



Where you don't pay extra
for personal care



ORAL FLOSSOPHY

with Dr. Grant F. Cylus

Produced to improve your dental health and awareness

Fall 2008

fromthedentist

TRICK OR TREAT

Scary all 'round!

Halloween can be wonderful fun for children but it's often the scariest time of the year for dentists! Your ghoulish ghosts and fairy princesses will arrive home with a bag full of sweet and sticky treats. This new-found cache of candy can mean trouble for teeth and is particularly bad for braces.

Make sure your kids brush their teeth immediately after eating so all that sugar doesn't lead to decay. I suggest limiting children's candy exposure to ten minutes per day. If it's sticky, chewy, hard, or crunchy, it's a treat any child with braces should avoid. If you are celebrating Halloween at home with your own party, try to balance out the sweets with some other treats that aren't so sugary.

Please feel free to share your family's Hallowe'en candy management tips with me at your next recare appointment.

Yours in good dental health,

Dr. Grant F. Cylus

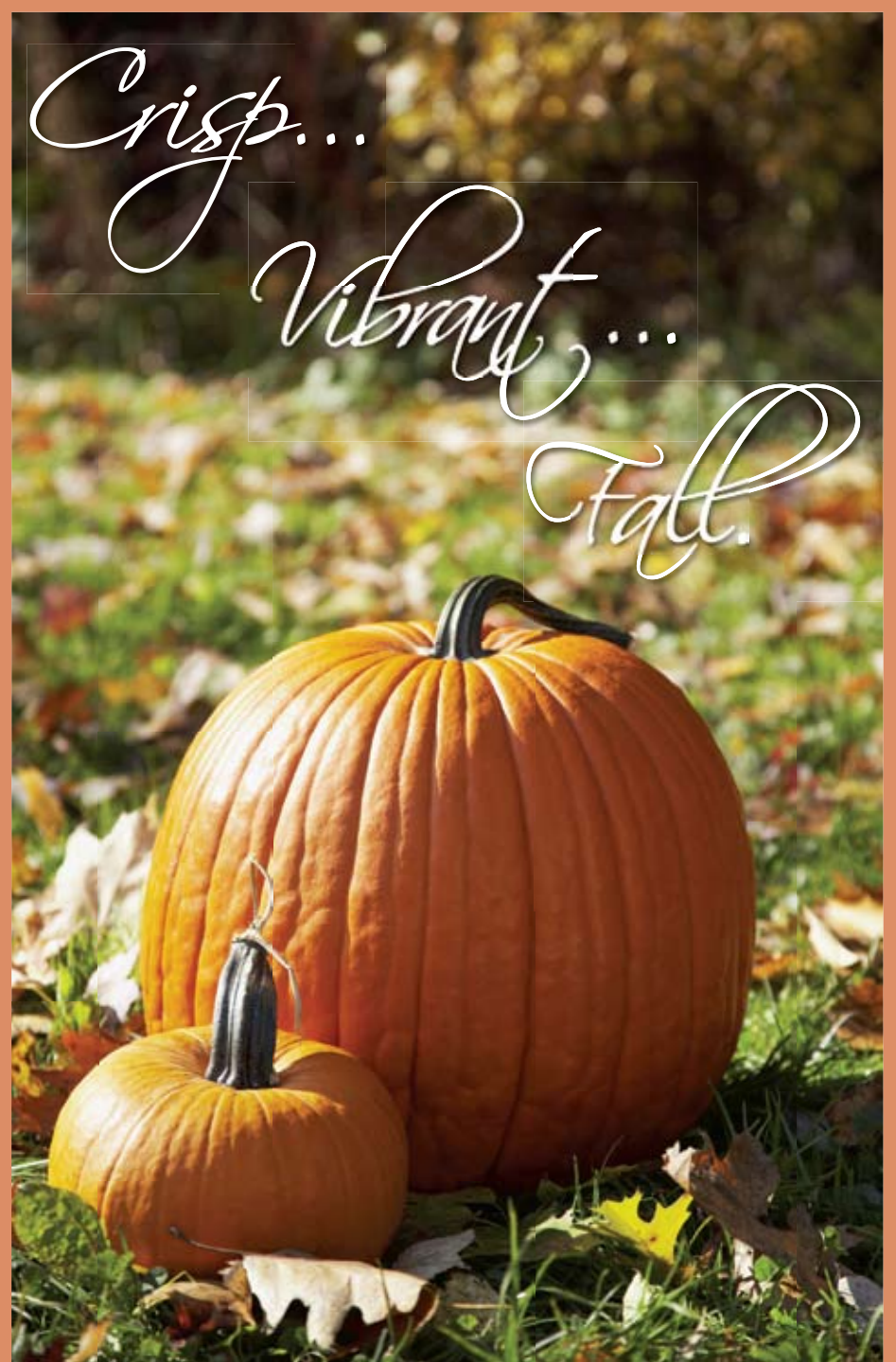


turnthepage

Fight bacteria now!

