

## Dr. Carolyn's Corner

Happy Summer and hot weather!

We have been busy at Millard Oaks Dental but hope to enjoy a couple days of vacation in July and August.

October brings an entirely unique honor for me. I will travel with my family to Orlando to be inducted into the international College of Dentists.

The International College of Dentists is a not-for-profit organization which awards fellowships to dental professionals for conspicuous and meritorious service to the professional of dentistry.

Fellows in the College continually strive to maintain and elevate the dignity of the pro-

fession through the highest standards of ethical and professional conduct and are enjoined to recognize their responsibility to participate in the affairs of society as citizens in their community and throughout the world.

This is a fabulous honor to be nominated by one of my colleagues here in Omaha. I am sure that I will take a few photographs so I will be happy to share!

Also I have been working on a project that has taken me out of the office periodically. The Academy of General Dentistry offers a Mastership designation (MAGD) that I am working to achieve. After completing 500 continuing education hours for my MAGD. These

hours are unique in that I do case presentations on my fabulous and unique patients as well as literature reviews and participation classes.

I know that I stated this before, but all of this work is to always push me to be the best dentist in the region. I strive to provide exceptional oral health care to our patients with well-trained staff in a welcoming environment. Our staff values integrity and building relationships with our patients to make each visit as pleasant and comfortable as possible.

Thank you for allowing us to be your oral health care provider!

Dr. Carolyn

## ZOOM! SPECIAL



ZOOM! teeth whitening is the latest, most effective teeth whitening procedure. It is a bleaching process which lightens discoloration of enamel and dentine in just one office visit.

With ZOOM!, patients see results immediately.

The office is proud to announce that we will be offering ZOOM! at

1/2 price. The ZOOM! 1/2 price is a limited time special. Be sure to call the office and set up your appointment.

This offer is available from July 1, 2010 to December 31, 2010 so you can coordinate ZOOM! after your six month cleaning.

\*You must be over 18 years old to have this procedure. Certain restrictions apply with this offer.

## Thank You for Your Referrals

The entire office would like to send out a huge THANK YOU for all of your referrals.

Thank you for your trust in our dental team. Your referrals show us that you are pleased with the services we provide.

We're confident that your referrals will receive high quality treatment in a professional and caring environment.

Millard Oaks Dental continues to thrive with your referrals of your friends and family.

If you have received your thank you gift for your referral be sure to get your appointment scheduled with Kirk!

Again we greatly appreciate your interest in our practice and look forward to continued service to you and your family.

### Special Points of Interest:

*Just the Facts*

*Getting to know us!*

*Food: Friend or Foe*

*What is Bruxism?*

*How do I care for my Occlusal Guard?*

*Dental Fun Facts*

*10 Reasons to Keep Kids off Soda*

# Just the Facts

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## Q: What is the best type of toothbrush to use?

A: Contrary to what you might think, a gentle brushing with a soft-bristle toothbrush is just as effective (and less damaging!) than a vigorous scrubbing with a stiff-bristle toothbrush.

Your tooth enamel is relatively thin. Years of aggressive brushing can begin to wear away the enamel and make the teeth sensitive. Brushing too hard can also damage your gums.

## Q: What is dental floss made of? How does it work?

A: Brushing alone isn't enough to clean all the plaque from the surface of your teeth. Interproximal areas (those areas in between your teeth) and below the gum line are two spots where the toothbrush can't reach and

plaque can build up. These are areas that are more susceptible to cavities. Daily flossing and regular tooth visits to your dentist are the only effective way to remove this plaque.

Dental floss is a man-made fiber (usually made of nylon) that comes on a spool.

### Dental Fact:

Did you know that failing to floss means up to 35% of your tooth surface goes uncleaned?

## Q: How does plaque cause a cavity?

A: The hard, outside covering of your tooth is called enamel. Enamel is very hard, mainly because it contains durable mineral salts, like calcium. Mineral salts in your saliva help add to the hardness of

your teeth. Mineral salts, however, are prone to attack by acids. Acids cause them to break down.

The plaque that forms on your teeth and doesn't get washed away by saliva or brushed away by your toothbrush produces acid as it eats up sugar. This acid is produced inside the plaque and can't be easily washed by your saliva. The acid dissolves the minerals that make your tooth enamel hard. The surface of the enamel becomes porous—tiny holes appear. After a while, the acid causes the tiny holes in the enamel to get bigger until one large hole appears. This is a cavity.

It is important to see your dental team before a cavity forms so that the plaque you can't reach with your toothbrush or floss can be removed.

# Mark Your Calendars!!!

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Dr. Taggart is on the fast-track to complete her master-track (only 300 more hours to go)!

Because Dr. Taggart will be taking extra continuing education hours this summer, the office will be closed a few days.

Please be sure to mark your calendars. As always the office staff will be checking messages and returning phone calls. If you get the voicemail, please leave a message and we will return messages and concerns.

Thanks for your understanding!

August 2nd through August 6th

September 16th and September 17th

October 6th through October 11th

October 21st and October 22nd

November 5th

November 26th

# Food: Friends and Foes for Your Teeth

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It is said you are what you eat. This is particularly true for your teeth and gums. When you drink and eat less healthy items, you're not only feeding yourself—you're feeding the plaque that can cause problems in your mouth. While some foods invite tooth decay, others help combat plaque buildup. Here are some foods to seek out-and some to avoid.

