

Dental Chatter

Dr. Carolyn's Corner

Hello and Welcome to ömy corner!ö I am glad to have this opportunity to give my patients insight into the many aspects of dentistry. Thus far, I have touched on teaching and continuing education. Now it is time for giving.

Earlier in July you may have noticed some news reports on free dentistry here in town. That is right...the Nebraska Dental Association sponsored the Nebraska Mission of Mercy which is two twelve hour days of free dentistry to those who are insured or just cannot afford dental care.

This year marked my fourth year of involvement in the Nebraska Mission of Mercy (NMOM). My dental

assistant Larissa and I spent many hours helping replace teeth in the front of the mouth which were missing for whatever reason. We participated in making removable partial dentures for hundreds of patients. We have travelled to Grand Island, Norfolk, Scottsbluff/Gering and now Papillion.

In Papillion this year over 160 dentists and hundreds of support staff and volunteers provided over \$600,000 worth of dentistry to approximately 1400 patients. It is truly astonishing to provide services to those who may never receive this type of treatment.

The NMOM organizers transformed Papillion South High School into a huge

clinic for two days. Each year it only takes one patient to say something like, öNow I can smile again.ö That is what I am here to do and why I want to help. Larissa even took impressions on patients for six hours straight two days before she had her little baby boy Gage. That is dedication!

This is one of the fun ways that I give back to my profession of dentistry. In times like today, it is very heart-warming to see so many dentists and supporters take time to help those in need.

Please ask us more about these wonderful times and let me know if you would like to help with Nebraska Mission of Mercy in Lincoln next year!

Sincerely,

Dr. Carolyn

FREE Zoom! Winner

Another ZOOM! winner has been drawn. Trish is ecstatic to have won the Zoom! package!!

With summer here, now is the perfect time to

brighten your smile. Be sure you are asking the office how to enter this fabulous give away.

Next drawing will be September 30, 2009.



Congratulations to Larissa and her family as they welcomed a new addition to their family.

Gage Wilbert was born July 13th. He weighed 7 pounds, 8 ounces and was 20.5 inches long.

Special points of interest:

- *Just the Facts*
- *Getting to know us!*
- *Thank you*
- *How to Pull a Child's Tooth*
- *Fun Floss Facts!*
- *The Parts of a Tooth*
- *Fillings*

Just the Facts

Q: How do I care for my mouth/occlusal guard?

A: To care for your mouth/occlusal guard:

- Rinse your mouth/occlusal guard with cold water or with a mouth rinse before and after each use and/or clean it with toothpaste and a toothbrush.
- Occasionally clean the mouth/occlusal guard in cool, soapy water and rinse it thoroughly.
- Place the mouth/occlusal guard in a firm, perforated container to store or transport it. This permits air circulation and helps to prevent damage.
- Protect the mouth/occlusal guard from high temperatures ósuch as hot water, hot surfaces, or direct sunlightô to minimize distorting the shape
- Occasionally check the mouth/occlusal guard for general wear. If you find holes or tears in it or if it becomes loose or causes discomfort, replace it.
- Bring the mouth/occlusal guard to each regularly scheduled dental visit to have your dentist exam it and clean it.

Q: What are the causes of oral cancer?

A: Tobacco (cigarettes, pipes, cigars, chewing tobacco, and snuff) is the most common cause of oral cancer. Combining tobacco use with heavy drinking can also foster the development of oral cancer. Bad hygiene, prolonged irritation of the oral cavity, and extended exposure to strong sunlight on the lips are among other causes of the disease. Many dentists believe vitamins A and E can help prevent the acquisition of oral cancer.

Q: What are the warning signs of oral cancer?

A: Early symptoms of oral cancer include: a sore on the lip, in the mouth, or in the throat that does not heal; a lump on the lip, in the mouth, or in the throat; a red or white patch found anywhere in the mouth; unusual pain or bleeding in the mouth; swelling of the mouth; and any difficulty or discomfort felt in chewing or swallowing.

Getting to know us!

In each newsletter we are going to feature one of the staff members so that you get to know us outside the dental office.

Our featured staff member this quarter is Larissa.

If you had the pleasure of Dr. Taggart performing a procedure then you have meet Larissa. She is Dr. Taggart's right hand woman (literally since Dr. Taggart is left handed) and always goes the extra mile to ensure everyone is comfortable.

Larissa and her family welcomed Gage Wilbert to their family this month. She is already a proud mom of 2 young sons. Brody is 5 years old and Drake is 3 years old and their beloved pooch, Mickey. Her husband

Jeremy is a school administrator in the metro area.

She said that when she has "free time", she enjoys spending time with her family, working in her yard and scrapbooking.



THANK YOU to all patients who have referred family and friends. You all make our day with your glowing referrals. The business you pass our way is greatly appreciated. We truly enjoy assisting each patient and making them feel comfortable in the office.



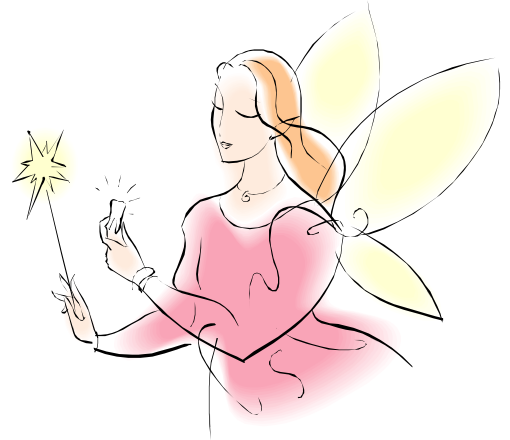
How to Pull a Child's Tooth

Losing a tooth for a child can be an exciting time in their life. While as their parent, you may hesitate to pull their tooth for fear of hurting them, there are several ways to pull a tooth that minimizes the pain.

