

Comprehensive Dental Care

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COMPREHENSIVE
DENTAL
CARE

Celebrating of Dental Service
25 Years to Our
Community

DENTAL HEALTH

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Oral Care Essentials

- Eat a diet high in calcium and vitamins C and D. Avoid sugary foods: Oral bacteria ferment sugar to create tooth-eroding acids.
- Brush your teeth twice a day and floss daily to remove plaque and bacteria.
- See your dentist twice a year. Patients who smoke or have gum disease or diabetes may need cleaning and checkups every 3-4 months.

Spotlight on: Doris Gentzler, Financial Coordinator



Doris Gentzler has worked in dentistry for 22 years. She has worked with Comprehensive Dental Care since 1999, and serves as the financial and insurance coordinator for patients of CDC. She works with patients on an individual basis and helps them achieve their dental health goals.

Doris has three children, Sara, David and Madison. Her hobbies include fishing and spending time with her wonderful family.



Springtime again...at last! For many of us, the warmer days are a welcome relief—but enjoy those cool evening breezes while they last, because summer definitely dominates here in the Sunshine State and all too soon we'll be wondering if Thanksgiving will ever arrive!

25 Great Years

We are proud and pleased to note that we have reached a milestone in our practice: 25 years of service! When you are privileged to serve the most wonderful patients in the world, work doesn't feel like work and time tends to fly. So we can hardly believe that it has been a quarter of a century!

our practice has been able to grow and thrive to this point. All we can say is we're looking forward to the next 25.

We hope you enjoy this issue of *Dental Health Digest*. As always, we welcome any questions or comments you might have about these or any other health care topics. See you soon!

-Dr. Menendez

New Patients



are always welcome!

We believe that everyone deserves expert, compassionate, affordable dental health care. We gladly accept new patients into our practice. Please tell your family, friends and co-workers that we are available to provide comprehensive dental health care.

Keep an Eye on Mouth Sores.

They can be a minor annoyance...or the sign of a more serious disease or disorder. Mouth sores should be watched carefully. Many things can cause them: bacterial, viral or fungal infections may be the culprit, but a loose orthodontic wire, a denture that doesn't fit, or a sharp edge from a broken tooth or filling might also be to blame. Whatever the cause or degree of symptoms, you should call us to examine any mouth sore that lasts a week or longer.



Among the most common mouth sores are:

Canker sores. These are small white or gray ulcers with a red border which occur inside the mouth. They are not contagious. You may find one or several, and they often recur. Some experts believe that immune system problems, bacteria or viruses may contribute, but their exact cause is unknown. Fatigue, stress or allergies can increase the likelihood of a canker sore. Hot foods or beverages as well as irritations from biting the cheek or tongue may also contribute to their development. Intestinal problems, including ulcerative colitis and Crohn's disease, also seem to make some people more susceptible.

Treating Canker Sores. Canker sores usually heal on their own within a week or two. Over-the-counter topical anesthetics and mouth rinses may provide temporary relief. Hot, spicy or acidic foods can irritate the sores. Antibiotics and some oral bandages can reduce secondary infection.

Cold sores. Cold sores—also called fever blisters or Herpes simplex—are groups of fluid-filled blisters that can be quite annoying and painful. They often erupt around the lips and sometimes under the nose or around the chin. Cold sores caused by Herpes Virus Type 1 are very contagious. The initial infection (primary herpes), which often occurs before adulthood, may be confused with a cold or flu and can cause painful lesions to erupt throughout the mouth.

Once a person is infected with primary herpes, the virus stays in the body causing occasional outbreaks. The virus remains inactive in some people. Recurring herpes lesions look like multiple tiny fluid-filled blisters that most commonly appear around the edge of the lips. Fever, sunburn, skin abrasions or stress may bring on an attack.

Treating cold sores: Cold sore blisters usually heal on their own within a week. Over-the-counter topical anesthetics can provide some relief. Prescription antiviral drugs may reduce this type of infection.

Leukoplakia. Leukoplakia appears as a thick, whitish patch on the inside of the cheeks, gums or tongue. Common among tobacco users, leukoplakia is caused by excess cell growth. Irritations such as loose dentures or the habit of chewing on the inside of the cheek may cause leukoplakia to develop. Leukoplakia can sometimes progress to cancer. A biopsy may be recommended if the patch looks suspicious.

