



## February 2024 Newsletter

### "Don't Judge Me" Top 10 Dental Problems

"Don't judge me." We sometimes see patients who feel the need to tell us this before explaining the reason for their visit. It's often (1) out of fear that we'll judge them for their previous oral hygiene habits or (2) because they're embarrassed or ashamed by the current condition of their teeth/mouth. However, we would NEVER want to make anyone feel ashamed of prioritizing their oral health by coming to see us. You've already taken the first step towards a healthier and happier future, and we couldn't be prouder. **Our role is to inform, educate, and most importantly HELP.**

And believe me, we've seen it all and helped many people just like you. Below is a list of the *Top 10 Dental Problems* that we face every day. If you currently do or have ever fallen into one of these categories, you are not alone:

1. **Tooth Decay.** The signs of a cavity vary, depending on their extent and location. However, one may experience toothache, sensitivity, and /or visible hole in teeth.
2. **Bad Breath**
3. **Tooth Sensitivity.** Spontaneous tooth pain that occurs when eating cold, hot or sour foods.
4. **Gum Disease.** Symptoms include bad breath that won't go away, swollen gums, tender or bleeding gums, painful chewing, etc.
5. **Tooth Loss.**
6. **Cracked /Damaged teeth.**
7. **Discolored Teeth.**
8. **Teeth Grinding.**
9. **Mouth Sores.**
10. **"Unattractive" Smile.** All smiles are beautiful, but we understand that's not our decision to make. If an "improved" smile would improve your confidence, we'd be more than happy to help.

There can be varying causes for the above conditions. Thankfully, there are many treatment options as well. If you suffer from anything on this list, please do not hesitate to see Dr. Chubb at Amazing Smile Family Dentistry, so we can assess the issue and eradicate it for your health & happiness.

## February is Heart Health Month

### Why would cardiovascular disease and poor oral health be connected?

A number of theories have been proposed, including:

- The bacteria that infect the gums and cause gingivitis and periodontitis also travel to blood vessels elsewhere in the body where they cause blood vessel inflammation and damage; tiny blood clots, heart attack and stroke may follow. Supporting this idea is the finding of remnants of oral bacteria within atherosclerotic blood vessels far from the mouth. Then again, antibiotic treatment has not proven effective at reducing cardiovascular risk.



[Link to Additional Resource](#)



Susan, Hygienist, with a happy, smiling patient.



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Janet, Hygienist, with her happy, smiling patient