

# Cohen-si-dentally

by Steven D. Cohen, DMD



The Tooth, the whole tooth and nothing but the tooth

Spring 2006

## fromthedentist

### Make Our Day

Surrounded by the busy hum of an active, dental practice, it's easy to think that there's no room for new patients. Nothing could be further from the truth. Myself and the whole team, love our work, and part of that is the excitement of getting to know new patients, as well as the satisfaction of a successful relationship of providing a lifetime of dental care for our patients.

When you refer your friends, colleagues, or family to our office, it makes our day. It shows that our, the entire team's, dedication to our patients' oral health has been noticed.

As our way of saying thanks, please accept a \$25 courtesy fee reduction towards any dental whitening procedure for every referral you make to us who becomes a patient. Make sure they mention your name when they make their appointment! Thank you for your confidence.



## Isn't It Ironic?

HALT THE SILENT PROGRESSION OF DISEASE!

Late May 2006

Dear Patient,

It's hard to believe that it has been almost two years since my arrival in the office and Dr. Healy's retirement. Time has flown by quickly and apparently a few of you have felt the same. Recently a number of patients have been returning on emergency visits following a two year hiatus from regular cleanings and dental visits. Sadly, some of these emergencies resulted in extractions which could have been prevented had the patient adhered to a routine cleaning schedule.

If you avoid your routine cleanings, untreated dental problems can result in a variety of potentially SEVERE problems ... from pain to periodontal (gum) disease to lost teeth to jaw problems to infections to uncomfortable surgery. Let me explain.

Have you ever had a splinter under your skin? They turn up silently, and it's only later that you notice the irritation. The wound can become inflamed and even infected. Similarly, symptom-free gum disease causes tooth loss and has been linked to cardiovascular and other diseases, and premature births. It has also been called the sixth complication of diabetes. Many dental problems are progressive.

The irony is that these problems can usually be taken care of quickly and easily ... if dealt with early enough. I know you don't want to live with any of these *potentially* serious but usually-easy-to-correct problems!

- ❖ Bad breath;
- ❖ Gums that bleed when brushed;
- ❖ Missing teeth;
- ❖ Teeth sensitive to hot or cold;
- ❖ Sore jaws from teeth that do not align properly.
- ❖ Receding gums;
- ❖ Loose teeth;
- ❖ Worn down teeth;
- ❖ Partials that don't fit snugly;

If you are experiencing any of these, or if you're concerned about developing them, please call for an appointment. Just think – if you are able to intercept the infection called gum disease by practicing prevention, you'll be supporting your conscientious efforts of well being! Ensure you *do make and keep your routine cleaning appointments*. It's an important commitment to your overall health.

Sincerely,

*Steve Cohen D.M.D.*

Steve Cohen, DMD



#1  
Choice For  
Dentists

6 Years  
In A Row!

Lincoln,  
Concord, Acton,  
Carlisle

*Our goal is to treat each patient as our only patient!*



# GAPS

## And what you need to know about filling them

Modern cosmetic restorations like dental implants, crowns, and bridges look and feel just like your own natural teeth. All result in improved appearance and oral health. How? Crowns preserve compromised teeth, and combined with bridges, they prevent teeth from drifting. Implants also prevent drifting and they preserve bone tissue. All three procedures are directly responsible for improved self-confidence ... which will, of course, keep you smiling!

# TLC

Cosmetic restorations look great and they work hard so that you can eat, chew, and speak with self-confidence. Still, they need some TLC. We can revitalize your restorations and enhance their longevity during your continuous care visits.

By polishing and maintaining a smooth surface texture on your resin composites and porcelain restorations, we can help to encourage healthy gums for a natural appearance and fresh breath. Just as with natural teeth, rough surfaces can create too much wear on opposing natural teeth, foster plaque, and encourage unattractive staining.

We know that you are motivated to keep your appealing smile and fresh breath. Technology and modern materials have made home care for restorations easy. We'll be happy to recommend products that promote periodontal health, promote fresh breath, and work with restorative materials.

Fact	Fiction
<ul style="list-style-type: none"> <li>■ Crowns, bridges, &amp; dental implants were developed to replace missing teeth &amp; to restore badly damaged teeth with natural beauty &amp; performance.</li> </ul>	<ul style="list-style-type: none"> <li>■ Crowns, bridges, and dental implants stand out from natural teeth, making them easily detectable.</li> </ul>
<ul style="list-style-type: none"> <li>■ A bridge is a combination of crowns &amp; artificial teeth that closes a gap left by a missing tooth (or teeth), restoring your smile &amp; redistributing the workload.</li> </ul>	<ul style="list-style-type: none"> <li>■ If a person isn't bothered by the appearance of a missing tooth, there's no real reason for replacing it.</li> </ul>
<ul style="list-style-type: none"> <li>■ Placing a crown on a high-risk tooth as early preventive treatment saves time &amp; money ... &amp; maybe even your tooth!</li> </ul>	<ul style="list-style-type: none"> <li>■ You have to wait for extensive tooth damage before a crown is useful or beneficial.</li> </ul>
<ul style="list-style-type: none"> <li>■ If you are in good general &amp; oral health, you may be an excellent candidate for dental implants – no matter what your age.</li> </ul>	<ul style="list-style-type: none"> <li>■ Implants are too expensive, time-consuming, &amp; not secure.</li> </ul>

## It's Ancient History...

### Ancestors may be responsible for dentition problems

Scientists theorize that human dentition was affected when our early ancestors learned to chop and cook food. By adapting to eat softer food, the human jaw may no longer be big enough to accommodate our molars. Crowded, crooked teeth can lead to malocclusion (bad bite). In turn, this can lead to gum disease because it can be difficult to thoroughly clear food and bacteria

from the mouth.

