



Cogguillo Family Dentistry's Smile Review

Produced to improve your dental health and awareness

Summer 2005

fromthedentist

Medical Info Required

Help us help you!

Your oral health is an essential component of your overall health. This is why we need to know your general medical history – to provide you with the best care possible.

Some patients wonder why we collect this information, and why we may ask for an update at recall appointments. Firstly, your general medical condition and your personal nutritional and lifestyle habits give us valuable clues to understanding your dental health. Secondly, your dental health has an impact on a variety of medical conditions including diabetes, heart and stroke disease, osteoporosis, and stress-related conditions. We're also on the front line when it comes to early diagnoses of oral cancers.

If you have any questions, please don't hesitate to ask.

Yours in good dental health,

Dr. Chris Cogguillo

turnthepage

Your smile is our crown jewel

We have floss shredding solutions

Men's oral health

Dental Innovations:

What a difference a century makes!

What a difference a hundred years can make! At the turn of this century there were virtually no cars,

Who knows what the next hundred years will hold for the art and science of dentistry

televisions, telephones, or airplanes. There were dentists back then, but a hundred years of science and new technology has made a world of difference to patients. We've come a long way from the foot-propelled drill and wooden dentures! Who knows what the next hundred years will hold for the art and science of dentistry? Maybe we'll finally make tooth loss and cavities things of the past – illnesses your kids and grandchildren will only read about in the history books.



We look forward to introducing you to the latest up-and-coming dental innovations as they are available. As always, we'll keep you informed of the latest developments, in the pages of this newsletter. If anything catches your eye, or if it's time for a checkup, just give us a call and drop by. Imagine ... sometime soon we may be able to beam you over!

Dental Trivia

- 100 years ago, one half of all adult North Americans were toothless. Today less than 10% of adults over 65 have lost their teeth.
- The tooth is the only part of the human body that can't repair itself.
- The earliest record of tooth decay was described by the Sumerians

as "tooth worms." There is also historical evidence that around 2700 BC, Chinese acupuncture was used to treat tooth pain.

- During the Dark Ages (400-1400 AD) popular belief was that you could re-grow a lost tooth by obtaining a tooth from someone else.

We welcome new smiles!



A Jewel Like No Other

Gain a confident smile with crowns and bridges

Crowns and Bridges. The very words denote power and strength. That's fitting because crown and bridge restorations are meant to boost your smile power while strengthening the structure of your smile.

Crowns are sometimes called *caps* because they fit over your teeth to support them and to improve their appearance. They are usually made of natural-looking translucent porcelain and are designed to blend in so well with neighboring teeth that no one can tell that you have them.

Where does the bridge come in? When you have one or more missing teeth, replacements are created to fill in or *bridge* the gap. One or both of the supporting teeth on either side may require crowns to make them strong enough to support the replacement.

Crown and bridge restorations can benefit you in so many ways - enhanced appearance, improved ability to eat and speak ... and renewed self-confidence.

We invite you to call for a consultation. Your confident smile is always a jewel in our crown!

Men On The Run

How do you take care of your oral health?

On a typical *day*, the restaurant industry posts average sales of more than *\$1.2 billion*, and sales reach more than *\$440 billion* annually. In general, more men than women eat out, and more of them report eating out frequently. That's a lot of eating on the run! So how can men ensure they take care of their oral health?

- Plan once-daily flossing, preferably at bedtime instead of after a meal.
- Drink water throughout the day to clear away food debris.
- Keep a toothbrush at work. It increases the likelihood of brushing by 60%!
- Use antibacterial chewing gum and fluoride mouthwashes while traveling.
- Order take-home meals so you can relax, eat, brush, and rinse.

A white, healthy smile is handsome, and in the long run, slowing down can give a substantial return on your investment.



You may require a crown if a tooth has:

- _____ been extensively damaged by decay; _____
- _____ become weakened because there is more filling than tooth; _____
- _____ been fractured, compromising its structural integrity; _____
- _____ become discolored and detracts from your smile; _____
- _____ undergone root canal treatment; _____
- _____ the role of supporting a bridge. _____

Scent Sense

Try a bouquet

Men who like floral-spicy scents think women wearing the fragrance look twelve pounds lighter. Researchers at Chicago's *Smell & Taste Treatment and Research Foundation* have also found that scents can make both men and women seem more attractive and even help them eat less. When a pleasing aroma dominates the frontal region of the brain, its feelings and perceptions interpret for the eyes.



Try A Different Spin

Yo-yo dieting may hurt immunity

Weight going up and down like a yo-yo? That's a no-no. Continually losing and regaining weight can make it harder for your immune system to fight infection. *Periodontitis* or gum disease is a bacterial infection that destroys the tissues and bone that support the teeth and leads to tooth loss. It has also been linked to cardiovascular diseases, osteoarthritis, oral cancer, and other systemic diseases. A balanced diet is essential to your entire health.

