

ST. PAUL DENTAL CENTER

Produced for the patients of **Scott Lingle, D.D.S., P.A., & Joseph Trowbridge, D.D.S.**

Spring 2009

DENTAL TEAM

Office Manager:
Mary Jo

Business Administrator:
Anne

Receptionists:
Stephanie
Nancy

Dental Assistants:
Sheryl
Ali
Anastasiya

Hygienists:
Chris K.
Molly

Give Kids a Smile 2009

Here are the statistics on the February 7 event in our office at which children in need of free dental care were seen.

- We had: 3 dentists and 14 staff volunteers
- We saw: 72 kids
- We did: 63 exams
 - 67 cleanings
 - 43 fluoride treatments
 - 110 sealants
 - 141 white fillings
 - 11 extractions
 - 1 root canal
 - Hygiene instruction on all



There continues to be a huge need for dental care for people unable to afford it themselves. *Thank you to all our volunteers and corporate sponsors!*

The power of sour

The American Dental Association has gone forth with a new campaign to inform everyone about the harmful effects of sour sucking candies. The campaign, titled **THE POWER OF SOUR**, lays out a multitude of different candies and lists what their varying levels of acid are. **St. Paul Dental Center** has also chosen to carry the torch on this topic. In our clinic, we have newsletters, pamphlets, brochures, and posters for every patient who would like more information.

Every substance we take into our mouths has a certain pH. This measurement tells us how acidic the substance is. Neutral pH is 7.0, while battery acid is about 1.0. The lower you go on the scale, the more acidic the substance. Any substance that has a pH lower than 5.0 will cause tooth erosion, which is the breakdown of enamel. If the enamel is eroded away, the inner surface of the tooth is exposed. The tooth is now more susceptible to decay and is more sensitive to daily activity, such as drinking cold liquids and chewing food.

Sucking or chewing on sugar-free sour candies has become a popular and seemingly harmless treat for children. In truth, the acidic nature of these candies can also cause damage, so eliminating the sugar only takes away one piece of the problem.

Tooth erosion without decay can still cause serious and severe problems, which can eventually lead to tooth loss. Some ways to protect your teeth from the power of sour are:

- Reduce or eliminate eating sour candies.
- Limit the length of time you suck on the candies.
- After eating the candies, swish your mouth with water, drink milk, or eat cheese to neutralize the acid.
- Chew sugar-free gum to produce saliva, which protects tooth enamel.

Some of the most acidic candies and their corresponding pH values are listed below:

- Sweet Tarts—3.0
- Skittles—2.5
- Starburst—2.4
- Sours—2.2
- Wonka Nerds Grape—2.0
- Altoids Mango Sours—1.6

Thank you for all your referrals. We appreciate them!

Moms-to-be

Watch your vitamin D

Can a pregnant woman's vitamin D level affect the health of her unborn child's teeth? That's the question a recent study of more than 100 pregnant women sought to answer.

The study checked the women's vitamin D levels during their second trimester of pregnancy. Results showed that only about 10 percent were ingesting enough vitamin D. Use of prenatal vitamins and drinking milk were the main sources of this vital nutrient.

Researchers later examined the women's children for enamel defects and tooth decay. Children who exhibited either of these problems were more likely to be borne by mothers with significantly low levels of vitamin D.

Vitamin D has long been known to be an essential component in the development of strong bones and teeth. However, until now, no study has linked the child's teeth to his or her mother's vitamin D consumption. Pregnant women should be sure to eat balanced diets and ask their doctors about the need for prenatal vitamins where indicated.



How dentally fit are we?

America has made great strides in improving our dental health over the last several decades. Over 90 percent of us brush our teeth before heading off to bed each night, and more than 80 percent brush every morning. More of us are flossing as well, with 55 percent of those doing so on a daily basis.

However, in some areas, we still have goals to meet. About half of our youth still develop cavities in their permanent teeth before reaching their 17th birthday. Half of us don't receive regular professional dental care, and, worst of all, periodontal disease runs rampant, affecting three-quarters of us.

The good news is that we seem to be ahead of the United Kingdom, where about half the population have teeth that show the effects of poor diets and less-than-stellar oral-health habits.

