

News *from the* Office™

Volume X, Issue 3



Rauchberg

DENTAL GROUP

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FREE DENTAL IMPLANTS!



Dr. Rauchberg is raffling off free dental implants for six lucky people considering treatment (valued at \$2500 each). Attend our Dental Implant Seminar for a chance to win!

Tuesday, March 15, 5:45 PM

Holiday Inn, 707 Route 46 East, Parsippany

Includes a buffet dinner & complimentary exam/X-rays (\$500 value).
Registration required, reserve your seat today! **973-453-2810**



*"Are your
teeth
tender?"*

The Biggest Causes of Tooth Sensitivity

From acidic foods to certain toothpastes, a number of culprits could be to blame.

Does eating frozen yogurt make you say "ouch" — or do you find yourself wincing when you brush or floss? You could have what's known as tooth sensitivity.

But you don't have to put up with the pain. In fact, there are things you can do to lessen tooth sensitivity and improve your oral health says Leslie Seldin, DDS, a dentist in New York City and a spokesman for the American Dental Association.

You brush with too much gusto. Sometimes tooth sensitivity comes from brushing with too much force or with too hard-bristled a toothbrush. Over time, you can wear down the protective layers of your teeth and expose the microscopic hollow tubes or canals that lead to your dental nerves. When these tubules are exposed to hot or cold or to acidic or sticky foods, tooth sensitivity and discomfort can be the result. The simplest solution is to switch to a toothbrush with softer bristles and to be gentler when brushing.

You eat acidic foods. If the pathways to your nerves are exposed, acidic foods such as tomato sauce, lemon, grapefruit, kiwi, and pickles can cause pain. Use common sense: Stick to foods that won't cause you pain.

You're a tooth-grinder. Grinding your teeth can wear down the enamel, even though it's the strongest substance in your body. By doing so, you expose the dentin, the middle layer of the tooth, which contains the hollow tubes that lead to your nerves. Talk to your

dentist about finding a mouth guard that can stop you from grinding. The best guards are custom made to fit your bite, says Dr. Seldin.

You choose tooth-whitening toothpaste. Many manufacturers add tooth-whitening chemicals to their toothpaste formulas, and some people are more sensitive to them than others. If your toothpaste could be to blame for tooth sensitivity, consider switching toothpastes.

You're a mouthwash junkie. Like whitening toothpaste, some over-the-counter mouthwashes and rinses contain alcohol and other chemicals that can make your teeth more sensitive — especially if your dentin's exposed. Solution: Try neutral fluoride rinses — or simply skip the rinse and be more diligent about flossing and brushing.

You've got gum disease. Receding gums, which are increasingly common with age (especially if you haven't kept up with your dental health), can cause tooth sensitivity. If gum disease or gingivitis is the problem, your dentist may suggest a procedure to seal your teeth along with treating the gum disease itself.

You have excessive plaque. The purpose of flossing and brushing is to remove plaque that forms after you eat. An excessive build-up of plaque can cause your enamel to wear away. Again, your teeth can become more sensitive as they lose their enamel protection. The solution is to practice good daily dental care and visit your dentist for cleanings every six months — or more frequently if necessary.

You've had a dental procedure. Teeth often become more sensitive after you've been in the dentist's chair. It's common to have some sensitivity after a root canal, an extraction, or the placement of a crown. If your sensitivity doesn't disappear after a short time, another visit to your dentist is in order — it could be an infection.

Your tooth is cracked. A chipped or cracked tooth can cause pain that goes beyond tooth sensitivity. Your dentist will need to evaluate your tooth and decide the right course of treatment, such as a cap or an extraction.

There is decay around the edges of fillings. As you get older, fillings can weaken and fracture or leak around the edges. It's easy for bacteria to accumulate in these tiny crevices, which causes acid build-up and enamel breakdown. See your dentist if you notice this type of tooth sensitivity between visits; in most cases, fillings can be easily replaced.

Tooth sensitivity is treatable using toothpaste specifically made for sensitive teeth helps.

