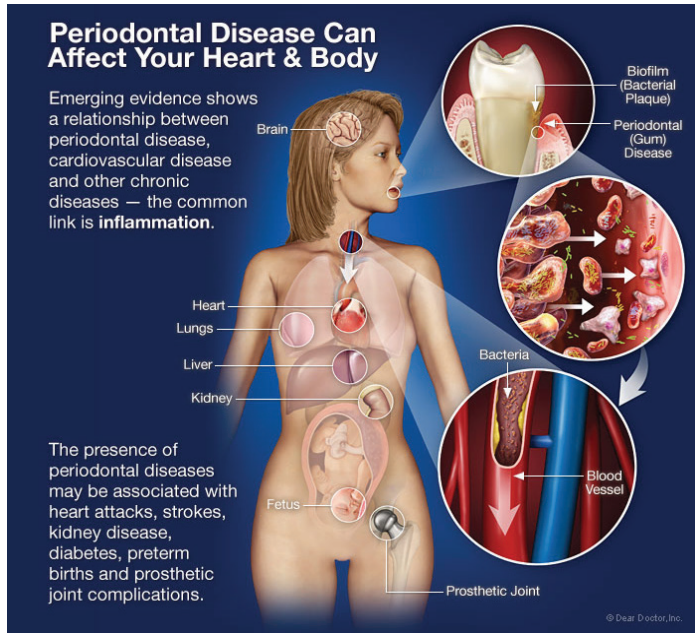


# TOOMEY DENTISTRY

Summer 2015

*Smiles from the inside out!*<sup>SM</sup>

## Gum & Heart Health



The link between a healthy mouth and a healthy heart is well-researched. Bacteria in the mouth becomes loose and travels thru the body, bloodstream, and into various parts of our bodies. These bacteria can cause inflammation of the heart, joints and blood vessels. They actually can attach and colonize to prosthetic joints, which is why we always pre-medicate these patients with antibiotics before any dental work. Dental cleanings every 4-6 months, flossing, and home care with an ultrasonic toothbrush are your best defenses against this tiny, but harmful enemy.

## Ultrasonic Tooth Brushes

We recommend ultrasonic brushes. They clean plaque and massage the gums better than manual toothbrushes. In fact, some serious wear and gum damage can happen with more "vigorous" brushes. So today, it's worth the investment. Target or Walmart have the best prices.



You can buy one base for your entire family and simply keep your own individual heads. They come with color bands and in our family, each of us has one color that we stick to. Try it, your mouth will love you for it!

## 12 Years of Great Dentistry

Thank you for your support! We shared our excitement by giving 12% off dental cleanings to our patients during the month of June.



## Mouthguards Are Not Created Equal

If you or someone you know has a "bite" guard that looks like a sports mouthguard, then somewhere along the line, you have been told you grind or have a bite issue. However, those guards are not and have never been appropriate to treat this common dental problem. In fact, those bulky guards can actually increase muscle stress and cause your joint to be unhappy, because your jaw is not only fighting your unbalanced bite, but a big guy in between!

Dr. Toomey uses 4 different bite appliances that are smaller and more comfortable than generic guards. The type you are prescribed by Dr. Toomey will be determined based on what he is trying to achieve for you. Are your muscles simply stressed and need "deprogramming"? Or are you sliding your jaw a certain way when you sleep, making your muscles and joints unhappy, and tearing up your teeth in the process? Each guard is custom-made and adjusted over multiple appointments, so that it does what it should do for you.

You should NEVER be given a guard without subsequent appointments to adjust it. As your muscles begin to "chill out", you will need re-adjustments. For some people, that can be in 1-2 weeks, for others, it could be in 4-5 weeks. Every case is individually evaluated to achieve the best outcome for you and your jaw/tooth health!

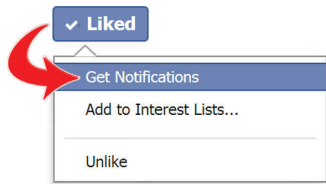
## Contact Us

Text: 410-960-5071

Call: 410-823-6000

Email: [smile@drtoomey.com](mailto:smile@drtoomey.com)

## Facebook



1. Please visit our page
2. Click "Like" if you haven't already
3. Click "Get Notifications"

## Email

Have you shared your email address with Amanda? Your email is kept private, so don't miss out on all of the great specials we offer throughout the year, as well as dental information. Email is also a great way to confirm appointments.

## No Cavity Club

Created to encourage good hygiene habits in our young patients, we have a NO CAVITY CLUB link on our website to remind kids how to stay cavity-free and with each cavity-free exam, they get a cool t-shirt and toy!



## Some Nice Things Our Patients are Saying

*"For the first time, I have complete trust."*  
Frank, age 73

*"Thank you for the time, work, attention and kindness that you deliver!"*  
Bri, age 28

*"Best Dentist I've ever fished with!"*  
Andy, age 77

*"I have struggled with dental anxiety, so am thrilled to have found Dr. T's practice!"*  
Maureen, age 40

*"I have so much faith & confidence in your work and in your practice."*  
Jessica, age 30

## Food and Tooth Health

Acidic foods break down tooth enamel. Without your enamel, your teeth become more sensitive. They are also more translucent, which isn't pretty. Without enamel, your teeth are not as strong and are susceptible to bacteria invading them... aka CAVITIES. Cavities are active infection in your mouth and if left untreated, will consume the tooth, cause pain and can cause blood infections throughout your entire body (see page 1).

Today, there are a few foods that have become very popular, but wreak havoc on your teeth: red wine, sports drinks and lime/lemon juice. Though wine and juice have some positive effects on your body, ingestion thru a straw (please don't do this at a winery!) would be the

better way to ingest it. You can also brush soon after, or limit your overall consumption.

Sports drinks are terrible! Unlike sodas, which are full of sugar and can cause the same destruction over time, sports drinks cut out the "middle man" and go right to tearing down your enamel, because they are so acidic. Water is always best to hydrate. Unless you or your child are playing sports in the Mojave Desert, or are fighting a severe case of the flu, electrolyte replenishment isn't typically necessary. Good old water does the trick and with positive effects on your teeth!



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