Oral tips for life!

Whitening that works!



Thank you for all your referrals. We appreciate them!

Show What You Know

Choose all that apply!

The top offender in a major workplace survey was:

- a) Stealing someone's parking spot
- b) Office romances
- c) Bad breath

Bad breath is caused by which bacterial by-products?

- a) Volatile Organic Sulphur compounds that smell like rotten eggs
- b) Methyl Mercaptan which smells like cabbage or smelly socks
- c) Diamines with descriptive names like Cadaverine and Putrescine

You can't smell your own horrible breath because:

- a) You are too accustomed to it
- b) Humans turn off awareness of bad smells more quickly than good ones
- c) Nature wants to keep you conscious

The most effective breath freshener is:

- a) Brushing, flossing, and rinsing
- b) Breakfast to start saliva flow
- c) Breath mints

The best way to learn about bad breath prevention is through regular dental visits!

Answers: c, all, a&b, a&c



Your Smiling Future

Commit to your prenatal visits

Pregnancy can be experienced as an ocean of calm ... or as shifting waves of unpredictable emotions. The same hormonal fluctuations that contribute to these mood changes can also trigger oral health problems like periodontal (gum) disease. Because research has shown that periodontal bacteria can cross the placental barrier, periodontal evaluation and monitoring is a vital part of prenatal care for both mother and baby.

Here's why...

- Periodontal disease may be linked to pre-term delivery, low birth weight, and low weight for gestational age. The more advanced the periodontal disease, the greater the potential risk.
- Periodontal disease may be associated with an increased risk for toxemia, a condition characterized by an abrupt rise in blood pressure and the presence of toxins.
- Nearly half of women with gestational diabetes, a type of diabetes that occurs during pregnancy, also have periodontal disease.
- For diabetics, periodontal disease during pregnancy may affect blood sugar control, which in turn, increases periodontal risks.

In the earliest stages, gum disease has no symptoms. So please don't wait until you experience red, swollen, or bleeding gums that could indicate infection, or until you develop a bad taste in your mouth and/or bad breath. Protect yourself with regular dental care and thorough daily brushing and flossing, because gum disease may be linked to systemic diseases at every stage of life. If you're expecting, please include us in your regular doctor visits.

Restore Your Balance

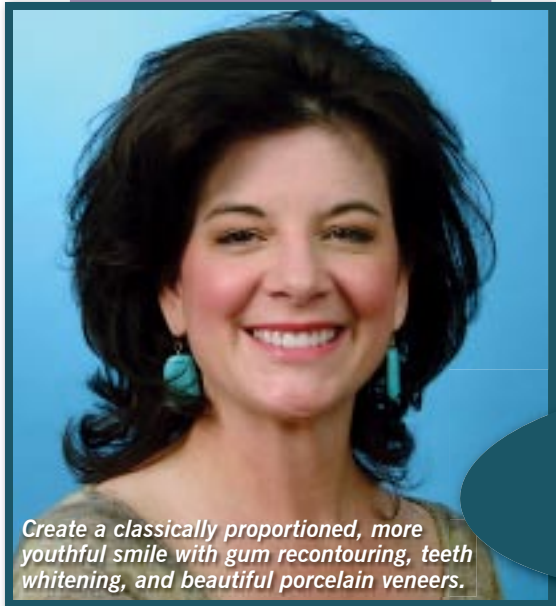
Try yoga!

The ancient Indian practice of yoga has been credited with curing just about everything, including the common cold. But improving your oral health? Yes! Studies show a reduction in blood pressure, heart rate, and stress. That's important for oral health, because...

- Stress diminishes resistance to infections including gum disease, and makes us susceptible to the discomfort of canker sores and dry mouth.
- Jaw joints that are strained with tension due to stress can become sore and cause headaches, teeth grinding can wear and crack your teeth, and biting inside your cheeks can be a real pain.

Of course, self-medicating anxiety with tobacco, alcohol, and other substances, and letting your oral hygiene slide, can throw your oral health out of balance too. Get your balance back. Take the pressure off with yoga instead!





Create a classically proportioned, more youthful smile with gum recontouring, teeth whitening, and beautiful porcelain veneers.

