

## Winter Newsletter from Premier Dental Associates

**THIS MONTH'S  
SPECIAL: \$500 OFF  
INVISALIGN  
TREATMENT**

### What is Invisalign?

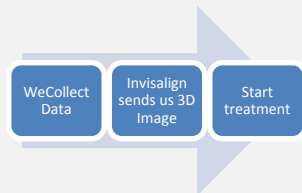
Invisalign is the invisible way to straighten teeth without braces.

Invisalign uses a series of clear, removable aligners to gradually straighten teeth, without metal or wires.

### What do aligners look like?

Aligners are clear and look similar to tooth-whitening trays, but are custom-made for a better fit to move teeth. Some orthodontists and dentists have referred to them as "contact lenses for teeth."

### What needs to be done?



### **DID YOU KNOW, THAT!!!**

**Your tongue is fastest healing part of your body!**

**Household dust is made of dead skin cells!**

**The hydrochloric acid found in your stomach is strong enough to dissolve a nail!**

**By age 60 most people would have lost half of their taste buds!**

**You burn more calories eating celery, than it contains (the more you eat, the thinner you become)!**



**Check out our recent website updates [www.ritadds.com](http://www.ritadds.com)**

### **Hot Topic: Stress Effects On Oral Health**

Most people are under stress. Work, family, health or personal issues impact our stress level. The stress, on the other hand, impacts our health in so many ways. Let's talk about what can be the damage from stress:

Stress brings your immune system down, which means that you do not fight infections as well as a non-stressed person.

Stress can trigger autoimmune conditions.

Stress changes our personalities and mental abilities.

Stress can cause migraines, indigestion and anxiety.

Stress makes us do things that we will regret later, for example, overeating, smoking, and drinking.

### **How does stress affect our oral health?**

The potential fallout from stress that can affect your oral health includes:

#### **Mouth sores:**

**Canker sores**- small ulcers, whitish or grayish with red borders. They can come single or in clusters, very small or rather large. They are always painful, do not last longer than 10 days, are not contagious. These sores can be relieved with over the counter topical anesthetics. Do not consume irritating foods and/ or drinks.

**Cold sores**-caused by herpes simplex virus and are contagious. Cold sores are fluid-filled blisters that often appear on or around the lips, sometimes under the nose or around the chin, and can be relieved with over the counter, as well as prescription antiviral drugs.

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## Winter Newsletter from Premier Dental Associates

WE ARE VERY EXCITED TO  
INTRODUCE A NEW MEMBER  
OF OUR GREAT TEAM



*Vickie is new to the Cleveland area and is the newest member of Premier Dental Associates. She began her career in the dental program at Ross Medical Education Center, where she studied dental assisting and obtained her radiology license.*

*Over the years, Vickie has gained great relationships with her patients while being a dental assistant and has such enthusiasm when it comes to helping her people achieve confidence in their smiles. "I am thankful to work with such a professional and highly knowledgeable staff. We work hard as a team to create the best dental experience for our patients" When she's not at work, she likes to spend time exploring new events and places in Cleveland and of course going to a Cav's game is at the top of the list. " I am looking forward to spending many more years with the Premier Dental Associates team!*

### Bruxism

Stress may cause you to grind or clench your teeth during the day or at night (subconsciously). Bruxing can lead to problems with temporomandibular joint (TMJ). You have to see the dentist if you are grinding, clenching or both. Your dentist might recommend a night guard or a Botox therapy.

Because people are not always aware that they grind their teeth, it is important to know the signs:

*Tips of the teeth appear flat.*

*Tooth enamel is rubbed off, causing sensitivity.*

*Tongue indentations.*

*Receding gums.*

### Oral Hygiene

People under stress tend to neglect their oral hygiene routine and may not brush and floss as often as necessary. Poor hygiene leads to gum diseases such as Gingivitis and Periodontal disease.

Stress can also cause dry mouth and burning mouth syndrome.



### **So, what do we do to protect ourselves from affects of STRESS?**

In my opinion, positive thinking and a good amount of laughter daily will help you reduce stress tension. Try some relaxation techniques, yoga, meditation and healthier life style. Find a hobby that can bring you satisfaction. Stress is inevitable, gum disease is not. Take some preventative measures to reduce your stress and protect your oral health by brushing and flossing every day.

Pick your favorite physical activity and stick to it.

Eat healthy.

Get at least 8 hours of sleep every night.

*Food for thought:*

*The only true wisdom in knowing you know nothing*

*Socrates*

*You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life.*

*Albert Camus*

**Benefits of Laughing** 

- ~Reduces Heart disease
- ~Natural pain killer
- ~Improves breathing
- ~Helps you lose weight
- ~Gives good sleep
- ~Decrease stress
- ~Makes you look young

**There's No reason not to LAUGH!**   
  


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