

# Dr. Ann M. Campbell's WORD OF MOUTH

Summer 2006

## How Much Is Enough?

### Daily calcium intake

Your teeth and gums need the same good nutrition as the rest of your body. Any balanced diet isn't complete without calcium, the main nutritional mineral needed for building strong teeth and bones. Regardless of your age, calcium provides many benefits.

Medical discoveries link the prevention of osteoporosis (a bone-weakening disease) with a nourishing diet that includes regular calcium intake and daily exercise. But are you getting enough in your everyday meals or should you consider taking supplements?

The most effective amount for adults ranges from 800-1200 mg of calcium a day. Remember that vitamin C is essential for healthy gums, vitamin A in forming tooth enamel, and vitamin D for helping your body absorb calcium. Calcium is especially important for

growing children. We recommend 500 mg a day of calcium for kids up to three years of age; 600 mg for children aged 4-6; and 700 mg for those 7-9 years old.

Many things we eat and drink have calcium in them, with dairy products usually being your best source. Adults can get their recommended daily amount in 3-4 glasses of milk, or an equivalent measure of yogurt or cheese (1½ ounces of cheese equals a glass of milk). Can't tolerate dairy? Many products like orange juice, are now fortified with calcium. Fresh vegetables (such as broccoli and collard greens) and canned seafood (like sardines and salmon) are also high in calcium.

If you're not sure you're getting enough calcium, please ask us. We can suggest ways to achieve the calcium intake that's right for you.



## Are you a woman and suffer from pain in your jaw?

Find out the cause and how  
to prevent it on Page 4.



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**Office Hours**  
By appointment only

**For A Brighter,  
Healthier Smile  
Call Today!**  
**(775) 853-1999**

### Our Services Include:

- ❖ Laser dentistry
- ❖ Nitrous oxide sedation
- ❖ Mercury-free fillings
- ❖ Tooth whitening
- ❖ Bonding & veneers
- ❖ Crowns & bridges
- ❖ Gum treatment
- ❖ Latest in sterilization techniques
- ❖ Gentle dentistry
- ❖ Relaxing & friendly environment
- ❖ Visa, MasterCard, Discover, and Debit welcome

# Give It Up!

## Teeth grinding and clenching

and nail biting can create jaw pain and wear and tear on tooth enamel and gum tissue. Dentistry can help!

For example, did you know that nail biting can cause a lot of damage – particularly to the front teeth? Here's what can happen...

- You can chip or wear down the edges or crack the enamel.
- If you wear braces, you are at a risk for developing root resorption (shortening of tooth roots) due to the pressure biting adds to the forces exerted by orthodontics.
- You can create traumatic ulcerations on your gums.
- You can spread infections and fungus from your fingers to your mouth and vice versa.

Constant teeth grinding and clenching during your sleep, as well as nail biting or pencil chewing, can contribute to Temporomandibular Disorder (TMD). This affects the jaw joints and groups of muscles that let us



chew, swallow, speak, and yawn. The symptoms of TMD include:

- Tender or sore jaw muscles;

- Difficulty opening or closing your mouth;
- Unexplained headaches or neck pain;
- A clicking or grinding noise when you chew or yawn.



A complete examination can help us to find whether there is a dental cause for your TMD. We'll check for signs of worn, loose, or missing teeth, nighttime grinding, and even old fillings or restorations that don't fit properly.

*Bad habits can grind away at your oral health and compromise your appearance. We can restore the power of your smile!*



## Double Jeopardy

### *Twice the risk for premature delivery*

Periodontal (gum) disease appears without symptoms and can lead to bone loss and tooth loss if left untreated. It is often considered the sixth complication of diabetes and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and even Alzheimer's. Doctors now believe that gum disease may be a more reliable predictor of premature birth than smoking.

According to research, women with periodontal disease deliver prematurely at nearly double the rate of the general population. Some research suggests seven times the risk! Even symptom-free pregnant women should maintain regular office visits to monitor their oral health.

Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

Consult a dentist for more information about preventing gum disease.

# Do You Look Ten Years Younger? ←

# → Or Ten Years Older?

Just as visibly red and puffy gums, exposed roots, and bone loss that go along with gum disease can add ten years to your age, cosmetic dentistry can help you to look ten years younger ...right away ... non-surgically. Think about it – you could look twenty years younger with a healthy mouth and just a little help from your dentist!

Let's look at the number-one esthetic concern among dental patients: discolored teeth. Even if your teeth are severely stained from smoking, coffee, tea, or ageing, we can safely and effectively lighten them with a whitening agent. You may be tempted by the many dental whitening products now available on store shelves, however the best method of tooth whitening is under a dentist's supervision. After a brief examination, your treatments can begin, and your smile will be clean, bright, and white!

And teeth whitening is just the beginning! A dentist can use many cosmetic strategies to improve your smile. In addition

to whitening treatments, just replacing conspicuous, ageing silver restorations with white fillings can take away the years. White bonding materials and translucent porcelain veneers not only generate a more youthful appearance, they can re-proportion and even create a straighter smile contour. All without braces!

Ten years younger? Let your healthy natural-looking smile keep them guessing!



## What Do You Know?

Take our cosmetic quiz!

