than nothing. Start slow. Even 10 minutes at a time may offer some benefits.

Choose Good Nutrition. A healthy diet is one of the best weapons you have against cardiovascular disease. The types of food you eat and the amount can affect controllable risk factors such as cholesterol, blood pressure, diabetes and obesity. Your diet should be full of vegetables, fruits, wholegrain and high-fiber foods like fish, lean protein and fat-free or low-fat dairy products.

For more information, visit www.americanheart.org.

Sources: American Dental Association and the American Heart Association

Smiles go high tech

Fluoride treatments—not just for kids anymore

Many of us have unpleasant memories of fluoride treatments as a child. However, today's products offer a much more pleasant experience. Fluoride, a natural occurring substance, helps strengthen tooth enamel making it more resistant to decay. So as a child, it makes sense to protect emerging adult teeth. But did you know that by age 45, a third of adults experience tooth decay?*

Root decay becomes a concern as we mature due to recession of gum tissue. Since our roots do not have the enamel coating on them like the crowns of our teeth do, they are more susceptible to decay and sensitivity. By applying a fluoride varnish to such areas, root decay can decrease by 40 percent. The varnish, containing

five percent sodium fluoride, is applied with a brush and takes only one to two minutes for the total procedure. It sets rapidly on the tooth to prevent the risk of ingestion unlike other fluorides. It is usually a clear color and you can eat right after the treatment. That's right, no waiting time! Everyone benefits from fluoride treatments. However, if you are someone with extremely sensitive teeth, recurrent decay, or xerostomia (dry mouth), fluoride treatments should become a regular part of your hygiene care. The fee is usually minimal and the benefits are great. Why not try a treatment at your next hygiene appointment; you're worth it!

**Burton, JADA, Jan 1994*

Q&A

How can I get rid of my bad breath?

The best way to eliminate bad breath is to brush and floss regularly. Don't forget to brush your tongue! If you still have chronic bad breath, then it's time to see your dentist. Regular checkups will allow your dentist to detect any problems like gum disease, a dry mouth or other disorders that may be the cause of your bad breath.

Zoom2! whitening system

If you've been considering whitening your teeth, consider Dr. Baker and Dr. Brecht'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.





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586-992-9222

smilesbybaker.com



Did you know?

**Doctors Baker and Brecht
are on the Web**

At smilesbybaker.com you'll find patient testimonials, past newsletters, a list of our services, office hours, before and after photos, and more! Bookmark www.smilesbybaker.com 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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Shelby Township, MI 48316

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