Unfortunately, many of the bad habits affecting teeth in the U.K. are the same ones in which Americans tend to indulge. Drinking coffee, smoking, and downing colas, flavored waters, juices, and other beverages high in acids are having marked effects across the pond, just as they are in the United States.

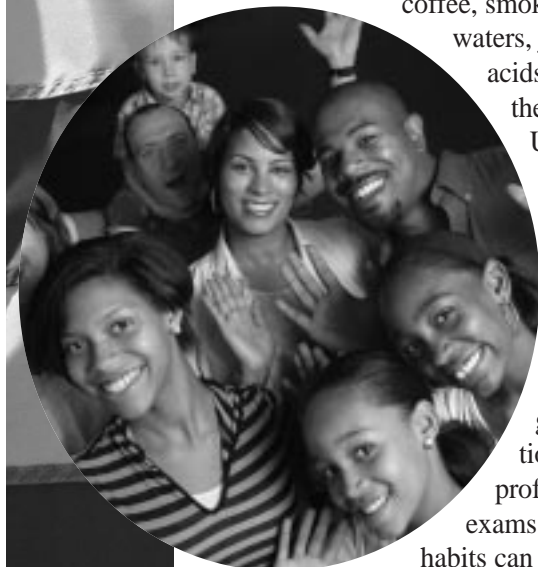
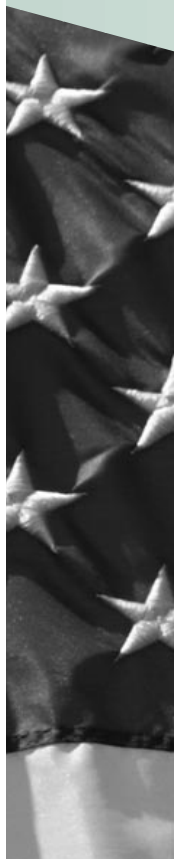
The good news is that we are becoming more dentally fit. The percentage of children who have never experienced tooth decay has increased since the early '90s, and more older Americans are keeping their teeth. Although we have far to go, we are headed in the right direction. Good daily home care, regular professional cleanings and oral-health exams, and adjusting diet and other oral habits can all have a positive effect on our dental health and help us to become more dentally fit.

Healthy mouth ... healthy you!

For years, the health of the body and the health of the teeth have been viewed as separate entities—one having no effect on the other. Recently, however, research that has shown relationships between the two has begun to change this line of thinking.

Diseases, specifically diabetes and heart disease, may be more likely to occur in those suffering from poor dental health. Likewise, mouth ailments such as gum disease may indicate the presence of some diseases. Specifics of the association between dental health and overall health are not yet completely clear, but the connection is being researched.

There's no question that, for many, dental health is improving. More people are taking advantage of preventive oral care and practicing better home-care techniques. As a result, people are enjoying better dental health and keeping their teeth longer. Maybe that will translate into better overall health as well.



GOOD NUTRITION IS GOOD FOR YOUR TEETH

You may often hear about how diet affects dental health. What you are likely to be told is how a balanced diet high in fresh fruits and vegetables, and low in processed foods which generally contain high levels of carbohydrates and sugars, can help reduce tooth decay.

While it's quite true that a smart diet reduces the likelihood of decay, there are other reasons that a healthy diet is good for your dental health. Your teeth, gums, and the muscles of your mouth are all made up of living tissues. Not unlike the other tissues of the body, they require good nutrition for optimum health.

Eating sweets (cookies, candies, and complex carbs) frequently not only gives plaque a foothold in your mouth, it can also affect your oral health. Undernutrition—not getting the vitamins and nutrients you need from your diet—can result in deficiencies that lead to oral problems such as glossitis. Glossitis is caused by a vitamin B deficiency and manifests itself in the tongue. Symptoms include redness, swelling, and a burning sensation.

Consuming foods high in fat, sugar, and calories, but without significant nutritional value, can result in obesity and symptoms associated with poor nutrition. A diet of soft drinks, foods from fast-food restaurants, and prepackaged foods can lead to this type of situation, which has been associated with noninsulin-dependent diabetes and an increased risk of periodontal disease.

