

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

Spring 2006

## Green Tea, Good Tea

Add boiling water, sit back ... and smile

In Asian societies green tea is consumed in about the same quantities as coffee is in North America. Which is to say a lot. The Chinese have believed in its benign qualities for centuries.

*Now scientists have confirmed that green tea not only halts the growth of new oral cancer cells but it actually breaks down and kills existing oral cancer cells without harming the host cell*

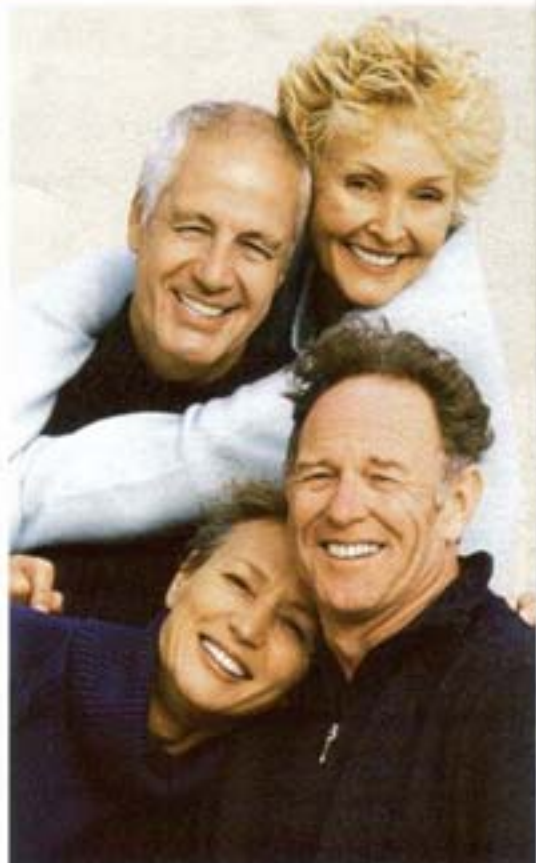
The secret is that green tea is loaded with polyphenols which have about 100 times the antioxidant effect of Vitamin C and work against oxidants, or free radicals, in oral cells that cause mutation of genes that can

lead to cancer growth.

Our mouths, oxygen-rich environments closely connected to our blood vessels, provide an ideal habitat for the growth and rapid proliferation of cancer cells. This is why we examine your mouth closely on each visit to determine any changes in texture or color that might indicate the presence of oral cancers. This early screening is just one more reason to make sure you don't miss your regular checkup.

And just how much green tea should we be drinking? At least four to six cups a day ... or simply use it regularly as a mouthwash.

More than 30,000 patients are diagnosed with oral cancers each year. Please make sure you see us for your regular checkup!



## Could you be at risk for periodontal disease?

Take our test and find out  
more 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



## Kiss Off Success

In a British study, men ranked bad teeth as the number one turn-off against kissing. And yet, men are notoriously more likely than women to ignore their oral health, even though it is linked with longevity and an attractive appearance.

An Academy of General Dentistry survey found that men are more likely to have gum disease than women. Gum disease can detract from your overall health as well as your appearance and can cause bad breath.

Gum disease is the leading cause of tooth loss among adults and is called the Silent Disease because it begins silently, without any symptoms.

**If you have any of these symptoms, gum disease has already progressed...**

...**Persistent bad breath;**

...**Red, swollen, or tender gums;**

...**Bleeding gums;**

...**Loose or shifting teeth.**

Socializing doesn't motivate everyone – smile power has many facets. Consider: three out of four individuals believe that an unattractive smile can hinder careers!

Dentistry can halt the progress of gum disease very effectively and can even reverse its effects. Combined with a good routine of home care, you can have a fresh, wholesome, attractive smile in no time.

We'll always encourage you to enjoy the benefits of excellent oral health ... and your appearance.

## A Smile...

*Better than chocolate?*

If you receive enough smiles, you really can feel like a million dollars. Tests show that receiving a smile generates much higher levels of stimulation to the brain and the heart than being given money or eating chocolate! In fact, exchanging smiles actually changes our brain chemistry and creates a halo effect, bestowing a glow of optimism and positive feelings on the experience.

Never underestimate the importance and power of your smile. Have you ever noticed... when you smile at someone, they almost always smile back!

Make maintaining your oral health your number-one priority. Let your smile make a favorable impression!

## Quitting Counts...

Great news: If you quit using tobacco products, you'll reduce your risk for oral cancer, dental cavities, periodontal disease, and partial or complete tooth loss! Whether you smoke cigars, cigarettes, or chew smokeless tobacco, the chemicals...