Don't Chance It!

Find out how to preserve your smile!

Is your scrupulously healthful lifestyle placing you at risk for an unattractive smile? You may associate receding gums, exposed roots, and yellowed teeth with chronological ageing, but they're often the cumulative result of environmental damage. Eating and drinking a lot of healthful but acidic fresh fruit and vegetable products can demineralize and stain your tooth enamel. And overzealously brushing your teeth can damage your gums and thin your enamel, revealing the yellow dentin underneath.

Here are some preventive and protective cosmetic procedures that you can choose to improve your smile ... for a lifetime.

Dentist-Supervised Teeth Whitening - **Prevent damage** to your gums and tooth enamel from abrasive whitening toothpastes and remove the risk of over-the-counter whitening products. We can design and supervise a whitening program for you to **lighten** stained, discolored, or dull teeth.

Enamel-Colored Restorations - **Strengthen, brighten, and protect** your teeth and make your smile look healthier and more youthful with natural-looking **white fillings** and **bonding** materials, **porcelain** or **resin crowns**, or translucent, custom-designed **porcelain veneers**. **Avoid** drifting teeth and a misaligned bite with **bridges** and **implants** to replace one or more missing teeth.

You're doing it all and you're doing it all right. An active life, a healthful diet, and disciplined home care routines are the routes to excellent oral and overall health. But sometimes just a little bit of the right kind of knowledge can give you a *lot* more power.

Let dentistry help you look your best!

Can you guess which tooth is an **IMPLANT**?



A Smart Investment

Dental implants: bank on a beautiful restoration

IMPLANT FACTS

- Biocompatible so bone cells grow on the implant root
- Bacterial-resistant
- Minimally invasive procedure
- Predictably high success rate whether replacing one tooth or many

HEALTH BENEFITS

- Stops or prevents jawbone loss & drifting of adjacent teeth
- Crown of implant can't ever decay and gum-damaging plaque buildup is inhibited
- No adjacent teeth involved to secure a restoration
- Ability to eat unlimited nutritious food choices

APPEARANCE BENEFITS

- Ensures a more youthful appearance by avoiding sunken jaws or misaligned bite
- Whiter, brighter smile and youthful, pink, healthy gums
- Immediate superior cosmetic results
- Maximizes options for healthy teeth and gums and overall appearance

Which tooth is the implant? The upper right central incisor.

Avoid Root Decay!

Think you're too young? Think again!

Did you know that most people over age fifty have tooth-root decay, a condition which is associated with receding gums? This is not unexpected since many older adults did not have access to fluoride or preventive dental care in their youth. Today this is no longer the case, yet we are seeing an alarming number of younger adult patients with root cavities.

Regardless of age, any recession of the gums away from the teeth, whether caused by gum disease or by too strenuous brushing, exposes the roots to cavity-causing bacteria. Because roots are covered with *cementum* which is 700% softer than enamel, their surface can be damaged easily once exposed. Breaching the integrity of a root's surface can allow decay-causing bacteria to penetrate.

One of the most respected dental researchers in the world said that once you get a cavity on the root

surface, it's just like the beginning of the end of your tooth. Since all adults are susceptible to root decay, it is absolutely critical to understand that fluoride is not just for children. Fluoride can help to control gum disease and gum recession and decrease accompanying tooth sensitivity. It can also prevent and sometimes even reverse cavities.

Whether you are experiencing root cavities or wish to prevent them, I would be pleased to recommend fluoride options including products for home use at your next appointment.

Fluoride can help to control gum disease and gum recession and decrease accompanying tooth sensitivity.



office information

Anything For You Dental Care

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Sudie.....Receptionist
Carolyn.....Business Coordinator
Marsha.....Hygiene Assistant
Chris.....Dental Assistant



Overdue?

Time for a call!

We schedule your checkups based on what keeps your smile at its best. We need to see you often enough to diagnose and treat any problems, and to take preventive action – usually once every three to six months. If you brush and floss regularly and don't have any tooth troubles, you may be tempted to bypass your appointments. Please don't! Only a dentist is trained to spot potential problems and provide treatment.

A regular checkup includes a screening for small problems that might become big ones, including signs of gum disease, infections, faulty restorations, and oral cancer. We'll do a thorough cleaning, remove tartar, and answer questions.

If you need a checkup, please call us... Regular appointments are a good long-term investment in your health!

Your Dental Insurance

Get the most

The signs of fall signal back-to-work and back-to-school for many of us. They should also be a cue to make a dental appointment because your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year.

If you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, **before** your 2008 dental insurance expires. So give us a call!