Good oral and overall health are dependent on a number of factors, and diet is one of the most important of these. For the health of your mouth and your whole body, consider your food choices carefully, and opt to eat foods that are high in nutrition and low in sugar, fat, and calories whenever you can.

To tell the tooth

As with all our body parts, our teeth have a life cycle. Although they are not apparent in our mouths at birth, they begin to form during the first month or so of development in the womb. By the time a child is born, the front teeth are fully formed within the gums and just waiting to erupt.

That eruption may occur as early as three months, but it might not occur until four months or later. Each of the 20 tooth buds that form in the gums before birth has its own specific form and purpose. When all the teeth work together, they become the perfect force with which to bite, tear, chew, grind, and devour food.

Tooth color varies from person to person, just as eye color does. This is true of baby teeth as well as adult teeth. Shades can range from bright white to ivory to yellowish. The color is determined genetically and often is similar to that of one of the parents, although that may not be readily apparent because of stains to the parent's teeth.

Baby teeth aren't permanent, but they do play an important role in tooth development. Baby teeth are just the right size for the growing child's mouth. They serve to help him or her digest food until the mouth is big enough to accommodate the adult teeth. They also hold spaces for adult teeth to help them come in straight.

The adult molars arrive at the ages of 6, 12, and between the ages of 17 and 21 for wisdom teeth that erupt. The molars are important because they are used to grind food. First and second molars usually pose no problems coming in, but third molars, or wisdom teeth, are often impacted and may need to be surgically removed.

Periodontal disease is one of the worst enemies of adult teeth. It affects the pockets between the gums and the teeth, causing the teeth to loosen.

As teeth age, they are more likely to exhibit cavities in the dentin, which may be exposed by a lifetime of chewing. Because dentin isn't as strong as enamel, it is more prone to cavities.

Fortunately, good dental care can help to keep teeth healthy throughout life. So, to keep smiling from the time those first tiny teeth appear, talk to us. We can recommend both home and professional care customized to your needs, no matter what your age.



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*Here's your
dental newsletter!*

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Staff news

Nancy bailed on our cold weather and went to Florida to visit a friend.

Stephanie went snowboarding in Utah, where their car broke down in the mountains on the way. Where are the cute, rich, and single guys when you need them?

Mary Jo has spent the winter running her girls to and from school, dance, the library, and shopping. Busy!

Anastasiya enjoyed the winter carnival ice sculptures during the coldest week of the year. Brrrrr!

Sheryl went to Mexico that really cold week—mmmmm...beer!

Ali prefers the ice sculptures in Mexico—the ones in her margarita glass.

Molly's family is enjoying fresh eggs this winter. Her 10-year-old daughter, Vika, is raising five hens. Emmy, Lou, Faith, Lucinda, and Crystal are good egg layers.

Chris finally qualified for the "rule of 80." She has been married for 30 years and turned 50 this year. Her reward was a trip to Paris.

Dr. T had a tummyache. His reward was a trip to the hospital and an appendectomy.

Anne had an achy thumb. Her reward was also a trip to the hospital and a "thumb"ectomy. Well, not exactly, but the removal of a joint and replacement.

Dr. L got to cover for Dr. T and take Anne in for her surgery. His reward was a trip to Colorado to ski. He seemed to fare far better than the rest.

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Office Hours

Monday	7:30 a.m.-5:00 p.m.
Tuesday	7:30 a.m.-5:00 p.m.
Wednesday	7:30 a.m.-5:00 p.m.
Thursday	7:30 a.m.-5:00 p.m.
Friday	8:00 a.m.-Noon

Appointment Phone:

(651) 227-6646

Doctor on call 24 hours a day

Staff Profile—Chris



For the last 27 years, I have worked as a hygienist for Dr. Lingle—it's a great place to work! During this time, my husband of 30 years and I have raised three daughters, the youngest of which started college this past fall. Apparently missing chaos, we now have two dogs. Outside the office, I enjoy time spent with our family, reading, cooking, traveling, cross-country skiing, vacations at Itasca State Park and, my latest interest, kayak-

ing. I also enjoy good red wine, strong coffee, and anything chocolate—preferably while sitting in a café in Paris! A Hawaiian sunset and a Mai Tai works, too.



SMILE! It's spring!