**1**  
*attack & destroy gum tissue & eventually cause it to recede*

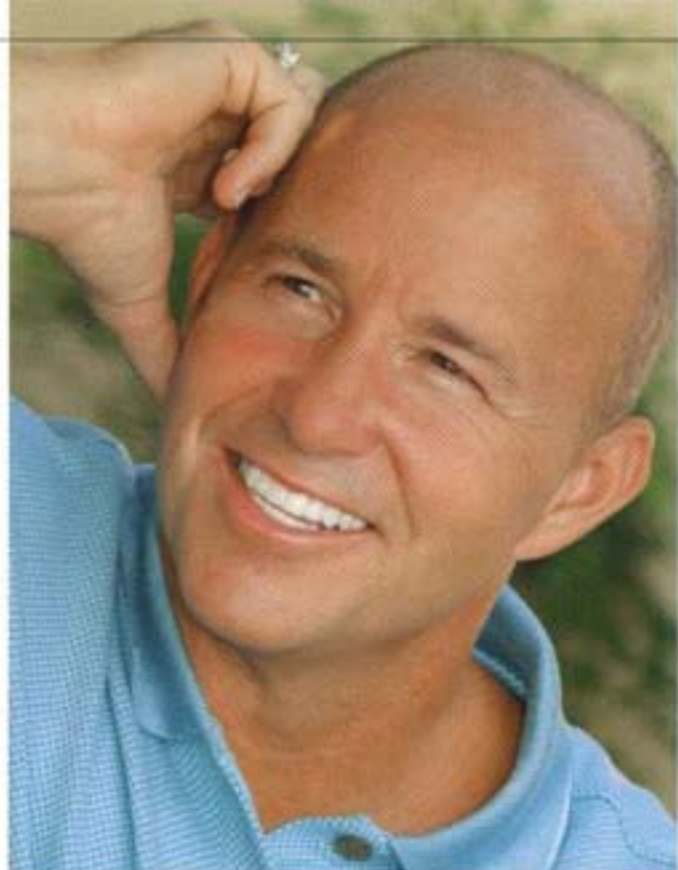
**2**  
*wear out the enamel on your teeth, making teeth weak & vulnerable*

**3**  
*increase your heart rate & raise your blood pressure*

If you smoke, you are six times more likely than a nonsmoker to develop oral cancer. Combining routine use of alcohol and tobacco means fifteen times the risk, and smokeless tobacco products increase your risk fifty-fold!

Back to the good news... An oral cancer screening is included in routine dental checkups and we can help heal or even reverse the damage caused by gum disease!





## The Wow Factor

*Choose to improve with advanced esthetics*

*It's true.* You can choose to look and feel better. Advances in cosmetic dentistry take only a minimal investment of your time, and the rewards in well-being and self-confidence are well worth it. You can choose to trade in your tarnished smile for a smile that will wow everyone – including yourself.

Tea, coffee, red wine, or tobacco can gradually leave surface stains that are easy to remove with professional intervention. While age or inherited dull tooth enamel can also dim your smile, you don't have to live with it! Advanced esthetics can also boost smiles that have lost their sparkle due to root canal treatments, fluorosis, or tetracycline use.

Here's what some of the most popular cosmetic dental treatments can do for your smile...

**Erase** unattractive stains for a brighter smile with teeth whitening.

**Banish** silver-colored fillings with white fillings made from durable and completely natural-looking materials including white composite.

**Camouflage** discoloration and chips or overlapping and uneven teeth with veneers that are affixed to the front surfaces of your natural teeth. These extremely thin but strong porcelain shells can actually improve the proportions of your smile by re-shaping your teeth and/or your gumline.

**Replace** missing teeth with dental implants, an esthetically attractive alternative to dentures and bridges that looks completely natural.

Choose to call for a consultation and find out more about your advanced esthetic options!



whitening



veneers

## All Cracked Up?

Because they are most noticeable in the front teeth, craze lines can make patients crazy! When you switch quickly between eating and drinking hot and cold foods, the enamel and the underlying dentin expand and contract at slightly different rates causing superficial cracks in your enamel. These unattractive craze lines are painless, and treating them cosmetically is a simple matter.

A cracked tooth is more serious. Do any of your teeth hurt when you bite down? Is the pain fleeting? Do very cold or hot drinks cause sharp pain? You may have a cracked tooth – a common condition caused by years of biting, clenching, and grinding, or because of an accident.

Pain? Sensitivity? Call us and let the dentist diagnose ... and give you relief!

## Acid Reflux...

### Can damage teeth!

Acid reflux occurs when acidic stomach fluids back up into the throat and mouth, leaving a bitter taste and a burning sensation. For some people, these episodes occur daily and cannot be managed without treatment from their physician, ranging in lifestyle change to medication or even surgery.

Regardless of cause, chronic exposure of the teeth to gastric acid can result in erosion of the enamel on tooth surfaces creating tooth sensitivity, grooves, or notches in the sides of the teeth, worn down teeth, and yellowing.

During oral examinations we can see the enamel erosion you might miss. We can repair the damage, but the best solution? Prevention. If you have symptoms, please consult your family physician, and let us know so that we can consider dental options.

## New Patients Welcome!

## Call Today! (775) 853-1999



# Making Connections

## Obesity & oral health

Researchers have found that obesity could be a potential risk factor for periodontal disease, especially among younger individuals between 18 and 34. Waist circumference and body mass index were used to indicate obesity. Both obesity and gum disease have the potential to take away a person's confidence, smile, and good health.

### Here are some statistics to ponder:

■ The prevalence of periodontal disease among obese individuals aged 18-34 years was found to be 76% higher than for normal weight individuals in this age group.

■ For middle and older age groups, researchers found no significant association between body weight and periodontal disease.

■ Dietary trends towards less raw fruit and vegetables (sources of vitamin C) and decreased calcium consumption, along with increased intake of fast foods and high-caloric-low-food-value beverages, may provide part of the answer.

You can have periodontal disease without symptoms – that's why we check for it during every dental exam. If you answer "yes" to any of the following questions, you may have, or be at risk for, periodontal disease.

- Do your gums bleed when brushing?
- Do you have red, swollen gums?
- Do you regularly have bad breath?
- Is your gumline receding?
- Do you have missing teeth?
- Have you new spaces between teeth?
- Do you have diabetes?
- Do you have heart disease?
- Are your partial dentures now loose?
- Do you smoke or chew tobacco?



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