1. Wait until the tooth is loose enough to pull. Pulling a tooth before it's ready will take several tries and will involve lots of screaming and crying from your child. Have your child wiggle the tooth with their tongue several times over the course of two or three days to loosen it up.
2. Numb the area before you pull the tooth. You can have your child suck on an ice cube or popsicle to help numb their mouth. You can also give them some infant numb-

ing gel, to numb their gum area around the loose tooth.

3. Hold the loose tooth with your thumb and index finger. Place your index finger on the inside of the tooth and your thumb on the outside. Quickly twist and pull the tooth until the last root is loosened and it pops out.
4. Stop the bleeding quickly by placing a cold washcloth on the open gum area. Once the bleeding has slowed down, give your child another popsicle or small cup of ice cream to help soothe any pain.
5. Place the tooth in a area where the Tooth Fairy is able come and take it away while they sleep at night.



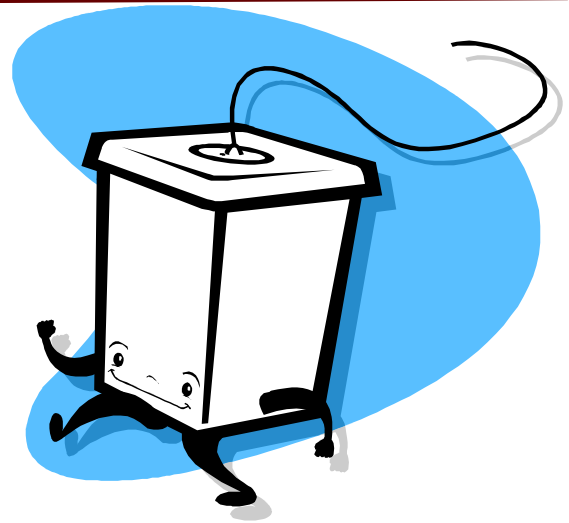
Most parents say they pay \$1 per tooth. The second most common payment is \$5 per tooth.

However, the price rises depending on the trauma involved in the removal of the tooth!

HAPPY PULLING!!!!

Fun Floss Facts!

- Year commercial floss was first manufactured: 1882
- Material is was made from: Silk
- Newest Material: Gore-tex
- Amount bought per person: 18 yards
- Amount that should be bought per person: 122 yards (figuring one foot a day)
- Percent who say they floss daily: 28%
- In 1994 a prison inmate in West Virginia braided floss into a rope, scaled the wall and escaped



The Parts of a Tooth

A tooth is basically made up of two parts: the crown and the root.

The **crown** is what you see when you smile or open your mouth. It's the part that sits above your gum line.

The **root** is below the gum line. It make up about 2/3rds of the tooth total length.

Four different tissues make up each tooth. The **enamel** is the durable, white covering. Enamel protect the tooth from the wear and

tear of chewing

Dental Fact: did you know that the enamel on your teeth is the hardest substance in your body?

Dentin supports the enamel on your teeth. It's yellow bone-like material that softer than enamel and carries some of the nerve fibres that tell you when something is going wrong inside your tooth.

The **pulp** is the center of the tooth. It's a

soft tissue that contains blood and lymph vessels, and nerves. The pulp is how the tooth receives nourishment and transmits signals to your brain.

Cementum is what covers most of the root of the tooth. It helps to attach the tooth to the bones in your jaw. A cushioning layer called the **Periodontal Ligament** sits between the cementum and the jawbone. It helps connect the two.

Office Information

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Office Hours

Monday 7:30 am to 5 pm
Tuesday 7:30 am to 5 pm
Wednesday 7:30 am to 5 pm
Thursday 7:30 am to 2 pm
Friday 7:30 am to 3 pm

Office Staff

Dr. Carolyn Taggart-Burns
Larissa Dental Assistant
Marjean Hygienist
Liz Hygienist
Kori Office Manager

Tooth Colored Fillings (White/Composite Fillings) vs. Silver Amalgam Fillings

Tooth colored fillings, also called white/composite fillings, are dental fillings that restore and mimic the natural appearance of tooth structure.

In addition to restoring teeth that fractured or decayed, tooth colored fillings may also be used cosmetically to change size, color and shape of teeth. This quality is particularly useful in closing gaps between teeth; repairing chipped teeth and making teeth appear to be more straight or even.

What are the advantages of tooth colored fillings (white fillings)?

- They closely match natural tooth color and appearance.
- They bond to tooth structure chemically and thus do not require the placement of slots, grooves or pins in healthy tooth structure to mechanically retain them.
- The bonding of white fillings to the

tooth restore 85% to 95% of the original strength of the tooth.

- They completely harden in seconds instead of days required by some other materials.
- Teeth restored with white fillings are less sensitive to hot and cold than teeth restored with amalgam.
- Composite are mercury-free. Mercury in the fillings is viewed by some as being toxic
- They may be used on front and back teeth without compromising esthetics.
- If damaged they can be repaired.

What are the advantages of Silver Amalgam fillings?

- Generally less expensive
- General dentists can place amalgam

without extra training. Composite requires the use of special bonding technology that many dentists are uncomfortable with (Dr. Taggart is certified to place composite fillings).

- The filling itself is a stronger material, although it weakens the tooth.

Filling with Amalgam (top photo) / Fillings with Composite (bottom photo)

