Summer Break

Time for a wisdom tooth evaluation!

Our phones ring all too often with a frantic parent saying, “My son or daughter is away at college and has terrible pain and swelling in the back of their mouth. What should we do?” Well, we’d love to tell them to rush right over, but that’s hard to do when they’re hundreds or even thousands of miles away.

In this scenario, the young person is often suffering from an acute flare of wisdom tooth pain. Wisdom teeth are the four molars farthest back in the corners of our mouths. Generally breaking through the gums between the ages of 17 and 25, they often cause considerable discomfort and infection. When there isn’t sufficient room for them to emerge unimpeded, they are said to be impacted.

Possible complications from impacted wisdom teeth may include...
- acute or chronic discomfort
- abscess of the tooth or gums
- infection
- bite issues which cause improper contact between the upper and lower teeth
- excessive buildup of plaque trapped in the crowded spaces between the teeth and gums, leading to decay and/or gum disease.

In general, impacted wisdom teeth that cause pain, infection, or bite problems are usually removed. But not all problems are painful or visible. Even wisdom teeth that cause no apparent or immediate problems are particularly vulnerable to disease. In fact, the American Association of Oral and Maxillofacial Surgeons and the Oral and Maxillofacial Surgery Foundation have found that even those wisdom teeth which have grown into the mouth in a normal, upright position may be as prone to disease as those that are impacted! Moreover, the older we get, the more prone they are to disease, and the more difficult they are to remove.

Simply put, it isn’t wise to wait until your wisdom teeth start to bother you to seek dental advice and evaluation. This is especially true for college students who are far from home, with limited resources, no access to the trusted family dentist, and no parental companionship. In this worst-case scenario, both the student and the parents are subjected to undue additional stress and discomfort. If you didn’t already know, we have on our staff a full-time Board Certified Dentist, Dr. Andrea Patterson, DDS, who provides a full scope of oral and maxillofacial care for her patients, including wisdom teeth evaluation and treatment. So ensure your student doesn’t suddenly find himself or herself in a dental emergency far from home and all alone. Call us now to schedule a complete evaluation — while they’re home for the summer! And while you’re at it, schedule an evaluation for yourself, as well. The wisest approach is always the proactive approach!

The TruCare Dental Team
### Your Teeth’s Natural Life and what you need to do...

<table>
<thead>
<tr>
<th>Milestone</th>
<th>Issues</th>
<th>What We can offer</th>
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| Infants & Children | • Healthy gums & teeth  
                        • Arrival of permanent teeth  
                        • Proper spacing & bite alignment  
                        • Protection against sports injuries  
                        • Eating a varied diet                    | • Oral hygiene instruction  
                        • Early orthodontic assessment  
                        • Prevention & monitoring with regular visits  
                        • Custom-fitted mouthguard  
                        • Fluoride advice                                         |
| Teenagers       | • Greater social awareness of a nice smile  
                        • Fresh breath has become important  
                        • Peer pressure: tobacco, alcohol, power drinks  
                        • Fashion trends like tongue piercing  
                        • Risk of caries, gum disease, enamel erosion       | • Positive reinforcement of  
                        ✓ nutrition  
                        ✓ home care routines & professional care  
                        • Education about fads that harm oral health  
                        • Strategies for fresh breath & healthy smiles    |
| Young Adults (20s-30s) | • Greater awareness of mouth-body link  
                        • Focusing on health & fitness  
                        • Increased risk of gum disease  
                        • Continued interest in appearance/lifestyle  
                        • Celebrations (graduations, weddings, etc.)        | • Regular preventive & maintenance checkups  
                        • Educational tips to maintain a healthy mouth  
                        • Monitoring for bite issues & jaw joint disorder  
                        • Consultation for whitening & cosmetic treatment |
| Midlife & Beyond | • Continued interest in appearance & health  
                        • Increased risk of oral cancer  
                        • Receding gums, root cavities, loose teeth  
                        • Hormones decline & bone mass decreases  
                        • Teeth may become worn & stained               | • Regular exams to intercept emerging issues  
                        • Natural-looking restorative treatments  
                        • Beautiful youthful cosmetic options  
                        • Maintenance of existing restorations  
                        • Monitoring of function, appearance, & investment |

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**Clues That Reveal Family Secrets About:**

**Brushing & Flossing!**
Sometimes one is custom-fitted over your damaged tooth to protect and strengthen it so you won’t lose it.

One or more can be specially fabricated for attachment to neighboring teeth to bridge a gap.

A crown can also be placed on top of an artificial tooth root implanted into your jawbone to form a completely new tooth.

How will I look with one?

You can choose a gold or silver look, but most people prefer materials that match the rest of their smile.

Ceramic crowns can be as translucent as your own enamel and are an excellent choice if you have metal allergies.

When placed over metal for additional strength, ceramics still look natural, but they are not quite as translucent.

Say It Again, Sam! Here’s looking at you!

It appears that kids, even as young as 4-6, are heeding their parents’ message that healthy is good and sugar is bad, according to a small study published in the Archives of Pediatrics & Adolescent Medicine.

When a popular recognizable character from television or toys appears on a cereal box, it creates a halo effect, so kids think it tastes better. No character? No contest. Kids prefer the same cereal when it’s called Healthy Bits over Sugar Bits.

Children really do find the familiar appealing, so keep up the repetition. Avoiding sugar and eating healthy are excellent lifelong lessons, and seeing you make home care and dental visits your priorities, will also make them theirs.
The Reasons Are Clear...

The reasons are clear for choosing the Invisalign® method for straightening teeth over traditional braces...

- Invisalign is a clear, comfortable and removable method for straightening teeth.
- Invisalign is appropriate for teens and adults of all ages.
- Invisalign results can often be achieved in a fraction of the time of traditional braces.
- Invisalign treatment may be significantly more affordable than traditional braces.
- Invisalign now boasts more than 2 million satisfied patients worldwide.

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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.