

The Lakes Family Dental

Special Interest Articles:

- ✓ *The Facts About Fluoride*
- ✓ *X-Ray Safety and Necessity*
- ✓ *Cosmetic Dentistry: The Basics*



By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest.

~Confucius

Fluoride

For over five decades, the American Dental Association has continuously endorsed adding fluoride to community water supplies and the use of fluoride-containing products as safe and effective ways to prevent tooth decay.

What is Fluoride?

Fluoride is a naturally occurring substance that is also found in the human body. About 95% of the total body fluoride is found in bones and teeth, and appropriate intake of fluoride can make teeth stronger and less susceptible to decay. A little bit of fluoride goes a long way; only a very small amount daily is necessary to keep teeth healthy.

What are the Benefits of Fluoridating Water Supplies?

Research dating back to the 1930s has continually suggested that consumption of appropriate levels of fluoride can greatly reduce the risk of tooth decay in people of all ages. Today, sodium

fluoride is added to most public drinking water. Fluoride's primary function in the human body is to strengthen the bone and prevent cavities. The connection between water fluoridation and tooth decay in the United States has been studied for several decades. The results have led to the development of optimum fluoride levels in drinking water. These standards are now followed by almost all public water supplies in the U.S.



Is Fluoride Dangerous?

Like most substances, Fluoride can be dangerous in large doses. However, you would need to consume far higher concentrations than those found in treated public water to experience negative effects. Current scientific evidence suggests water fluoridation remains an effective way of maintaining good public oral health, which is why it consistently receives the ADA's approval.

X-Rays

In the course of dental care it is often necessary to utilize X-rays to diagnose potential oral health problems. Many individuals are wary of the process and have an unwarranted fear of this powerful dental tool. We hope to give you some basic facts that will allay your fears and better educate you on the subject.

Are X-Rays Dangerous?

X-rays are just another form of radiation, much like the visible light we use to see or the microwaves that heat your food. In general X-rays are more energetic and do, as with any source of radiation, need to be handled with care. However, the amount of radiation you are exposed to in a typical bitewing film or full-mouth series of X-rays is much smaller than you would experience during a sunny day at South Padre Island.

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Happy Saint Patrick's Day!

A sense of humor... is needed armor. Joy in one's heart and some laughter on one's lips is a sign that the person down deep has a pretty good grasp of life.

~Hugh Sidey



Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything.

~Plato

How Do X-Rays work?

When X-Rays pass through your mouth in a dental exam, more X-rays are absorbed by the denser parts (such as teeth and bone) than by soft tissues (such as cheeks and gums) before striking the film. This creates an image called a radiograph. Teeth appear lighter because fewer X-rays penetrate to reach the film. Tooth decay, infections and signs of gum disease, including changes in the bone and ligaments holding teeth in place, appear darker because of more X-ray penetration. Dental restorations (fillings, crowns) may appear lighter or darker, depending on the type of material used for the restoration. The interpretation of these radiographs allows us to safely and accurately detect hidden abnormalities.

How often should radiographs be taken?

The schedule for needing radiographs at recall visits varies according to your age, risk for disease and signs and symptoms. Recent films may be needed to detect new cavities, or to determine the status of gum disease or for evaluation of growth and development. Children

may need X-rays more often than adults since their teeth and jaws are still developing.

Cosmetic Dentistry

A smile can be the most eye-catching feature of a face. At the Lakes Family Dental we specialize in general and cosmetic dentistry. With us you have choices that can help you smile with confidence. Some of the options we offer are described below.

Tooth Whitening

Tooth whitening or bleaching brightens teeth that are discolored or stained. At the Lakes Family Dental we offer our patients FREE tooth whitening for life. Provided you complete all scheduled treatment and come in for your regular cleaning, exam, and X-rays, you will receive custom-made bleaching trays (\$375 value)! When you come in for your six month cleanings we will give you 2 FREE tubes of whitening gel for the rest of your life.

Bonding

This procedure can improve the appearance of teeth that are chipped, broken, cracked,

stained, or have spaces between them. With bonding, tooth-colored materials are applied, or bonded, to the tooth surface.



Enamel shaping

This involves modifying teeth to improve their appearance by removing or contouring enamel. The process, which often is combined with bonding, is quick and comfortable and the results can be seen immediately.

Veneers

Veneers are thin custom-made shells designed to cover the front side of teeth. Made of tooth-colored materials, veneers are used to treat spaces between teeth and teeth that are chipped or worn, permanently stained, poorly shaped or slightly crooked.

Invisalign

Orthodontics may be needed if teeth are crooked, crowded or do not meet properly. We at the Lakes Family Dental are proud providers of Invisalign treatment. This procedure involves a series of custom-made, clear, plastic aligners that gradually move your teeth to the desired position. If you aren't happy with your smile ask us about Invisalign today!