



Molar Minutes

with Dr. Muench



Produced to improve your dental health and awareness

Spring 2011

from the dentist



The Magic Of Spring

... Celebrate your smile!

Mother Nature in all her glory casts the greatest magic of all ... spring! The blossoming of trees and flowers ... the return of bird songs, sweet to our ears. It's also a time of personal renewal, and celebrations - weddings, graduations, sports, and social events - wonderful, memory-making times. You will want to make sure you look great, feel great, and get your smile in photo-op shape!

After all, during the winter holidays, it's hard to say no to sweet foods and drinks - a natural part of socializing. Grandma's chocolate-covered ginger and candied yams, and Aunt Lily's peanut brittle carrot cake. You can almost feel a cavity coming on just thinking about it! Now is a great time to make sure those off-diet times weren't also teeth-damaging times. Come in to see us so we can nip any tooth decay in the bud - whiten and brighten your teeth, mask stains, fill gaps, and cover cracks quickly and painlessly.

Yes, it's time to clear out the old, bring in the new. And, while you're at it - give your teeth a spring cleaning to invigorate your smile. And if needed, we'll even give you a refresher on how best to care for your teeth at home so you can avoid repairs.

Get ready for outdoor activities you want to share and social gatherings you're sure to remember. Spring is a magical time. Make sure your smile is magical too!

If We Only Had A Crystal Ball!

Prior planning goes a long way. I have become aware of a number of patients that are starting to think a bit more about their teeth as they plan for retirement. While the kids were in college many a person finds lots of reasons to put off replacing or restoring teeth. Fine dentistry is an investment no doubt. Fine Dentistry takes time. Nowadays dental insurance covers a limited amount. That means if we're to restore the dentition it is best if we plan to do so before retirement while there is still a cash inflow from work. The time spent to do a complex exam and come up with a plan that meets your retirement schedule and finances can all be worked out. Everyone agrees that being able to maintain a healthy diet as a senior is essential. Eating with complete confidence as a senior... Priceless

Yours in good dental health,

Dr. Muench



Thank you for all your referrals. We appreciate them!

Don't Be So Sensitive!

Care for sensitive teeth

Do you experience discomfort or a sharp pain when you breathe icy air, when you sip hot, cold, or sweet beverages, or eat foods with extreme temperatures? Even when brushing your teeth? You could have sensitive teeth which can put a damper on the most pleasurable things in life.

What can you do?

- Always visit us for a diagnosis and treatment options.
- Use a toothpaste specially formulated for sensitive teeth. It takes two weeks before the full effect is evident.
- Rinse with a fluoride-based mouthrinse that contains potassium nitrate to reduce sensitivity.

Don't endure sensitivity symptoms. Call us today!

That Jarring Jawbone!

Relief from TMD is here

It may be stress, previous injury or tooth loss, habitual clenching, gum-chewing, or a part of ageing, but for whatever reason, your jaw aches, you're having difficulty chewing, and it affects how you eat. Other possible causes? Restorations such as crowns, fillings, inlays, and onlays that have worn over time and no longer align or function as they need to.

You may be suffering from *temporomandibular disorder* (TMD) – a misalignment of the jawbone where it connects to your skull. Once we diagnose the cause of your TMD, the solution could be as simple as adjusting or replacing one or more restorations or providing you with a nightguard to maximize your jaw position and relieve your discomfort while you sleep.

Until you see us for treatment, you might be able to alleviate symptoms by chewing on both sides of your mouth, de-stressing, not chewing gum, and performing basic jaw-stretching exercises.

Reinforce
the power
of your
smile

PART OF SMART AGEING

Good for you! You're taking better care of yourself so that as you age, you remain in optimum health. You're using the stairs (not the elevator), protecting your skin, and ramping up the fiber, fruits, and vegetables in your diet. Now think about this: if you live longer, your teeth have to function longer too!

Now is the time to consult with us about the benefits of not just rejuvenating the whiteness in your smile, but also the structure and durability of your teeth. Missing or damaged teeth severely compromise your capacity to chew and digest healthy foods ... negatively affecting your overall health. Not to worry... We have solutions!

- One option is a **bridge**. It replaces a missing tooth by securing a new replacement tooth to the adjacent healthy teeth. Bridges look natural, are easy to clean, and because they're fixed in place, they're stable.
- A **crown** completely covers or "caps" an existing tooth that has a serviceable root but is damaged above the gumline. It improves the tooth's strength and appearance, and extends its lifetime.

As part of your healthy lifestyle team, we will advise you on the best, most cost-effective way to improve your smile. Dental enhancements like bridges and crowns are a great self-investment. You'll look terrific, enjoy a confident smile, and situate yourself wisely to benefit wholly in both oral and overall health!



BEFORE



AFTER

3 Ways To Age Your Smile

Learn the secret to keeping it youthful

In 1900, the average life expectancy was only about 49 and few people anticipated keeping their teeth that long. Today, many mature adults have maintained their teeth, yet have developed potentially serious problems with the *gingivae* (gums) that surround them. This is very important, because when gums are damaged, the gates are literally opened to a host of problems.

