

SUN TIMES

Thanksgiving and your Teeth

It's time again to stuff as much food into your mouth as humanly possible, but how do your teeth feel about it? Read on to find out.

Turkey - Contains lots of protein, which combines with minerals to strengthen teeth, but be sure to floss afterwards to remove any pieces stuck between teeth.

Stuffing and Rolls - Bread is a form of starch, which feeds cavity-causing bacteria. Be sure to clean out any bits mashed into teeth.

Yams - Have vitamins A and C for gum health, but if they're candied and/or topped with sticky marshmallows, the sugar will contribute to dental decay.



Mashed Potatoes - Though these contain milk to aid teeth, potatoes are chock full of starch. Consume in moderation, and be sure to brush and floss later.

Apple Cider, Wine, Etc. - Beverages besides water are full of sugar, and some are also carbonated and high in acid, all of which hurt your dental health.

Cranberry Sauce - The fruit has many vitamins, but also lots of sugar and acid, and can stain teeth. Eat with other foods to dilute the acidity.

Pumpkin Pie - The saving grace for this dessert is that pumpkin contains vitamin A to help rebuild enamel. Also, whipped cream contains calcium from milk.

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WHAT'S INSIDE



A New
Orthodontic Option



Free Wi-Fi for
Patients and Guests

Our Newest Orthodontic Option:

MTM® Clear Aligners



Properly aligned teeth are less likely to develop decay, gum disease, bone loss and tooth loss.

Orthodontic treatment is used to correct alignment problems, but it can be costly, time-consuming, and unsightly.

That's why our office is proud to offer a new type of clear aligner for our patients.

MTM® Clear Aligners are made with nearly invisible, crystal clear material, making them a more esthetic option than traditional braces with brackets.

And unlike previous clear aligners used in our office, MTM® doesn't include bulky attachments on teeth.

MTM stands for "minor tooth movement," which indicates that the align-

ers do minimal adjustment.

Because of this, they also take less time to accomplish their goal than the typical orthodontic treatment.

The series of removable plastic trays gradually moves your teeth into their ideal position.

It's best for anterior (front) teeth, and can correct gaps, crowding, midline discrepancy, tipping, rotation and teeth that are too high or too

low. (See photo on next page)

Also, because the trays are removable, it's easier to eat, brush and floss.

MTM® treatment starts at \$3,000 cash price, and is covered by most PPO insurance plans.

Call our office at (760) 810-7297 to schedule a consultation to see if MTM® Clear Aligners are right for you.

Common Problems MTM® Clear Aligners Can Correct



Spacing
Too much space between teeth. Esthetic problem that can also compromise the effectiveness of chewing.



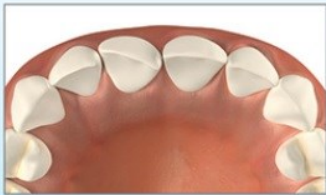
Crowding
Not enough space between teeth (teeth overlap). Can make it hard to brush and floss, leading to tooth decay and gum disease.



Midline Discrepancy
Center of upper and lower teeth are not aligned. Can be an indication of an improper bite, which may lead to pain and further issues.



Tipping
Teeth tip outward or inward, or lean forward or backward. Can cause other teeth to shift, creating crowding and an improper bite.



Rotation
Teeth are turned clockwise or counterclockwise. Can make proper oral hygiene difficult and may lead to tooth decay.



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FREE WiFi

For Patients & Guests



NEW PATIENT SPECIAL

\$75

Full exam, full mouth X-rays & regular cleaning
(a \$296 value)