### Healthy

- Fiber-rich fruits & vegetables
- Cheese, milk, plain yogurt & other dairy products

- Sugarless chewing gum
- Green and black teas
- Water with fluoride

### Less Healthy

- Sugary candies & sweets that stick in your mouth
- Starchy foods that can get stuck in your mouth (potato chips)
- Carbonated soft drinks, fruit juices & other sugary drinks

- Lemons and other citrus fruits (it's okay to eat them but don't suck on them)

Remember: You don't have to completely avoid less healthy foods that may contribute to tooth decay. Just remember to gently brush at least twice a day using fluoride toothpaste, and floss between your teeth at least once every day. Note this rule of thumb: the longer food that promotes plaque bacteria stays in your mouth, the more opportunity it has to cause problems.

\*information provided by Delta Dental

# What is Bruxism?

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Bruxism is a condition in which you grind, gnash or clench your teeth. If you have bruxism, you may unconsciously clench your teeth together during the day or grind them at night, which is called sleep bruxism.

Bruxism may be mild and may not require treatment. However, it can frequent and severe enough to lead to jaw disorders, headaches, damaged teeth and other problems. You may have sleep bruxism and be unaware of it until complications develop.

It is important to know the signs and symptoms of bruxism and seek regular dental care.

Signs and symptoms of bruxism may include:

- Teeth grinding or clenching, which may be loud enough to awaken your sleep partner
- Teeth that are worn down, flattened, fractured or chipped
- Worn tooth enamel, exposing deeper layers of your tooth
- Increased tooth sensitivity
- Jaw pain or tightness in your

jaw muscles

- Enlarged jaw muscles
- Earache-because severe jaw muscle contractions, not a problem in your ear
- Headache
- Chronic facial pain
- Indentations on your tongue

If you show any signs or symptoms of bruxism, please make an appointment to visit with Dr. Taggart-Burns.

## How do I care for my occlusal guard?

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- Rinse your occlusal guard with cold water or a mouth rinse before and after each use and/or clean it with toothpaste and a toothbrush.
- Occasionally clean the mouth guard in cool, soapy water and rinse it thoroughly.
- Place the occlusal guard in a container to store or transport it.
- Protect the occlusal guard from high temperatures (hot water, hot surfaces, or direct sunlight)
- Occasionally check the occlusal guard for general wear. If you find a hole, tears or becomes loose, replace it.
- Bring the mouth guard to each regularly scheduled dental visit to have Dr. Taggart exam it and clean it.



## Dental Fun Facts

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- Dentists in the old days would quickly transplant live teeth, often stolen from the dead, into their patient's jawbones.
- For those of you who are calorie conscious, a 60-second kiss burns 26 calories.
- 86% of dogs over 4 years old have periodontal disease and its sign...bad breath.
- Spearmint, Bubble gum, Cinnamon? The next time your dental hygienist asks you to pick a flavor, consider this.....the ancient Romans used a mixture of bones, eggshells and oyster shells and honey to clean their teeth!
- Bottled water doesn't contain the tooth-decaying fighting fluoride, which is added to most municipal water supplies. Ditch the bottle and drink from the tap.
- Most Americans didn't start brushing their teeth until after World War II.
- During the Middle Ages in Germany, you would have been advised to kiss a donkey in order to relieve your toothache.
- China sets aside September 20th as a national holiday known as "Love Your Teeth Day."

### Office Information

## Millard Oaks Dental

6909 South 157th Street

Suite C

Omaha, NE 68136

Phone: 402-891-9000

Fax: 402-891-6781

www.millardoaksdental.com

### 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 12 pm

Friday 7:30 am to 3 pm

### Office Staff

Dr. Carolyn Taggart-Burns

Larissa Dental Assistant

Marjean Hygienist

Liz Hygienist

Lacey Hygienist

Kori / Gigi Office Manager

## New Staff Members

Millard Oaks Dental is pleased to announce two new staff members. Lacey will be joining the staff on July 12, 2010 as a Hygienist. She will be working part-time at our office. Lacey brings six years of experience and is looking forward to practicing in Nebraska. We will be saying good-bye to Kori on August 13, 2010. Her background is in Marketing and she will be pursuing other marketing endeavors. Gigi will be the new office manager starting August 2nd, 2010. She brings over ten years of dental experience to our office and we are very excited to welcome both Gigi and Lacey to our team! Please be sure to stop in and welcome our new staff members.

# 10 Reasons to Keep Kids Off Soda

1. Soda contains no nutrients and is high in calories and sugar. Studies show a strong link between soda consumption and childhood obesity.
2. Soda suppresses the appetite so kids are less likely to eat nourishing foods. Soda drinkers are less likely to get the recommended levels of vitamin A, calcium, and magnesium.
3. Phosphorus, a common ingredient in soda, can deplete bones of calcium. Girls who drink more soda are more prone to broken bones.
4. Studies show a direct link between tooth decay and soda. Not only does the sugar cause cavities, the acids in soda etch off tooth enamel. Acid can begin to dissolve tooth enamel in only 20 minutes. Dentists are reporting complete loss of the enamel on the front teeth in teen-aged boys and girls who habitually drink sodas.
5. Caffeine is known to create physical dependence and upset the normal balance of neurochemistry in the developing brains of children. Caffeine stimulated the adrenal gland without providing the nourishment it needs. In large amounts, caffeine can lead to adrenal exhaustion, especially in children.
6. Drinking a lot of soda every day can lead to blood sugar disorders, including diabetes.
7. Aspartame, used in diet sodas, is a potent brain toxin and endocrine disrupter.
8. Citric acid, often found in soda, may contain traces of MSG. This is another potent brain toxin. The artificial flavors found in soda may also contain traces of MSG.
9. Drinking sodas regularly can upset the fragile, acid-alkaline balance of the stomach, creating a continuous acid environment. This prolonged acid environment can lead to inflammation of the stomach and duodenal lining, which can be quite painful.
10. Sodas act as dehydrating diuretics, much like tea, coffee and alcohol, and can inhibit proper digestive function.