FIRST Receding gums. When bacteria is allowed to build up in the mouth and is left untreated, damaged gums become progressively more inflamed. Initially the infection can be painless with no visible signs or symptoms that you would notice during routine home care. Gum disease is the top cause of tooth loss in adults and has been linked to cardiovascular diseases, diabetes, arthritis, Alzheimer's, hearing loss, and cancers.

SECOND Root cavities. Some natural gum recession occurs as you age, but too-vigorous brushing can dramatically speed up the process and expose the roots of your teeth. This is unattractive, but more importantly it can expose your roots to bacteria and cavities. Experts suggest that those taking anti-hypertensives, antidepressants, and analgesics are already at an increased risk of caries (cavities).

THIRD Tooth sensitivity. Receding gums and exposed roots can be painful and eventually, if over-brushing continues, the entire tooth enamel will be affected.

Although we can provide solutions like bonding, veneers, and desensitizers to restore function and appearance, we prefer prevention. Regular examinations and learning proper home care will keep both your gums and teeth healthy.



IN PRAISE OF Olive Oil

Reason to smile

Olive oil, a key component of a Mediterranean-style diet, has provided health benefits for millennia. Mono-unsaturated fat gives olive oil anti-oxidant properties, lowering the risk of colon cancer, incidence of heart disease, and type-2 diabetes.

Because ingesting olive oil enriches skin and soft tissues, and is an anti-inflammatory, it also helps in treating gum disease which, due to the correlation between oral and whole-body health, improves your overall well-being.

Extra virgin olive oil is highest in anti-oxidants because it's less processed. And because of its flavor, processing method, and beneficial properties, it is the only variety of vegetable oil that nutritionists suggest be ingested as is (without being cooked). Only two tablespoons per day will help you look after your whole health while we take care of your oral health!



Tooth Or Consequence

Bad dental habits

Almost everyone has had to wrestle with a pesky, hard-to-break habit like fingernail biting or foot tapping! When it comes to your teeth, you may be unaware of some bad habits that are just as important to curb if you don't want your teeth to suffer the consequences!

Here's a list of the worst dental habits and why you should try to break them:

Toothpicks

They can be great for impaling and removing food stuck in teeth, but we often end up poking sensitive gums or forcing debris farther in, instead of out. Use dental floss instead!

Sucking Lemon

It's an excellent way to top off iced tea or a Gin and Tonic, but the citric acid in lemons can erode the surface of your teeth. Over time your teeth will soften or develop tiny grooves that invite chipping.

Chewing Ice Cubes

The sudden cold can spell disaster for your teeth. It makes the metal in fillings expand and contract rapidly so that you end up with a cracked tooth or broken filling.

Brushing Too Hard

Some of us take brushing a little too far, using the force of a sandblaster. Your teeth may get a good scrub but you'll also put yourself at high risk for gum recession. Take it easy, start below the gumline, keep your brush at an angle and brush with soft circular strokes.



Step 1 – Inside & Outside Surfaces: Softly vibrate bristles in a circular motion at a 45° angle against gumline.

Step 2 – Clean top surfaces of molars with a back-and-forth motion.

Step 3 – To clean insides of front teeth, turn brush vertically and gently brush in a circular motion.

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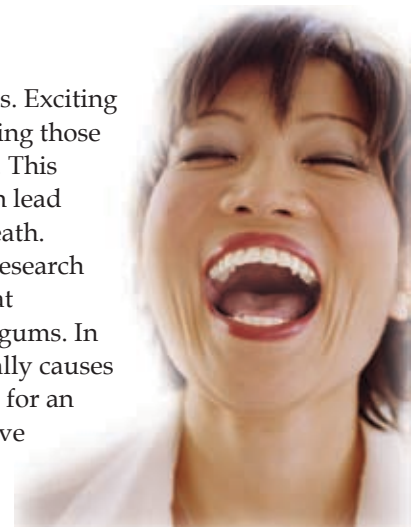
*Communication is important
to us – don't be
afraid to ask questions!*



Between The Lines

Oral cancer

Great news just keeps on rolling off the presses. Exciting new breakthroughs in cancer treatments – including those for oral cancer – hit the headlines with regularity. This is great news because if untreated, oral cancer can lead to chronic pain, facial disfigurement, and even death. Thousands die from oral cancer every year, and research indicates that patients with gum disease may be at significantly greater risk than those with healthy gums. In its earliest, most treatable stages, oral cancer usually causes no pain or discomfort. Early detection is essential for an 80-90% cure rate. That's why every patient we have receives a free oral cancer exam. Screening only takes minutes, but it can save a lifetime!



We Love To Teach Dental Awareness

During the month of February, Sally, our Hygienist, goes into the schools to teach dental awareness. She loves the interaction and especially loves teaching the children good oral hygiene habits. We have had such an overwhelming response to this program that Sally has been doing this for several years. Teaching dental awareness is a passion of Sally's as many of you are aware of from her dedication to her work.

Thank you Sally for the care you give us all!