

Dental NEWS & VIEWS™

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Your "Pre-Vacation Exam" Can PREVENT a "DENTAL DISASTER"!

Don't cut your vacation, business trip or leisure time short due to a dental emergency! **Let us fix the problem now—before it ruins your plans!!**

A dental disaster can be a traveler's nightmare. **Prevention is the solution.**

We'll treat any decay that may be close to a nerve, a loose crown, a cracked tooth, a problem filling, or advancing gum disease.

You may not have any symptoms—*yet*. However, these situations can create sudden and severe pain, swelling and infection at the worst time.

You may be holding out hope that your tender gums, sensitive teeth or throbbing toothache will improve on its own. Huge mistake! **They never improve on their own!!**

Remember, dental pain can get worse during air travel.

Know Before You Go!

Imagine yourself on your dream vacation or away on business with unrelenting dental pain. *Now what??*

Depending on where your travels take you, emergency care in unfamiliar surroundings can be costly, uncomfortable, uncertain...*and even unsafe!*

Your safety, comfort and appearance are our top priorities. Our state-of-the-art procedures, equipment and materials meet the highest standards.

Better to Be Safe than Sorry!

According to the ADA, "The use of fresh gloves, sterile

instruments and safe water is *not* standard practice in all countries."

That's why it's a good idea to be proactive and schedule your family dental appointments *now before you travel.*

Before you start packing your bags, **call us for your pre-vacation checkup!**

Having a clean bill of dental health will give you peace of mind during your travels.



Inside...
Tooth-saving and money-saving tips!

Emergency

Keep Your Teeth **INTACT** and Your Gums in “**GREAT SHAPE**”!



The 2014 *American Dental Association Health Policy Institute Research Brief* noted that in one year, **ER visits for non-traumatic dental conditions accounted for 1.4 percent of all emergency room visits.**

When you consider that same year, there were 95 million ER visits—the number of dental emergencies is pretty significant. And it's further proof that dental emergencies don't keep regular office hours!

Whether at home or traveling, **the fact is, dental emergencies can't be 100% avoided!** Luckily, taking the necessary precautions can go a long way in protecting your teeth and gums.



Always wear the proper safety equipment when playing sports.

Here are some Smile Tips!

- Maintain your daily brushing and flossing regimen, even when away from home.
- Rinse when you can't brush.
- Get routine exams and professional cleanings. If you're prone to gum disease, **schedule your cleaning before you leave for an extended trip.**
- Avoid chewing on ice and hard foods or snacks that can fracture teeth (like popcorn seeds). Avoid candies that can pull off a loose crown or filling (like caramel or peanut brittle).
- Don't use your teeth as a tool to trim nails, open bottles, tear open chip bags or remove clothing tags.
- Wearing a mouthguard when you sleep can help you avoid teeth grinding that often leads to tooth fractures.
- Mouthguards should also be used during action sports (like skateboarding) or contact sports.
- Since decay can develop under old restorations, they may need to be replaced with new ones to preserve the remaining tooth structure.

M-O-O-O-VING TRIVIA



ON TOOTHLESS CUD CHEWERS

Did you know that cows, along with all other 192 species of cud-chewing animals (including llamas, sheep, goats, buffalo, deer, elk, giraffes and camels) **don't have top front teeth?**

Instead, they have a tough “dental pad” below their top lip.

This allows them to curl their tongue around grass and pull it into their mouth. Then they have plenty of big molars to grind the grass.

Cows spend nearly eight hours out of every day chewing their cud (already digested food). And that doesn't count the hours spent chewing it the first time!

Okay, it's hardly earth shattering news, and maybe even a little cheesy—but you have to admit it sure is interesting! ♦

*In the long run,
you save your time,
your teeth and
your money!*





CONGRATULATIONS!



You're to be commended for everything you do to maintain your attractive, healthy and confident smile.

To look and feel your best—it's well worth the effort!

Get Results That Matter!

It's a fact of life: Your dental needs are ongoing and ever-changing.

Aside from your oral hygiene and diet, hormone changes, natural aging, health conditions and drug side effects (like dry mouth) can *also* impact your oral health.

Without the consistent, comprehensive dentistry we offer, **your smile can lose its luster and break down over time.**



When Your Smile Is Vibrant, You're Doing Something Right:

You're brushing and flossing daily.

You're limiting frequent between-meal snacks.

You're eating fewer processed foods.

You're drinking more water and fewer sugared beverages.

You're scheduling routine exams and cleanings.

You're having your smile flaws corrected.

Your program of regular dental visits **helps preserve your great-looking smile and healthier lifestyle.**

Plus, it's what helps you eat the foods you love *without* painful chewing!

We'll provide you with cutting-edge care, while you keep up the good work between visits. Give yourself a pat on the back. You deserve it.

We'll do *our* part to keep you on the right track!

Call to schedule an appointment today! ♦



by Amy Johannemann

"MY DENTIST IS TIMELY AND EFFICIENT!"

Ibroke a tooth right in the middle of a dinner meeting and needed to see a dentist.

I found one through my local Chamber of Commerce and made an appointment.

My dentist is timely and efficient. Being in

sales, I need to know *exactly* when I will be done with my appointments, and I was in and out of there in the time period that I was quoted.

A crown was placed on my tooth, and believe me, my dentist had to work hard since I have small teeth and a small mouth!

I was very impressed with their work!

One of the things I liked most about my dentist, besides the wonderful staff, was that all my options, and the pros and cons of each, were explained to me thoroughly.

I would recommend them to anyone who is looking for great dental service. ♦



Sanford N. Schwartz, D.D.S.

Mothers-To-Be Need Healthy Gums!

Medical and dental communities concur that maintaining periodontal health, including regular cleanings, is an important part of a healthy pregnancy!

Periodontal (gum) disease is a chronic, bacteria-induced, inflammatory condition. Research has indicated that women with gum disease may be at risk of adverse pregnancy outcomes.

According to the *Center for Disease Control and Prevention*, babies with a birth-weight less than 5.5 pounds, or born at least 3 weeks early, may be at risk of delayed motor skills or learning disabilities. Pre-term births can also lead to respiratory, vision, hearing and digestive problems.

Schedule Your Exam TODAY!

Please Call For Our



Specials!

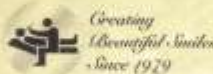
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FAMILY, IMPLANT AND COSMETIC DENTISTRY

Sanford N. Schwartz, D.D.S., P.A.

Dear Friend,

See Us Often & Your Health Will Thank You!

Today, a great smile means more than pearly whites and fresh breath. With our help, good oral health can **improve your overall health** and even **your longevity!**

A gum infection is serious. When you neglect your teeth and gums it's not just your mouth that suffers. Studies suggest that your overall health could also be on the line.

Some other concerns you may have could be bad breath, dry mouth, missing teeth or tooth sensitivity. **You may even have dental anxiety!** We can answer all your questions and help you overcome your fears.

We can help you achieve an attractive, healthy smile that can enhance your appearance, self-esteem and well-being.

CALL TODAY for the most up-to-date dental care available!

Yours for Dental Health,

We also accept:



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