

CITRUS CARE DENTAL *Newsletter*

May - Aug 2012



Dr. Gary S. Padgett

Welcome to our new issue of Citrus Care Dental newsletter. I can't believe how fast time went by. The summer is around the corner. This is the vacation season of most patients. Traveling has made it hard to maintain your dental routine. Having the dental kit in your purse or travel case might be a good idea. You can create your own dental bag with a toothbrush, disposable soft pick, proxy brush, dental floss and tooth paste.

You will find it is worth to make sure that your teeth are spotless from leftover meals and bacteria. Brushing your teeth with a dry brush is common to get the bacterial off. That will keep your teeth clean and no smell in your breath.

If you have dental work done such as a filling, crowns and bridge, please be careful with your eating habit. The quality of work we have done is excellent. Unfortunately, some eating activities may cause problems. That is common if you are not careful. Don't panic. That is most likely happen if you chew on something hard or with dental work has been in your mouth for a long time. Let's think of your dental work as a car. To keep teeth and gums healthy, they need periodic maintenance. By visiting the dentist regularly we monitor everything that is going on in your mouth which we can then take action faster before it's too complicated.

Enjoy your vacation and we will see you soon.

Gary S. Padgett, DDS
Gary S. Padgett, DDS

Staff TALK



Back: Chris .Kelli . Brenda
Front: Susan . Cindee . Lorraine

Hello patients. Finally, the spring have arrived along with the heat. Some of our patients have left to go back home. We will look forward to seeing all of you back this winter time.

◆ On March 28th, we participated in the Health Fair 2012 in Bella Vita Health Club and spa (in Citrus Hills Terra Vista). We provided lot of dental health information and answered many questions. We were glad to see some of our patients there. There were a lot of dental samples given away. Until next year.

*Note:

Please keep in mind that the good hygiene in your mouth will help maintain the dental health until you return to see Dr. Padgett. Brushing your teeth and flossing twice a day will reducing the plaque building before your regular dental cleaning. If you can brush each time after your meal, that will really keep the teeth clean from bacterial build up during the day.

Dental Care

Cracked tooth

A crack on your teeth can lead to disease of the tooth and can be painful. It can be hard to tell if you have a cracked tooth. If you are in pain, you may not even be able to tell which tooth hurts or whether the pain is from an upper or lower tooth.

Cracks are sometimes invisible to the eyes and may not show up on an x-ray.

Sharing what things cause you pain (such as heat or cold or foods that are sweet, sour or sticky) and the area of the pain to your dentist will help finding the problem quicker.

How do you know you have a cracked tooth?

- Having sharp pain when biting down that quickly disappears.
- Having pain that come and goes.
- Feeling pain when eating and drinking.
- May have no pain at all.

Why does a cracked tooth hurt?

A cracked tooth may hurt because of the pressure of biting causes the crack to open.

Even through the crack may be small to see, when it opens, the pulp inside the tooth may become irritated.

The pulp is a soft tissue that contains the tooth's nerves and blood vessels. If the crack irritates the pulp, the tooth may become sensitive to extreme heat and cold. The pulp can also become damaged or diseased as a result of the crack. In that case, Endodontic (root canal) treatment may be necessary to save the tooth. Many times it can not be saved.

Why does a tooth crack? The tooth may crack due to: an accident, chewing on hard objects such as ice or nuts or hard

candy, uneven chewing pressure, grinding and clenching your teeth, loss of structure through wearing of large fillings or other restorations, exposure of tooth enamel to extreme hot and cold, brittleness of teeth with root canals.

How is a cracked tooth treated?

Treatment will depend on the size and location of the crack and the symptoms you are experiencing. The dentist will talk with you about which treatment is best for your tooth. It is possible that the dentist will recommend no treatment at all, since tiny cracks are common and usually do not cause problems. If you have pain, avoid chewing on that side of our mouth and call your dentist.

*E*xamples of treatments include:

- ✓ Repairing the tooth with a filling material.
- ✓ Placing crown to protect the tooth from further damage.
- ✓ Endodontic (root canal) treatment if pulps is involved.
- ✓ Extracting (taking out) the tooth if the tooth is severely cracked and cannot be saved. Usually we will discuss the placement of an implant in this case to replace the lost tooth.

Regular dental checkups are important. They let your dentist diagnose and treat problems in the early stage. A cracked tooth can become a bigger problem if left untreated. You should visit the dentist, if you think you may have a cracked tooth.