Bacteria in the gum area will cause a buildup of plaque and tartar that can lead to inflammation and chronic infection if not removed by proper and regular cleaning and flossing. This can destroy your gums and the bones that support your teeth.

We screen for bite disorders *every* time you visit.

# Powerful Longevity!

According to the *American Society for Aesthetic Plastic Surgery*, non-surgical cosmetic procedures such as *Botox*® consistently account for about 80% of patient procedures. These are procedures that must be repeated on

a regular basis in order to maintain their benefits. **And cosmetic dentistry?** Long-lasting, non-invasive, non-surgical techniques can **keep you looking younger** ... for decades.

By improving the balance,

proportions, and color of your teeth, cosmetic dentistry can help you look ten years younger ... right away.

Here are some non-surgical cosmetic dental procedures that are available to improve your smile.



**Tooth-Colored Restorations** – Enamel-colored porcelain or composite resin restorations are now available to replace old conspicuous silver fillings.



**Veneers** – Cover gaps & crooked, chipped, or discolored teeth with custom-made porcelain veneers that adhere to each tooth's surface.



**Gum Sculpting** – We can correct a too-gummy smile, make short teeth look longer, and make your smile more symmetrical by reshaping your gums.



This smile gallery clearly illustrates the positive impact cosmetic dentistry can have on a smile, one of your most important communication tools.

## Organoleptic Olfactory Test

### *Sniffing out the truth about bad breath*

Doing your own sniff test for halitosis isn't very reliable ... for two reasons. First, your oral cavity is connected to your nose which filters out background smells like your breath. Second, thanks to advertising, you could have *halitophobia*, an exaggerated needless fear of bad breath.

It's true that bad breath is sometimes chronic. You could be particularly vulnerable if you have diabetes or a gastrointestinal disorder. Dental causes could be *xerostomia* (dry mouth), *gingivitis*, or *periodontitis*. Each of these dental conditions involves oral bacteria, a primary cause of bad breath. Most often, brushing, flossing, and rinsing can take care of normal, temporary bad breath caused by foods.

If you're in doubt, ask us ... your mouth experts!

# Summertime...

## And the livin' is easy

Summer is here! And the living, we hope, will be easy. For many of us, summertime is family vacation time: a chance unlike any other to spend real time with our spouse and children. It's also a time to strengthen family ties with brothers and sisters and in-laws. Family reunions at the cottage or over the backyard barbecue, summer weddings, even a summer romance (or the memory of one!) are all a part of this great time of year.

Summer is also a time when we all relax our daily rules and routines. Children can't wait to get on that skateboard or bike, and often forget proper safety precautions. We can help you avoid chipped or broken teeth with a custom-fitted mouthguard, the best protection for active sports enthusiasts! If your children are going to summer camp, make sure you pack extra toothbrushes, toothpaste, sugar-free gum, and mouthrinse, and impress on



### Quick Tips

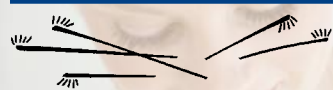
#### Information for everyday use

- Make sure your child wears a custom-fitted mouthguard when playing sports.
- Never allow your infant to go to sleep with a bottle containing formula, milk, or juice.
- Provide toothbrushes with soft bristles, always use a fluoride toothpaste, and teach your child daily dental care.

them the importance of their daily use. Just a few weeks of lazy care can really affect your child's oral health.

We hope you and your family have a happy, safe, and healthy summer. Just don't forget that regular dental care is a life-long occupation. And one last note: if you and your family are traveling this summer, make sure you have our telephone number just in case you have a dental emergency.

## officeinformation



**Steven D. Cohen, DMD, Dentist**  
**George H. Maxfield, DMD, Periodontist**  
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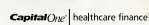
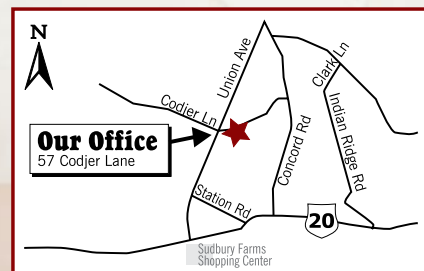
### Office Hours

Mon-Wed 7:30 am – 5:00 pm  
Thursday 8:00 am – 8:00 pm

\*Office hours by appointment

### Contact Information

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You can view our newsletter on our website

## Dental Emergencies What to do

### Knocked Out Tooth

Do not scrub or rub the tooth. Gently without touching the root (portion of tooth that is below the gumline), rinse the tooth in milk or saline contact lens solution. If you can, put the tooth back into its socket **immediately**. (Do not try to re-implant a lost baby tooth.) If you can't re-implant the tooth, store it in milk or saline solution and bring it to the dentist. Do not wait longer than thirty minutes.

### Broken Tooth

Try to clean the injured area with warm water. Use cold compresses on the face to help stop swelling. Call our office.

### Toothache

Rinse the mouth with warm water to clean out any debris. Use floss to remove food that might be trapped in the cavity or between teeth. Use cold compresses to stop swelling. Do not use heat. Do not place aspirin directly onto the gums, or beside or on top of a painful tooth. Call our office.

### Something Stuck Between Teeth

Try to remove the object with dental floss. Be careful not to cut the gum. Do not try to use sharp or pointed objects.

### Fractured Jaw

If you think the jaw may be broken, immobilize it by any means (use a handkerchief, tie or towel) and go to a hospital emergency room immediately.

### Bitten Tongue

Apply direct pressure to the bleeding area with a sterile or clean cloth. Use cold compresses if there is any swelling. If the bleeding doesn't stop, or if you think the bite is severe, go to a hospital emergency room.