Dentistry can give you more than just a healthy smile foundation. Test your knowledge of these non-surgical methods of turning your smile from humdrum to exciting!

**Teeth whitening can be used by people whose smiles have dulled due to:**

- a – Coffee, tea, red wine stains
- b – Heredity & ageing
- c – Fluoride or medications
- d – All of the above

**Teeth whitening products are safe & reliable, & have been available for more than:**

- a – 100 years
- b – 50 years
- c – 10 years
- d – 5 years

**Teeth whitening can lighten your smile by up to 8 shades in as little as:**

- a – One hour
- b – Two weeks
- c – Depends on the method
- d – All of the above

**Bonding can brighten your smile by applying strong enamel-colored materials to:**

- a – Replace old silver fillings
- b – Cover minor chips and cracks
- c – Reshape your tooth
- d – All of the above

**Veneers are translucent shells that can be applied to your teeth to:**

- a – Whiten your smile
- b – Repair major chips and cracks, and cover gaps
- c – Recontour tooth shape & gumline
- d – All of the above

**ANSWERS: d|a|c|d|d**

## Act Now & Benefit!

Do you know someone who doesn't show up for checkups, continually cancels appointments, and delays necessary treatment until they have a much more serious problem? Could that someone be you? If so, we've got great news: the dental team is trained to help you overcome uncertainties so that you can put your fears away. Together, we can bring out the best in your smile! Even the most neglected smile can become a healthy attractive one with simple non-surgical dental techniques and technology.

Act now. Make that dental appointment and benefit from everything dentistry has to offer!

## Going Herbal?

### What you need to know

As science finds out more about the beneficial effects of antioxidants, even greater interest has developed in natural foods and natural products. The use of self-administered herbal supplements is increasing significantly, and billions of dollars are spent annually on herbal medications.

Some people are embarrassed to admit to using herbal therapies; others believe that herbs are not drugs but nutritional substances. In one study, nearly 70% of participants did not inform their physicians or dentists about using them. This is alarming because echinacea, feverfew, garlic, ginseng, ginkgo, and St. John's wort have the potential for adverse effects during or after procedures.

If you are taking herbal supplements, let us know so that we can provide the best care possible.

**New Patients  
Welcome!  
Call Today!  
(775) 853-1999**



## Women And Jaw Pain

### Temporomandibular Joint Disorder

If you are one of the millions of North Americans who suffers from tenderness in the jaw muscles, limited jaw opening, jaws that get stuck, unexplained facial or head pain, jaw joint grating or clicking, you may have a condition called *Temporomandibular Joint Disorder* or TMD.

Research seems to confirm that women are particularly susceptible and that there is a hormonal link. According to some studies, 90% of patients seeking TMD relief are women of childbearing age. Some speculate that women's smaller jaws may contribute to headaches and jaw pain.

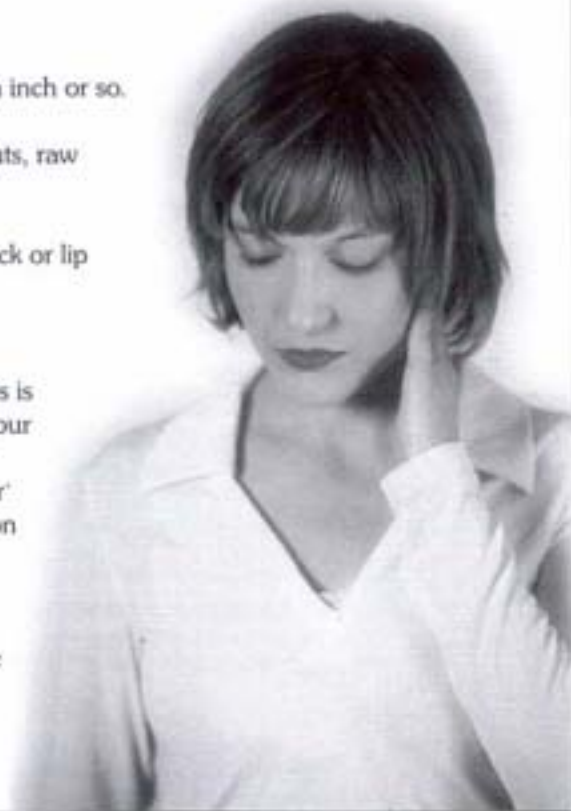
Here are some tips for women and men who experience a sore jaw joint. If soreness continues, or if you have any of the symptoms we have outlined, please call us for a consultation.

### Don't

- ...chew gum for a while;
- ...open your mouth any wider than an inch or so.  
Eat smaller-sized pieces of food;
- ...chew caramels, firm bread crusts, nuts, raw vegetables, or leathery meats;
- ...chew ice cubes;
- ...jut out your lower jaw to apply lipstick or lip balm.

### Do

- ...yawn carefully as flaring your nostrils is better for your jaw than opening your mouth;
- ...sleep on your back, rather than your side, and don't support your face on your arms or fists;
- ...avoid stress, but when you can't, avoid jaw clenching by holding your teeth apart while your lips are together;
- ...try ASA to reduce inflammation.  
(Ibuprofen can also help.)



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