



ST. PAUL DENTAL CENTER

**Produced for the patients of
Scott Lingle,
D.D.S., P.A., &
Joseph Trowbridge,
D.D.S.**

Wells Fargo Place
30 East 7th Street
Suite 101
St. Paul, MN 55101

Spring 2015

DENTAL TEAM

Office Manager:
Mary Jo

Business Administrator:
Beth

Receptionists:
Kathy
Ashleigh

Dental Assistants:
Sheryl
Ali
Anastasiya

Hygienists:
Chris
Jessica

Office Hours
Mon. 7:30 a.m.-5:00 p.m.
Tues. 7:30 a.m.-5:00 p.m.
Wed. 7:30 a.m.-5:00 p.m.
Thurs. 7:30 a.m.-5:00 p.m.
Fri. 8:00 a.m.-Noon

Appointment Phone:
(651) 227-6646

**Doctor on call
24 hours a day**

Get to know our hygienists



Chris and Jess, the St. Paul Dental Center hygienists, are a vital part of the team. Their knowledge expands well beyond just “pick, flick, and make them slick.” As University of Minnesota graduates, they received extensive training at the U of M dental clinics. But their knowledge doesn’t stop there; aside from the dental hygiene courses they attended, they have a broad background in anatomy, physiology, microbiology, pathology, and pharmacology.

As hygienists, Chris and Jess know how to guide you through the process to prevent periodontal disease. They provide intervention therapies, take steps to avoid more invasive periodontal treatments, and help maintain tissues after therapies through regular visits. And your comfort is their number-one priority. This being said, our hygienists are able to administer local anesthetic and nitrous oxide gas to make your appointment as comfortable as possible.

Between the two of them, they have an impressive combined 44 years of experience. But rest assured they aren’t content to just rest on their laurels. To provide you the best treatment possible, Chris and Jess are constantly keeping up with the latest in their field, with regular attendance in continuing education courses.

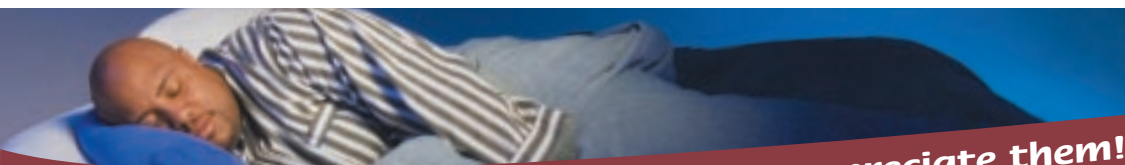
So at your next appointment, lean back, relax, and know that Chris and Jess are committed to your comfort and optimal oral health.

The daily grind

Bruxism—a clenching or grinding of the teeth that most often occurs overnight—is a commonly known dental problem that is often linked to TMD (temporomandibular disease) discomfort. However, there are many patients who clench their teeth during daytime activities. While some are aware of this habit, others are not.

Sadly, clenching either in the day or at night can cause jaw discomfort, muscle constriction, and damage to tooth surfaces. Both daytime and nighttime clenching and grinding are often related to stress, anxiety, or unresolved anger. While awake, some patients clench when they chew gum, while others tend to clench during athletic activities, such as weightlifting.

Once a clenching problem is discovered, a treatment plan can be developed to help diminish discomfort and damage to teeth. Special custom appliances can be created to reduce the tendency to clench the teeth, but patients may also benefit from relaxation techniques, counseling, and medication. Sometimes the way the teeth fit together is an issue, so a bite analysis to determine treatment for an occlusion may be recommended.



Thank you for all your referrals. We appreciate them!



Adult decay

The term “sweet tooth” is often applied to children, but perhaps less often to adults. Adults, however, who drink as little as one sugar-laden beverage daily run an increased risk of developing decay.

A Finnish study followed over 900 adults for a period of four years to measure the number of sugary drinks they consumed daily in conjunction with decay. The study found that adults who drank three or more sweetened beverages daily had a 33 percent higher chance of developing decay. Those who drank one to two sweet beverages per day also had a higher than 30 percent chance of dental issues.

Clearly, sugar consumption and tooth decay is not an issue that applies only to children. A healthy diet and good oral hygiene are essential to helping adults maintain healthy smiles as well.



Can my tooth be saved?

When decay has ravaged a tooth, dentists often hear patients asking, “Can my tooth be saved?”

The question is a heartbreaker for dental professionals because so many teeth could be saved when patients understand the importance of preventive oral care—both on the home front and in the dental office.

Tooth decay can be traced to bacteria that live in the mouth and feed on food debris that stick to the teeth. Foods that are high in carbohydrates and sugars—e.g., breads, candies, and sweet beverages—are favorites of these bacteria. The bacteria ingest the foods and then produce

acids, which are strong enough to penetrate tooth enamel and lead to decay.

