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## QUARTERLY NEWSLETTER

### OPPORTUNITY FOR FREE VENEERS

We are very excited to offer one lucky patient the opportunity to have veneers done by Dr. Dorgan for FREE!

We are proud to announce Dr. Dorgan was invited by his mentor to participate in a continuing education course that involves doing a veneer case in Scottsdale, AZ (hence the Southwestern theme).

Anyone interested should simply call Denise. The first

10 people to respond will receive a full work up including diagnostic casts, diagnostic photographic series, and a consultation all free of charge. Dr. Dorgan will select the case to be done in AZ from those ten.

The patient selected will need to be able to travel to Phoenix, two separate weekends. We will be in Phoenix from the evening of April 15th until the course ends April

18th for the preparation visit.

The second visit will be from the evening of May 21st—May 23rd. We will bond the permanent veneers at this visit. The patient selected will be responsible for all travel expenses; in return there will be no charge for the veneers valued at approximately \$10,000.

*"Dignity consists not in possessing honors, but in the consciousness that we deserve them"*

Aristotle



### SHOULD I USE A MOUTHWASH

Whether or not you should use a mouth rinse depends upon your needs. Many dentists consider the use of fluoride toothpaste alone to be more than adequate protection against cavities. Although anti-cavity rinses with fluoride have been clinically proven to fight up to 50 percent more of the bacteria that cause cavities, and most rinses are effective at curbing bad breath and freshening the mouth for up to three hours, initial studies have shown that most OTC anti-plaque rinses and antiseptics are not much more effective against plaque and gum disease than rinsing with water. Dentists will prescribe special rinses for patients with more severe oral problems, such as cavities, periodontal disease and xerostomia. Therapeutic rinses also are strongly recommended for those who can't brush due to physical impairments or medical reasons.





# Dry Mouth

## What is dry mouth?

Dry mouth (also known as xerostomia) is a condition caused by a decrease in the amount of saliva in the mouth when salivary glands do not work properly. Saliva is a natural defense for teeth and plays a major role in preventing tooth decay by rinsing away food particles, neutralizing harmful acids, providing enzymes to help digest food and keeping oral tissues healthy. A decrease in saliva puts patients at risk for cavities, gum disease and discomfort since foods that are consumed adhere to the teeth longer. Without saliva, you would lose your teeth much faster.

## What causes dry mouth?

Dry mouth may be a sign of a serious health condition or may occur when a person is upset or experiences stress. It also can be caused by aging, radiation therapy and chemotherapy, medications, or diseases. Studies have shown that up to 400 prescription and over the counter medications can con-

tribute to symptoms associated with dry mouth. The most common troublemakers are anti-hypertensives, anti-depressants, painkillers, tranquilizers, diuretics, and antihistamines.

## What are the effects of dry mouth?

The quality of life of patients suffering from dry mouth is often profoundly impaired. Symptoms include extensive dental decay, infections of the tissues of the mouth, difficulty in speaking, eating and swallowing, ulceration or soreness of the mouth, an altered sense of taste, and difficulty wearing dentures. It also allows plaque to build up on your teeth faster, leading to a higher risk of cavities. In certain cases, a lack of moisture can make your tongue become very sensitive, causing a condition called burning tongue syndrome.

## How can I protect my teeth?

When saliva becomes diminished, your teeth become very susceptible to decay.

The first line of defense should be good oral hygiene and nutritional habits, increased water intake and a supplement fluoride treatment. Having your general dentist apply sealants can further protect against cavities. Sealants however, can only be applied to teeth not currently decayed or filled.

## To ease dry mouth pain:

- Brush and floss twice a day
- Chew sugarless gum
- Avoid alcohol and caffeine
- Avoid smoking
- Drink plenty of water
- Use over the counter moisture replacement therapies
- Visit the dentist regularly
- Use supplement fluorides

## Recipe: Carmel Apple Salad

3 Granny Smith Apples sliced into wedges

1 Head butter lettuce, cored and separated into leaves

3/4 Cup caramel ice cream topping

1 Cup walnuts

**Place butter lettuce on a platter.**

**Top with apples.**

**Drizzle with ice cream topping.**

**Top with walnuts.**