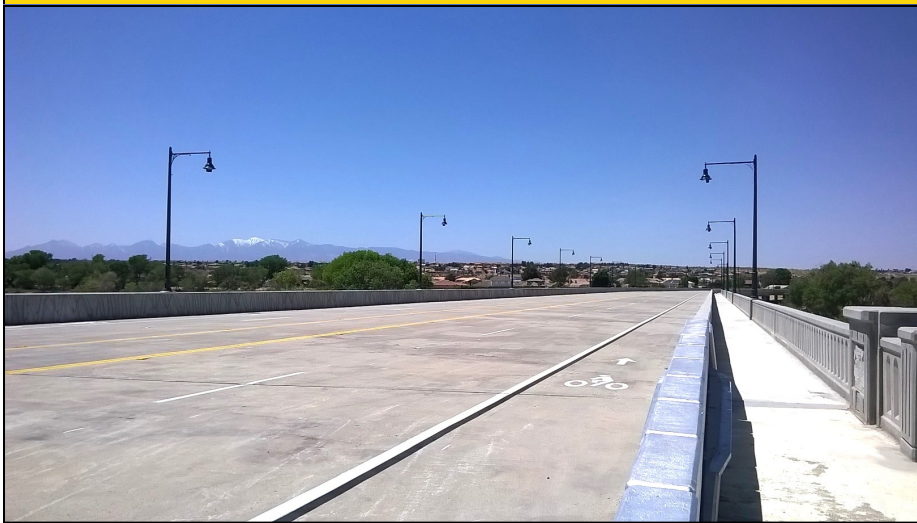




SUN TIMES

Yucca Loma Road and Bridge Open This Month



- ⇒ Yucca Loma Road opens beginning of May
- ⇒ Yucca Loma Bridge opens to traffic May 20

For about a year, the portion of Yucca Loma Road adjacent to our office has been closed for widening and other improvements in preparation for the opening of the new Yucca Loma - Yates Road Bridge across the Mojave River. The road is set to reopen at the beginning of May, and the bridge will open to traffic May 20. This will provide a direct connection to our office from the Spring Valley Lake, where many of our patients reside, as well as make it easier to access our parking lot.

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Fri. 8:30 a.m. - 5:00 p.m.
Select Thursdays &
Saturdays
By Appointment Only

Sun Times
May 2017

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WHAT'S INSIDE



Tobacco vs.
Dental Health



Risks of
Mouth Piercings

Tobacco Wreaks Havoc on Your Dental Health

Each year, the World Health Organization (WHO) promotes World No Tobacco Day on May 31. As dental care providers, we want to join in raising awareness of the dangers of tobacco use and encourage users to quit.

Smoking tobacco is well known for increasing the risk of lung disease and cancer, as well as heart disease and stroke.

But smoking and chewing tobacco also have severe effects on oral health. Some of the more minor problems caused by tobacco use

DENTAL PROBLEMS CAUSED BY TOBACCO	
• Oral Cancer	• Slow Healing
• Bone Loss	• Staining
• Tooth Decay	• Bad Breath
• Gum Disease	• Less Taste

are stained teeth, bad breath and reduced tasting ability.

The most severe and frequently deadly problem caused by tobacco use is oral cancer. It kills roughly one person per

hour. Tobacco use can also lead to bone loss, tooth decay and loss, delayed healing time and periodontal (gum) disease, the latter of which can lead to serious health problems elsewhere in the body.

In the United States, tobacco use is the largest preventable cause of death and disease. It's difficult to quit using it because of the strong addiction it forms, but there are various methods and many resources to help.

Smokefree.gov offers free information and professional assistance to people who want to quit smoking or recently quit smoking and want to stay tobacco-free. Interested persons can also call toll-free **1-800-QUITNOW (1-800-784-8669)**.



The Risks of Tongue & Lip Piercings

May 16 is National Piercing Day, celebrating one of today's most popular forms of self expression. Most piercings are safe and fun, but tongue and lip piercings can cause major damage to the mouth.

When getting a tongue piercing, improper placement can damage nerves, causing numbness and loss of taste. You may also have an allergic reaction to the metal, and the piercing site can become infected and cause the tongue to swell.

Tongue and lip piercings often chip or crack teeth when the metal hits against them or when the person bites down on the jewelry. They can also create pressure against the teeth and make them move.

Gums are also damaged by mouth piercings. Frequent contact with the jewelry causes recession, which can lead to tooth loss.

A less severe complication of lip and tongue piercings is that the metal jewelry can block the view of teeth in dental X-rays, and it will have to be removed each time.

If you still want to have a tongue or lip piercing despite the risks, there are ways to make it safer. Make sure the jewelry is of surgical quality and properly fitted, and that the parts that can come in contact with your teeth aren't metal.

Follow the proper cleaning/care routine, and avoid "playing" with the jewelry.