Many foods that build and maintain strong muscles and bones also build strong, healthy teeth and gums.

Your diet should include:

- Dairy products or dairy substitutes
- Whole grains
- Fruits and vegetables
- Lean meat, fish, poultry, and légumes.

We can't think of anything more attractive than the glow of a healthy smile ... and a healthy body.

You're In Control

Cosmetic dentistry could be just the motivator...

If you've been avoiding a dental appointment because you're fearful, non-surgical cosmetic dentistry could be just the motivator you need. Believe us ... the rewards are worth it.

You could start with a dentist-supervised teeth whitening program – in the privacy of your own home. You can whiten a little over a day or two, or a lot over a week or two. *It's all in your control.*

Another simple cosmetic technique is replacing dark, older fillings or bonding that has become compromised over time. *You've already had the big work done.* With quiet, comfortable dental technology and superior materials, you'll have a revitalized, glowing smile before you know it.

You might even consider a completely natural-looking smile makeover with cosmetic veneers. And the rewards? *You won't have to:*

- avoid smiling for photos, or always smile with your lips closed;
- cover your mouth with your hand when you smile or laugh;
- worry that your stained or yellow teeth make you look older;
- see dark fillings, chips, crowding, or gaps when you smile or laugh;
- wish you had a more stellar smile.

And there's more! Not only can we keep your smile healthy, studies show that smiling more can help you release tension and stress.

Our entire team is cheering for you. *It's all in your control.*



Floss Shredding?

Don't get tied up in knots!

Daily flossing is essential for oral health. If your floss consistently catches or shreds even after trying different types of floss, it might not be your technique.

Your floss could be...

- ... hooking on chips or cracks in your teeth enamel;
- ... snagging on a broken or jagged filling;
- ... catching on a spiky surface surrounding a cavity.

Whatever the cause, floss-shredding could be a clue to a dental flaw that should be corrected. Examples include outdated restorations and subtle smile imperfections like cracks or chips.

Beautiful, durable, and tooth-colored, today's bonding materials and inlays and onlays can be used to restore older fillings – and your smile. Hand-sculpted porcelain veneers can conceal chips, severe staining, and even gaps.

Flossing problems? Whatever the cause, we have the solution for you.



Combating Bad Breath

We can help!

If forty million people suffer from a condition and spend billions of dollars on over-the-counter remedies, would you think that is a major social

Professional diagnosis and treatment can help to identify the cause of bad breath and offer a possible solution

concern? The dental profession thinks so. That's why the treatment of breath problems has become a sophisticated science, and that's why we can help.

Ninety percent of bad breath is caused by *volatile sulphur compounds* produced by oral bacteria. Some bad breath is temporary in nature and is caused by ingested foods, and can be cured by brushing, flossing, and rinsing. Other causes may require professional intervention. These include periodontal and gingival disease, *xerostomia* (dry mouth), sinus

infections, systemic diseases like diabetes, or gastrointestinal disorders. Some medications contribute to breath problems. Women may suffer from bad breath for a few days a month because hormones increase saliva proteins.

Professional diagnosis and treatment can help to identify the cause of bad breath and offer a possible solution. Here are some things you can do to help combat the problem.

■ A healthy mouth is a must for fresh breath – so visit the dentist regularly!

■ Have your teeth professionally cleaned at regular intervals.

■ Brush your teeth, tongue, and gums thoroughly, especially after eating.

■ Drink lots of water.



■ If you're caught short and can't brush, give your mouth a vigorous rinse with water ... then brush as soon as you can.

■ Ask your dentist to recommend a clinically effective mouthwash.

officeinformation

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Office Hours

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Saturday one per month **

* Two per month

** September-June

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Hazy ... Not lazy!

As more and more people just like you are paying closer attention to their health, they're becoming more active. This is especially true in the summer months when playing outdoors is that much more enjoyable! Whatever the sport, make sure you and your children play it safe and watch for hazards. To avoid chipped or cracked teeth – or the worst-case scenario, an unexpected visit from the tooth fairy – protect your child's teeth and your own with a sports mouthguard. We can make and custom-fit mouthguards in our office, and we can clean your teeth to ensure your smile looks as healthy as you do!

Put your right foot forward this summer, followed by your left, and have a few laughs too ... because hazy days aren't lazy days any more!

Ethical Care And oral health

Critics of today's culture often make the mistake of equating beauty with superficiality. By association, many people worry that their concerns about their appearance are trivial. By extension, they worry needlessly that cosmetic dentistry is merely a luxury.

Functional oral health and ideal appearance have always been the goal of dentistry. Many modern dental techniques like veneers and teeth whitening can dramatically boost your appearance. In addition, a cosmetically corrected smile can improve function. Crowns can enrich appearance and strengthen teeth, preventing tooth loss. Orthodontics can enhance appearance and improve bite. That's very conservative dentistry. That's modern health care.

Would cosmetic dentistry help you smile more? Please call us or ask us at your next appointment.