If your sensitivity is extreme and persists see your dentist for an evaluation. Among other possible treatments, he or she may be able to apply a fluoride gel to areas of the teeth where you have the most sensitivity, to strengthen your tooth enamel and reduce the sensations you feel. And, of course, only an office visit can determine the most likely cause of your tooth sensitivity and the best solution for your particular situation.

Dental Implant Q&A with Dr. Alan

We're working hard to help you make informed decisions about your oral health. Every day in our office, we get to see patients experience the life-changing effects of dental implants – and we want to share with you some of the questions they often ask. If you find that you, too, have questions about how dental implants could change your life, please attend our upcoming Seminar. (see reverse side for details).

Hope to see you in the office soon!

Dr. Alan Rauchberg

Q: How long does it take to complete treatment?

A: You will notice a difference almost immediately. However, the entire process can take anywhere between 1-9 months depending on the type and quantity of implants you need, along with the quality of bone in which the implants are placed.

Q: Will I need to have one implant placed for each tooth that is missing?

A: No. In fact, it is possible to replace all of the lower teeth with an over denture that is supported by only 2-4 implants. In some cases, it will work to your advantage to replace your back teeth with an implant for each tooth to provide additional strength. I always look at your situation and discuss your best options with you so we can make those decisions together.

Easy home improvement projects add comfort, beauty and value

Whether you're aiming to fill a need, add comfort or just make your home more beautiful, consider one of these projects.



- Create a home office space from an unused bedroom or by partitioning off a room to make a private nook. You can divide it with acrylic block. It's great for you or to use as homework space.
- Add beauty to a living room ceiling. Consider a lightweight urethane medallion around the ceiling light or fan. According to e-How.com, two-piece medallions snap into place in less than five minutes.
- Invest in the lawn. A beautiful lawn creates a great impression both for your pleasure and that of any prospective home buyer.
- Replacing old windows is neither easy nor inexpensive, but can make the whole house look better and reduce heating and cooling costs.
- Expand your living space with a deck or sunroom. A porch can be turned into a sunroom and a deck can be improved with an awning.
- Put new exterior trim on windows and doors. If there is old, rotted wood, you'll enjoy the look of low-maintenance, all-weather PVC millwork. It resists insects, termites and rot.
- Upgrade the master bedroom bath with a tub window. Acrylic-block windows provide privacy, light and a focal point for the room.
- Clean mildew from your home's exterior using a garden sprayer and mildewcide. Keep it from coming back with mildew-proof paint.
- Change a bay window to a bow window. It will add extra living space and instant interior and exterior appeal to your home.

The First Use of Anesthesia: 174 Years Ago Painfree Surgery

Until the mid-1800s, the likelihood of surviving any malady that required surgery was minimal. The surgeon was the local barber or a member of the family. Besides lack of knowledge and sanitation, there was, more importantly to the patient, no effective way to kill pain.

Surgery was torture.

For most of human history, a patient had the choice of alcohol (if available), opium (if lucky), or being strapped down (if possible or if endurable).

For many centuries the main drugs for surgery, if available, were opiates. Cocaine was often used as a local anesthetic.

Herbal preparations were known throughout history to produce some sleepy or pain killing effects, but as 16th century physician Fallopius observed: "When soporifics are weak, they are useless, and when strong, they kill."

By the 1840s, that began to change. Scientists began finding ways to create a lack of awareness of pain that was reversible – anesthesia – a word suggested by poet and physician Oliver Wendell Holmes.

On March 30, 1842, 174 years ago this month, an American surgeon in Georgia, Crawford Long, used diethyl ether to remove a tumor from the neck of a patient. It is recognized as the first use of effective anesthesia for surgery.

About the same time, nitrous oxide came into use for dental procedures. The colorless, odorless gas made short procedures painless, which was a miracle in the day. But the gas was no good for long operations. Breathing in too much for too long causes permanent brain changes and death.

The first use of barbituates to induce drowsiness or sleep before surgery occurred in 1934 when sodium pentothal (called a truth serum) was shown to be effective.

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ISSN 2154-4182