

Tooth Talk

from the desktop of **Dr. Darren Buschel**

From the Dentist

I would like to extend a large thank you to all of you who have given us such a warm welcome, upon our re-opening. We've been overwhelmed by the response of both previous patients and patients new to this practice. It's great to share some memories with those of you who have been with us before, and we look forward to creating new memories with those of you just joining us. People often ask me how I can stand looking into mouths all day. The response I like to give is that it is not just the mouth I focus on it is the person attached to it that I am interested in. One of the things that attracted me to a career in dentistry was the relationships that I saw my father as a part of.

Another attractive aspect of dentistry, for me, is that it is a discipline of medicine, much like ophthalmology (the "eye doctor"). As a dentist I am concerned with maintaining the health of one aspect of the body as it **relates** to the health of the whole body. The mouth can be where many systemic diseases get their start. A healthy mouth is a sign of a healthy body!

I would be glad to share more of my philosophies with you whenever you have the time to drop by our office, or drop us a line. I will be happy to answer any questions you may have.

Thank you again, for your kindness and generosity of spirit. Welcome to our practice. We look forward to working with you.

Look Ma - No Cavities

How to prevent childhood cavities

Cavities: the modern horror for young kids. The truth is that with the proper knowledge and care, today's kids can remain virtually cavity free. Parents often worry about how to keep their children from getting cavities. With today's understanding of cavity formation you can save your children from the stress of cavity related dental visits.

What Causes Cavities ?

In the war against cavities, bacteria is public enemy #1. Millions of these bacteria live in our mouths. Here they feed on left over food particles, creating acid in the process. It is this acid by-product which eats into tooth enamel and causes cavities.

Good oral hygiene is essential to cavity prevention as it removes bacteria and the left over food particles they feast on. For infants, a wet gauze or clean washcloth will wipe away the plaque that contains bacteria from teeth and gums.

Try to get your young ones to [brush their own teeth](#). Because children under the age of seven do not have the manual dexterity to effectively brush their teeth it is important that you brush their teeth after they have done so.

Make sure that your kids get an adequate amount of fluoride. Fluoride is the single most influential factor in the decrease in cavities among today's children. Fluoride incorporates itself into tooth enamel, making it more resistant to acid attack.

Most children get adequate amounts of fluoride because it is added to the municipal water supply. However, the city of Kelowna does **not** supplement its water supply with fluoride, so you should consult your dentist about whether or not to give your child fluoride supplements.

Parents should be careful that their children do not get too much fluoride. As with other vitamins and minerals essential for a healthy body, too much of a good thing can be detrimental. Too much fluoride can cause a condition known as fluorosis in which brown spots appear on children's teeth.

The primary way children get too much fluoride is by **swallowing** fluoride toothpaste. Remember, children need only a pea-sized amount of toothpaste. Have them spit toothpaste out instead of swallowing it.



Just for Kids !!

The Cavity Free Club

Four times a year we draw a name from our list of children who, at their checkups, have been cavity free. The winners receive a specially selected prize to congratulate them on a job well done!

Ask us how you can become a member.

Sugarless Gum: A Smart Halloween Treat

Since sugar-free gum is one treat that actually helps prevent cavities, it is a smart choice to drop in Halloween bags this year. Parents can also give it to their children to help neutralize the effects of sugary snacks after eating.

Long-term clinical trials show that cavities are reduced by chewing sugar-free gum that contains the artificial sweeteners sorbitol and xylitol. The chewing motion stimulates the flow of saliva which helps cleanse the teeth. Sweets are especially harmful, since damaging acids form in the mouth every time you eat a sugary snack, and continue to affect the teeth for at least 20 minutes before they are neutralized. But research shows that the sweetening agents in

Candy

Why the Bad Rap ?

Many of us remember growing up being told that candy was the mortal enemy to our teeth. It was something to be avoided if we didn't want a mouthful of cavities. The truth is, however, that candy may be no worse at causing cavities than many of the other foods we enjoy.

We've all heard that candy is bad for our teeth. Parents often provide their children with fruits, health snacks, and other substitutes for candy. **Surprisingly, these snacks can be just as bad or worse than the candy they replace.**

Cavities are caused by bacteria which work, live, and play within our mouths. These bacteria feast on food left on teeth after meals. The bacteria produce acid as a by-product of their feasting. It is this acid which eats into tooth enamel, creating cavities.

Surprisingly, bacteria can use other foods just as efficiently as they can use candy to create this cavity causing acid .

In fact, any food containing carbohydrates can be utilized

by bacteria. This includes foods such as potato chips, crackers, and breads as well as fruits, peanut butter, and pasta.

In fact, many of the snacks which we think are healthy can actually be very damaging to teeth . These include foods which tend to get stuck to teeth where they provide a constant source of carbohydrates for bacteria to use in creating acid.

Raisins, for example, tend to get stuck on teeth providing a long term feast for bacteria. Likewise, peanut butter also tends to get stuck on teeth long after we eat also providing a source of carbohydrates for bacteria to feed on.

So if candy is no worse or better at causing cavities than other foods, why the bad rap when it comes to candy ? One reason may be that although candy provides the body with sugar (an energy source), candy **does not** provide the body with other nutrients vital to the proper growth of young bodies. By constantly eating candy, young children may not be getting enough of the foods that provide them with needed proteins, fats, vita-

mins, and minerals.

If you chose to let your children have candy, what are some of the things that you can do to ensure that your kids enjoy candy without getting a mouthful of cavities ?

The key is moderation and balance. Just as any substance eaten in excess can lead to problems, so can eating too much candy. One idea is to allow your children to only eat candy, as much as they can handle, on one day of the week (i.e. Saturdays). Make sure your children are in the habit of brushing their teeth after eating candy. This tooth-brushing is also necessary after they eat other between-meal snacks.

Another excellent way to reduce your children's craving for candy is to provide other foods as snacks, like fruits, nuts, and yogurt. Remember, however, that kids need to brush after eating these snacks as well in order to prevent cavities.

With a little education, a little moderation, and proper brushing after eating, your children can enjoy candy without ruining their teeth.

Ask Your Dentist

Intra-oral Cameras

"Well, Dave, your old fillings are definitely not doing the job. In fact many of them have failed and are letting decay reach your teeth. I think you should consider having them replaced."

If your dentist tells you this, you may find yourself wondering whether your teeth are really as bad as he/she is saying. Maybe if you could actually see those old fillings yourself, you'd feel a lot better about having them fixed. Here's where an intraoral camera is just the ticket.

An intraoral camera is about the size of a pen, so it fits easily into your mouth. Once positioned, it sends pictures to a monitor, where your teeth and gums appear in a full-color, usually as a very large image.

Yikes! Those fillings are cracked and that dark area is definitely decay.

Ask us to take you on a tour of your mouth !

Office Information

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Office Hours

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sugarless gum are effective in combating the bacteria in plaque and fighting the acid that eats away at enamel.

Sugared gum produced those results in some short-term trials, but long-term clinical trials don't support its use.

"Only sugar-free gum can be recommended for both after meals and snacks," says Dr. Perle of the AGD.

AGD DentalNotes September, 1997, p. 3.