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# APRIL

## Showers Newsletter 2009



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### Special Offers!

**NTI: NOCICEPTIVE  
TRIGEMINAL  
INHIBITION**

**Invisalign®**

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# april fool's day



## soft drinks aren't so soft

Whether you drink regular or diet soft drinks, they both can damage your teeth. Here are two different ways damage can occur.

First of all, most soft drinks are very acidic, containing both phosphoric and citric acids. These acids can erode the enamel, and as the enamel dissolves, the underlying tooth structure (dentin) is exposed.

Dentin is much softer than enamel, and it is very susceptible to sensitivity and cavity formation. Since the enamel is the protective layer of teeth, its erosion can even cause the biting edges to crumble.

Secondly, regular (nondiet) soft drinks typically have 9 to 12 tablespoons of sugar. The disease causing bacteria that lead to cavities survive by eating sugar. As this sugar is digested by the bacteria, more acid is produced. These acids further dissolve the enamel and increase the problem.

Therefore, when soft drinks are consumed, the destruction of tooth structure can be devastating. If several of these beverages are consumed throughout the day, the teeth are continuously bathed in acid.

An occasional soft drink is not likely to be a problem. Drinking through a straw will redirect the drink to the back of your mouth where it is less likely to contact the teeth. Brushing and flossing or rinsing with water immediately afterwards are also good ways to decrease the exposure of enamel to acid.

Moderation is very important when considering what beverages to drink. Keep in mind that consuming sweet drinks like soda at a young age also creates a taste for all things sweet, which is ultimately very destructive from a dental perspective. Children and adults alike can avoid this damage by drinking more water, milk or diluted fruit juice.

It's time to check your level of gullibility. Come the first day of the fourth month, it is wise to never let your guard down. Pranks, tricks and jokes take place all around you. The tradition of April Fools' pranks is not entirely clear, but the best theory is that it had to do with what may have been a different kind of joke: resetting the calendar in midstream.



In 1564 the reformed Gregorian calendar was adopted, changing the celebration of New Year's Day from March 25 to January 1. New Year's celebrations originally lasted from March 25 to April 1. However many were either unaware or resistant to the change and were chastised by having jokes played on them.

The weakness of the calendar-change theory is that it fails to account for an historical records of traditions linking merriment and tomfoolery to this time of year dating back to antiquity. The Romans, for example, celebrated a festival on March 25 called Hilaria, marking the occasion with masquerades and "general good cheer." Holi, the Hindu "festival of colors" observed in early March with "general merrymaking" and the "loosening of social norms," is at least as old.

The earliest known type of April Fools' prank occurred 200 years or so after the adoption of January 1 as New Year's Day. In France the object of the prank was known as the poisson d'Avril, which translates to April Fish. The significance of the fish has to do with April being in the zodiacal sign of Pisces. Compared with today's pranks, the most popular types of jokes to play upon the April Fish were rather mundane: sending invitations to parties that were not actually being held.

### Recent Well-known Pranks

**Spaghetti Trees:** The BBC television program Panorama ran a famous hoax in 1957, showing the Swiss harvesting spaghetti from trees. They had claimed that the despised pest, the spaghetti weevil, had been eradicated. A large number of people contacted the BBC wanting to know how to cultivate their own spaghetti trees. It was, in fact filmed in St Albans.

**Left Handed Whoppers:** In 1998, Burger King ran an ad in USA Today, saying that people could get a Whopper for left-handed people whose condiments were designed to drip out of the right side. Not only did customers order the new burgers, but some specifically requested the "old", right-handed burger.

**Taco Liberty Bell:** In 1996, Taco Bell took out a full-page advertisement in The New York Times announcing that they had purchased the Liberty Bell to "reduce the country's debt" and renamed it the "Taco Liberty Bell." When asked about the sale, White House press secretary Mike McCurry replied tongue-in cheek that the Lincoln Memorial had also been sold and would henceforth be known as the Lincoln Mercury Memorial.

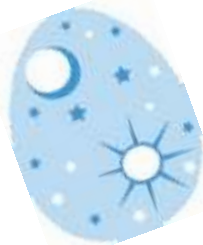


# National Arbor Day is April 24th

The last Friday of every April honors one of our greatest natural resources—trees. On January 4, 1872, J. Sterling Morton first proposed a holiday for tree-planting in Nebraska, which was accepted and later adopted by other states.

The “arbor” in Arbor Day is the Latin word for “tree”. “Arbor” is also associated with the Old French derivation, erbier, which means “garden”. This English variation is generally used in connection with the trellising structures known as “garden arbors”.

Today, Arbor Day is recognized as a national movement towards awareness that we may need to cultivate nature a bit in order to preserve it. The observance of National Arbor Day has even spread to countries outside of the U.S.



## Eggcellent Choice!



### DEVILED EGGS

#### Ingredients:

- 8 eggs
- 1/2 teaspoon prepared mustard
- 1 tablespoon creamy salad dressing
- Salt and pepper to taste
- 1 pinch paprika

#### Directions:

Place eggs in saucepan and cover with water. Bring to boil. Cover, remove from heat, and let eggs sit in hot water for 10 to 12 minutes. Remove from hot water and cool. Peel and cut in half lengthwise. Remove yolks and combine with mustard, salad dressing and salt and pepper. Mix together until smooth. Refill each egg half with the yolk mixture and sprinkle with paprika.

## Periodontal Disease

Source: <http://www.dentalcare.com/soap/patient/index.htm>

Periodontal disease is a major cause of tooth loss in adults. Early and moderate periodontal disease may exhibit few, if any, symptoms. However, warning signs of advanced periodontal disease may include red, swollen, or bleeding gums; persistent bad breath; permanent teeth that are loose or separating; or changes in the way your teeth fit together when you bite.