Treating leukoplakia: We examine the lesion and check biopsy results to help determine how to manage the disease. Treatment begins with removing the factors that contribute to the lesion: quitting tobacco or replacing ill-fitting dentures or bridges.

Candidiasis. A fungal infection (also called moniliasis or oral thrush), Candidiasis occurs when the yeast *Candida albicans* reproduce in large numbers. Common among denture wearers, it most often occurs in people who are elderly, debilitated by disease, or those with immune system problems. People with dry mouth syndrome are very susceptible to candidiasis. An outbreak of *Candida* may occur following antibiotic treatment, which can decrease normal bacteria in the mouth.

Treating candidiasis: Prevention of the conditions that caused the outbreak is our primary focus. Good oral hygiene is key, including careful cleaning of dentures and removal of them at bedtime. Saliva substitutes and prescription medications may help when the underlying cause is unavoidable.

Information from ada.org



Oral Cancer Signs

Many of these signs can be caused by other cancers or by less serious, benign problems. It is important to consult your dentist or your doctor if any of these conditions lasts more than 2 weeks.

- a sore in the mouth that does not heal (most common symptom)
- pain in the mouth that doesn't go away (also very common)
- a persistent lump or thickening in the cheek
- a persistent white or red patch on the gums, tongue, tonsil, or lining of the mouth
- a sore throat or a feeling that something is caught in the throat that doesn't go away
- difficulty chewing or swallowing
- difficulty moving the jaw or tongue
- numbness of the tongue or other area of the mouth
- swelling of the jaw that causes dentures to fit poorly or become uncomfortable
- loosening of the teeth or pain around the teeth or jaw
- voice changes
- a lump or mass in the neck
- weight loss
- persistent bad breath

About 90% of patients diagnosed with oral cancer use tobacco. Please visit the American Dental Association at www.ada.org for resources to help you quit smoking.



Smile Makeovers | Through a combination of Porcelain Veneers and Crowns, CDC gives sisters Margie Meriage and Fran Strupek something to smile about.



Margie Meriage's previous smile included cracked and worn teeth with spaces. Her stunning new smile was created with Porcelain Veneers and Crowns on both the upper and lower teeth.

"The team at CDC is professional and knowledgeable. Dr. Menendez is so experienced, confident and accommodating. I feel so comfortable and trust him completely as my dentist. My overall experience has been nothing short of excellent. I did not realize that veneers could change my smile the way that they have. I had cracked and worn teeth with spaces, now I have a smile I never dreamt possible. I smile all of the time!" —*Margie Meriage*

Porcelain Veneers and Crowns eliminated the spaces that Fran Strupek had in her smile. The spaces were not only a cosmetic concern—they also trapped food, creating a challenge for Fran when cleaning her teeth.

"I thought my teeth were fine until I took a good look at some pictures. That, combined with having difficulty keeping my lower teeth clean due to spaces, made me think about improving my smile and my dental health. Porcelain veneers and crowns transformed my smile. When I recommend friends to CDC, I just tell them "look at my teeth." I look in the mirror and cannot believe my smile. I was very apprehensive to begin treatment and looking back, I would not change a thing." —*Fran Strupek*

Don't Underestimate the "Smile" Factor

What a difference a smile can make! It has been said that life is like a mirror—we get the best results when we smile at it. In the workplace or in purely social settings, your smile is one of the first things that people notice about you—and it tells the world a lot about your level of self-esteem.

It is never too late, or too soon, to give yourself the gift of confidence that a radiant smile can bring. Over time, teeth may become chipped or discolored. Perhaps yours are misaligned or you are missing some teeth. If you've been hiding your smile behind your hand, it's time to put those feelings of self-consciousness and doubt behind you. Young or old, your appearance has a dramatic effect on how you feel—and how others feel about you.



Cosmetic Dental Services:

- Whitening
- Tooth-colored Fillings
- Porcelain Veneers
- Invisalign® Clear Aligners
- Porcelain Crowns & Bridges
- Claspless Partial

We have many options—from teeth whitening to veneers and more—which can help you achieve the smile you have hoped for.

Don't put off the smile of your dreams any longer. Call us at (727) 785-4461 and talk to any of our caring and knowledgeable team members to schedule a consultation with Dr. Menendez.