

# Filling You In



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## WHY FLOSS?

For years we've been lectured to floss our teeth, but why is it so important? The fact of the matter is that flossing is one of the most important habits for ensuring healthy teeth and gums, as well as your general health.

Our mouths are normally covered with millions of microscopic bacteria (germs). These bacteria live in a sticky film of protein and mucus called plaque, where they feed on leftover food particles producing acid which eats into tooth enamel, creating cavities. To make matters worse, the bacteria also pour out volatile sulfur compounds that cause bad breath. Normal brushing removes the bacteria from the tooth surface only, not the spaces between teeth.

What happens when you don't floss? The plaque containing the bacteria eventually hardens into a substance known as tartar. Here the bacteria produce toxins that irritate and inflame the gums. This condition is known as gingivitis. If left untreated gingivitis progresses to periodontal disease.

Periodontal disease is a condition where the bacteria and their toxins invade not only the gums but the bones and structures supporting the teeth. This causes bone loss, loose teeth, and teeth that fall out. The small blood vessels running through the gums are damaged allowing bacteria and toxins to enter the blood stream. There is evidence that indicates that the bacteria and toxins may contribute to major medical problems including strokes and heart attacks. Flossing saves our teeth and protects our health as well.

## PAIN IN THE NECK Could be dental!

Dental problems are a more common cause of headaches than you might think. If you've ever experienced an ache that seemed to shift from your tooth to your ear or sinus area, it may be because the nerves, muscles, and ligaments around the mouth, jaw, and ear are interconnected. Yet many people who experience chronic pain in their head or neck never think to mention it to the dentist. In fact, a thorough examination could provide useful insights.

Possible dental causes of headaches are:

- ♦ infected, abscessed, unerupted, or broken teeth;
- ♦ gum disease;
- ♦ jaw alignment issues;
- ♦ muscle spasms caused by clenching your jaw or grinding your teeth

There are many headache triggers - some dental and some not - but relief *could* be just one dental visit away!



## YOU STILL HAVE TIME TO ENTER!

### WIN AN IPOD IN OUR REFERRAL LOTTERY

Simply Refer a New Patient/Family to our office. The more referrals you make, the more tickets you'll have in the lottery.

1 Referral = 5 Tickets

2 Referrals = 10 Tickets

3 + Referrals = 25 Tickets each

**JUST BE SURE YOUR REFERRAL GIVES US  
YOUR NAME!**

**The lucky winner of the IPOD will be  
announced on June 30, 2010.**

## EARLY ORTHODONTICS

If your child is a candidate for braces, it may make sense to start the process early, between the ages of 6 and 12, assuming the four upper and four lower front permanent teeth have come in. At that point, an orthodontist usually has a good idea of the problems a child is likely to have and how to correct them. It's easier to move teeth and reshape the upper and lower jawbones before puberty, while the bones are still growing. A child may still need further treatment at age 12 to 14, when all the permanent teeth are in.

**Consider early orthodontia if your child:** has protruding teeth, a severe overbite, or a crossbite that keeps their lips parted. If their lips don't meet, the teeth won't be fully protected in a face first collision. Also, your child may breathe through their mouth, which can cause dryness or a sore throat. Another consideration is if your child seems self-conscious about their teeth and avoids smiling.

**Wait until adolescence if your child:** has spaces between their teeth. Gaps may close naturally by puberty. If your child is restless or has trouble following rules, then they may not be ready to sit still for treatment. They may refuse to wear removable appliances or give up sticky foods that may loosen their braces.

Our office offers patients the latest in orthodontic biotechnology. With the use of removable appliances, Invisalign, fixed and clear braces, we feel every child can grow up with self respect. The added bonus is that this can all be done with comfort and fun - if the job is started early enough.

Dr. Mark Sayed is our Orthodontic Specialist. He has degrees from U.C.L.A., the University of Pennsylvania, where he received his Doctorate in Dental Medicine, and New York University, where he received his specialty in Orthodontics and Facial Orthopedics with high honors. Dr. Sayed is qualified by the American Board of Orthodontists.

Dr. Diamond and Dr. Sayed will be happy to assist you with any orthodontic questions and concerns.

**Never make excuses.** Your friends won't need them and your foes won't believe them.

**Mistakes occur** when your thinking is tainted by excessive emotion.

*Quotes from: John Wooden, "The Wizard of Westwood"*

### HOW TO STOP A NOSEBLEED

A big misconception is to lean the head back. This hides the blood, but it also moves it to the back of the throat, where it gets swallowed. Instead, sit up straight or lean slightly forward. Squeeze the nostrils together continuously for 5 to 10 minutes, the amount of time it takes for the blood to clot. Time this by the clock, as stopping too soon may cause the bleeding to start again. At home, it can be helpful to put a saline nasal gel on a piece of cotton and insert it inside the nostril while you're squeezing. If the bleeding doesn't stop after 10 minutes of direct pressure, see a physician.

### NO CAVITY CLUB

**Congratulations** to the following lucky winners:

**February 2010**

**Katherine Fleming and Madison K. Wright**

*Prizes awarded were:*  
**Gift Cards for iTunes**  
**and**  
**Toys R Us**

Winners were eligible for the **No Cavity Club** drawing because they take good care of their teeth and gums and were deemed cavity free by Dr. Diamond at their 6 month checkup.

For more information on how to join, call our office or inquire during your next visit.

### DON'T FORGET...MOVIE TICKETS!

In addition to the Referral Lottery to win an **IPOD**, we'll give you **TWO FREE MOVIE TICKETS** for each new patient/family that you refer to our office, just be sure they give us your name as their referring source.

Since we are a referral only practice, we need the support of our patients by referring your friends and loved ones to our office. If you know of someone that is looking for a high quality "dental home", please give them our card or website information ([www.MyDiamondDental.com](http://www.MyDiamondDental.com)).

**We promise to give them the same quality care that we always give to every patient.**