There are many stages and forms of periodontal disease, including:

**GINGIVITIS, PERIODONTITIS** (If left untreated, gum infection damages bone and supporting tissues.), **ADVANCED PERIODONTITIS** (At this stage, gums recede further and separate from the tooth.)



**CHECKING FOR PERIODONTAL DISEASE** During each routine checkup, your dentist will examine you for periodontal disease. A periodontal probe is used to determine if there is any breakdown in the gum tissue attachment or if pockets have developed between your gums and teeth.

**TREATING AND PREVENTING PERIODONTAL DISEASE** Treatment will depend on the type of periodontal disease and how far the condition has progressed.

Treatment options include:



If deep pockets are found and bone has been destroyed, your dentist may recommend periodontal surgery. *To help protect against periodontal disease, it is key to prevent the buildup of plaque. Remember to have regular professional cleanings in addition to brushing and flossing every day.*

## thoughts

*A true friend is someone who is there for you when he'd rather be anywhere else.*

*Len Wein*

## activity tip

### Make an Easter Basket

Turn a strawberry basket into a colorful Easter basket—perfect for sprouting Easter grass in, or housing a cotton ball chick, and making a small centerpiece.

What you'll need:

- 1 strawberry basket
- Pipe cleaners for handle, optional
- Colored paper or ribbon strips
- Scissors
- To fill basket: 'grass', shredded paper, etc.

How to make it:

Weave strips of paper or ribbon in and out of the holes in the basket. Make the handle out of pipe cleaners, if desired. Fill with some Easter 'grass' or shredded paper, then add some small goodies. You could even grow some real Easter grass in your basket.

## TMJ Diseases and Disorders

Source: <http://www.dentalcare.com/soap/patient/index.htm>

### WHAT ARE TMJ DISEASES AND DISORDERS?

TMJ diseases and disorders are a group of conditions that cause pain in and around the jaw joint (called the Temporomandibular Joint or TMJ) and nearby muscles. Jaw problems affect a person's ability to speak, eat, chew, swallow, and even breathe.

### WHAT ARE THE SYMPTOMS OF TMJ DISEASES AND DISORDERS?

Pain is the most common symptom; however, some people have no pain but still have problems using their jaws.

**Symptoms can include:** Face pain, Pain in the jaw joint and nearby areas, including the ear, Being unable to open the mouth comfortably, Clicking, popping or grating sounds in the jaw joint, Locking of the jaw when attempting to open the mouth, Headaches, A bite that is uncomfortable or feels "off," Swelling on the side of the face Neck, shoulder, and back pain.

Other symptoms may include: ringing in the ears, ear pain, decreased hearing, dizziness, and vision problems.

Keep in mind that occasional discomfort in the jaw joint or chewing muscles is common and is not a cause for concern. Many people with TMJ problems get better without treatment. Often the problem goes away on its own in several weeks to months.

### WHAT CAUSES TMJ DISEASES AND DISORDERS?

Not all causes are known. Some possible causes are injuries to the jaw area, various forms of arthritis, some dental procedures, stretching of the jaw as occurs with inserting a breathing tube before surgery, and clenching or grinding of teeth.

### HOW ARE TMJ DISEASES AND DISORDERS TREATED?

#### Reversible Treatments

According to the National Institute of Dental and Craniofacial Research of the National Institutes of Health, TMJ treatments should be reversible whenever possible. That means that the treatment should not cause permanent changes to the jaw or teeth.

Examples of reversible treatments are: Over-the-counter pain medications, Prescription medications, Gentle jaw stretching and relaxation exercises, Stabilization splints (biteplate, nightguard).

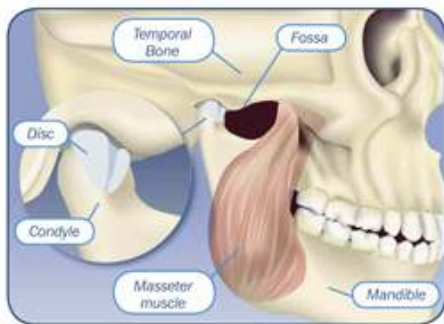
#### Irreversible Treatments

According to the National Institute of Dental and Craniofacial Research of the National Institutes of Health, irreversible treatments have not been proven to work and may make the problem worse.

Examples of irreversible treatments are: Adjustment of the bite by grinding the teeth, Extensive dental work, Mandibular repositioning splints, Orthodontics, Surgical procedures including replacement of all or parts of the jaw joint.

### ARE TREATMENTS FOR TMJ DISEASES AND DISORDERS COVERED BY INSURANCE?

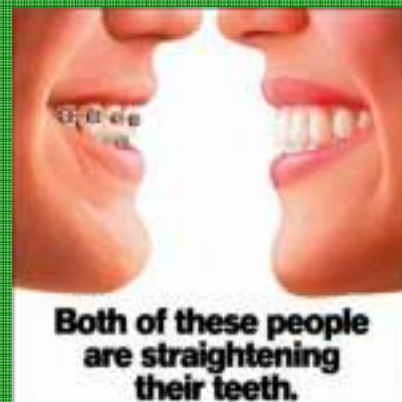
Many medical and dental insurance plans do not pay for the treatment of jaw joint and muscle disorders, or only pay for some procedures. Contact your insurance company to see which treatments are covered.



## Special Offers!

*In-Office Whitening System*  
**\$500.00**

*Take Home Whitening System*  
**\$350.00 with trays**  
**\$100.00 without trays**



## How?

Find out if Invisalign® is right for you.



**NTI: NOCICEPTIVE TRIGEMINAL INHIBITION Tension Suppression System -- FDA approved for the prevention of migraine pain**