In addition to limiting these types of foods, patients who want to prevent decay should brush after each meal and floss daily using standard floss or a flossing implement.

Fluoride is an important weapon in the war against decay, so brushing with a fluoride paste, drinking fluoridated water, and using fluoride mouth rinses can all be beneficial. Supplemental fluoride may be recommended in areas where fluoridated water isn’t available. Patients who want to add further protection may want to consider sealants, thin layers of protective material that are applied in the dental office to help seal out decay. Regular professional cleanings and exams can help prevent decay or catch it early while it’s easier to treat.

Researchers are working to develop new ways to fight decay, such as materials that slowly release fluoride into areas on the tops of molars or between teeth.

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Sensitivity issues

Tooth sensitivity can be a painful problem. Teeth that are sensitive may cause discomfort when exposed to very hot, cold, acidic, or sweet foods. Even brushing can be uncomfortable.

The problems of tooth sensitivity can usually be traced to erosion or wearing away of enamel—the protective coating on the chewing surfaces of the teeth. Cementum, which is similar to enamel, protects the roots of the teeth. Often, when gums have receded due to age or gum disease, the cementum wears away, exposing nerve cells inside the teeth.

Enamel and cementum may be compromised by a failure to brush properly and floss daily, but specific foods, especially acidic foods and beverages, over time can damage these protective coatings. Patients who grind their teeth damage enamel, and patients who suffer from dry mouth, which may be caused by medications and certain beverages, are more likely to exhibit worn enamel.

Brushing harder or more often is not a good way to resolve the problem of tooth sensitivity. Reducing acidic food intake and pairing these foods with milk or cheese can help, as can drinking plenty of water with each meal. Rinsing with water after eating and brushing about 30 minutes after a meal will help reduce acid and aid saliva in its work to keep enamel strong.

Patients who grind their teeth may want to consider custom appliances or therapies designed to relieve this problem.

Patients who are experiencing the discomfort associated with sensitivity should seek a professional diagnosis and treatment. Specially formulated toothpastes and gels coupled with the use of a soft-bristled brush may help to alleviate some of the pain of tooth sensitivity.



Does tooth loss equal memory loss?

Could the number of teeth a person loses over a lifetime be an indicator of memory loss in old age? The answer to that question may lie in the presence of the bacteria that cause gum disease and the correlation between dental issues and the likelihood of a stroke.

A study of over 400 patients, all of whom had passed the 50-year mark, found that patients missing more than six teeth were more likely to struggle with memory issues. Other studies have pointed to a link between tooth loss and brain damage related to silent strokes—brief interruptions of blood flow to the brain that occur without symptoms. Further evidence of a connection has been discovered by researchers in Britain, who have uncovered signs of the bacteria that cause periodontal disease in the brains of Alzheimer's patients.

All this evidence points to the need for good oral care—especially daily flossing, which is one of the best defenses against gingivitis, which can lead to periodontal disease and tooth loss.





Ice chewing— not a good idea

Ever chew on the ice that's left when you finish your cold drink? Many people who do find that chewing on ice can be habit forming, but it's a practice that can be harmful to teeth.

Hard lesson

Partially melted ice may be fairly soft or it may contain a rock-hard center that requires biting down to break. Exerting this kind of pressure can cause chipping or cracking in the enamel, the hard outer layer that protects teeth. This can lead to decay and tooth sensitivity.

Cold facts

The low temperature of ice may cause cracks in the enamel of a tooth, but because restoration material reacts differently to cold, repeated exposure to extremely low temperatures may compromise restorations and make them less likely to last or perform as expected. Patients who chew ice should look for an alternative if they can't quit cold turkey. Some patients have found that chewing sugarless gum can help to alleviate their cravings for ice. Ice chewing has also been linked to iron deficiency, which can affect one's overall health.



*Here's your
dental newsletter!*

St. Paul Dental Center
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TEAM news

- ✦ **Dr. L** took his 3-year-old grandson, Bodie, skiing. He did great!
- ✦ **Dr. T** had a great time on a cruise with Mickey, Minnie, and the family.
- ✦ **Mary Jo** had a blast in Florida.
- ✦ **Beth** is looking forward to starting the triathlon season with her first race, sponsored by her favorite surf shop, Ron Jon, in Cocoa Beach, Fl.
- ✦ **Ashleigh** is looking forward to a nice getaway in Florida with family and friends.
- ✦ **Sheryl** is going to the most visited National Park. Can you guess which one?
- ✦ **Jess** had a wonderful time in Mexico—snorkeling and exploring Tulum. Makes her ready for summer!
- ✦ **Kathy** enjoyed a fun-filled staycation.
- ✦ **Anastasiya** enjoyed getting out into the Minnesota cold with her new ice skates.
- ✦ **Ali** is rockin' Words With Friends, having racked up a 44-pointer.
- ✦ **Chris** is enjoying the completion of all the remodeling projects. Whew!

