

# Dental Health News®

## News from the office of...



**Dr. Richard Heide**

Welcome to the latest issue of our newsletter. We're pleased to have this opportunity to say "hello" and bring you tips for making the most of your smile! Test your dental knowledge with our page 2 article, "Tooth Truths and Myths," and take a few minutes to browse through the rest of our newsletter for more interesting dental news.

As always, we'd like to remind you of the importance of maintaining regular appointments to preserve your optimum oral health. When you call to schedule your continuing care appointment, remember to ask us about the latest, most effective ways to whiten and brighten your smile.

Enjoy this newsletter, and please pass it on to a friend or family member who may be interested in reading up on the latest dental health news too.

All the best,

*Richard Heide*

Dr. Richard Heide

## A SORE SUBJECT

Canker sores and cold sores are common yet annoying mouth irritations that are often confused with one another. Cold sores are slightly more common than canker sores, but a minimum of 20 percent of the population will suffer from one or the other at some time.

Cold sores, often called fever blisters, are highly contagious lip sores initially caused by the herpes simplex virus. The virus remains in the body to produce future outbreaks as a reaction to stress, illness, injury or sunlight. The first sign of a cold sore is usually a tingling sensation around the mouth, followed by painful, fluid-filled blisters on the lips and mouth. The blisters typically burst and scab over, usually healing in about a week.

Canker sores appear not on the lips but rather inside the mouth, presenting as small ulcers with a white or gray base and a red border. Unlike cold sores, they are not contagious and their exact cause is not known. Cankers can be triggered by fatigue, stress, allergies or intestinal problems in some people. If you bite or cut your cheek or tongue, or burn the inside of your mouth with hot food, you could also increase the likelihood of developing a canker sore. Some foods could trigger canker sores in certain cases - so make sure you note what you've eaten each time you suffer an outbreak of canker sores to see if there's a pattern.

Most canker sores will heal on their own after a week or two, and you can help the process along by avoiding hot, spicy or acidic foods in the meantime.

If your cold sores or canker sores do not heal, or seem to be getting worse after about a week, please call our office for suggestions that may ease your discomfort and speed up your recovery.





# SNORE NO MORE!

You may wonder why you're reading about snoring in a dental newsletter, but the fact is that we dentists not only take care of your teeth and gums, we're also here to help you get a good night's sleep!

Whether you're one of the approximately ninety million North Americans who snore, or one of the countless people who are kept awake by a snorer in your household, you'll want to hear about our Silent Nite® anti-snoring device.

Snoring is produced when the muscles and soft tissues in the throat and mouth relax, making your airway smaller. The decrease in airway space increases the velocity of air flowing through the airway during breathing, which causes vibrations in the soft tissues of the mouth and throat, producing the "snoring" sound.

Silent Nite® is a custom-designed anti-snoring device comprised of a soft inner layer that rests comfortably against your teeth and gums, and a durable outer shell that resists breakage. It's a simple mouthpiece that prevents the lower jaw from falling back and/or your tongue from dropping back towards the back of your throat while you're sleeping, therefore helping to keep your airway open.

Ask us how we can help you - and your family! - get a deeper, more restful sleep with a snore-free Silent Nite®.

## SCALING SAFETY

Sometimes it's hard to justify working a regular dental checkup into a busy schedule, so some people have been known to try and conduct some of the procedures, such as scaling their teeth, at home by themselves, often leading to disastrous results.

A dentist-supervised continuing care appointment includes scaling, to ensure that bacteria are removed from around and below the gum line, and polishing procedures to remove plaque, calculus and stains from teeth. If the calculus is not removed, it irritates and inflames the gums, ultimately leading to gum disease, which is the leading cause of tooth loss in adults.

While home-scaling devices are available in some drugstores, we ask our patients to be aware of the possible problems you may open yourself up to by trying to use this seemingly-simple tool at home. Users of the self-scaling system have been known to chip a tooth or the enamel from a tooth with them, gauge their roots and experience the possibility of gum abscesses if tartar is pushed under the gumline. Dentists and hygienists are trained in the proper scaling procedure, and will ensure a safe and effective result using the professional tools and experience you deserve.

### Richard Heide, D.D.S., F.A.G.D.

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**Office Hours:**

Mon., Tues.: 8 a.m. - 5 p.m.

Wed., Sat.: 8 a.m. - 1 p.m.

Thurs.: 11 a.m. - 8 p.m.

Fri.: Closed

**Our Services Include:**

- Cosmetic Dentistry
- Implants
- Veneers/Laminates
- White Fillings
- Teeth Whitening
- Relief From Snoring
- Non-Surgical Periodontal Therapy
- Bridges & Crowns
- Dentures/Partial Dentures

- Extractions
- Root Canals (Endodontics)
- Payment Plans Available: aetna®, Cigna®, Delta Dental®, GUARDIAN®, MetLife PPOs and most other plans can be utilized as full or partial payments.



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