Get Fit & healthy

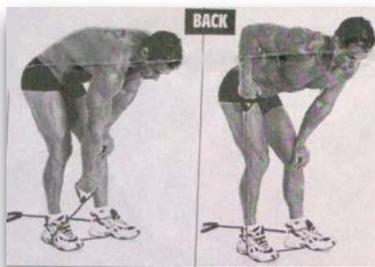
with Danielle Beaupre

Hope you are doing good with your workout. For this quarter we will work upper body. You don't have to have access to a weight room in order undertake the resistance training necessary for a well-muscled physique.

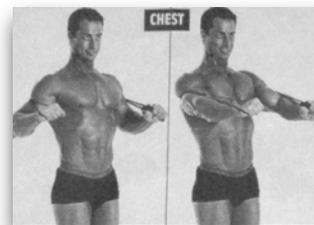
There are exercising options other than weights which will provide your physique with exceptional muscular stimulation. One of the best such alternatives is a stretch cord which can be purchased at any sporting goods store. Just like using cables with consistent tension forcing muscle fibers to contract throughout each repetition. The following program works five major muscle groups.

Cords color means different resistance.
 Yellow - extra light
 Green - light
 Red - medium
 Blue - heavy
 Black - extra heavy

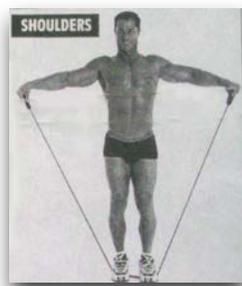
❖ Generally start with the least resistance. As it becomes easier to manage. Incrementally increase the resistances.



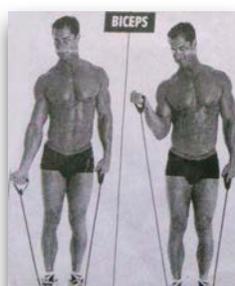
- ★ Step on the cord with both feet.
- ★ Bend over and grasp a handle palm in with the right hand, placing the left hand on the left knee for support.
- ★ Pull the handle straight up. Pause then lower to starting position. Perform 15 rep per set on each arm.



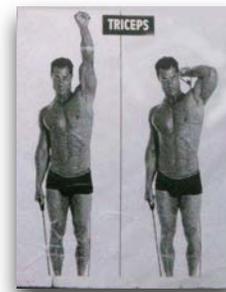
- ★ Grasp handles palms in at the sides of the chest, with the cord behind the back.
- ★ Proceed to extend arms out until straight. Pause, then return to starting position. Perform 15 rep per set on each arm.



- ★ Grasp handles at sides, with palms facing each other and feet on the cord close together.
- ★ Proceed to extend arms out to sides until parallel to the floor. Pause, then lower to starting position. Perform 15 rep per set on each arm.



- ★ Grasp handles palms up at sides, with feet on the cord.
- ★ Proceed to curl the right arm up until bicep meets forearm. Pause then lower to starting position and next curl the left arm up. Perform 15 rep per set on each arm.

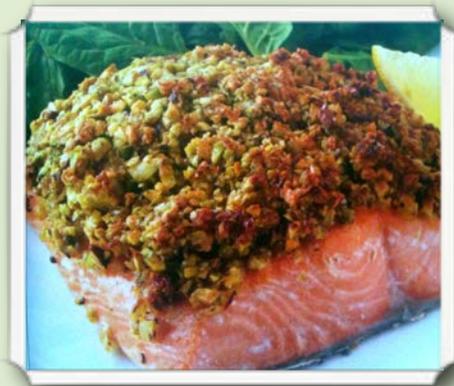


- ★ Grasp one handle palm out overhead with the left hand, the cord behind you, with the feet on the cord close together.
- ★ Keeping the upper arm stationary. Proceed to curl the right arm behind the head. Pause, then raise to starting position. Perform 15 rep per set on each arm.

Recipe by Danielle

Simply Salmon

30 minutes cooking time for 2 servings



Ingredients:

- (A) 2 sockeye salmon fillets, 4- 6 ounces each, wild caught if available
- (B) 3 tablespoons ground pistachios
- (C) 1 and half tablespoon horseradish
- (D) 1 and 1/4 tablespoons extra virgin olive oil
- (E) 1/8 teaspoon salt
- (F) 1/8 teaspoon black pepper

Nutrients per serving:

Calories: 329, Fat: 23.4 g., Carbohydrates: 3.1 g., Protein: 26.4 g.

Starting

1. Remove any bones from the fillets. Preheat the oven to 275 degrees F.
2. In a small bowl, combine the pistachios, horseradish, olive oil, salt and pepper.
3. Spoon the paste onto the fillets and spread evenly over the tops.
4. Place fillets in a baking pan coated lightly with olive oil cooking spray. Bake for 12 minutes.
5. Finish cooking under the broiler for approximately 2 minutes or until the topping just begins to brown. Serve with lemon wedges.



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