

# *HOME OF DENTISTRY*

## **MAY**

### Magical Smiles Newsletter

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## **MAY**

**Magical Smiles Newsletter**

Inside:

- Planning A Summer Road Trip

- Protect Your Baby's Teeth

Whitening For Life



# Navigating the Family Road Trip

It's no mystery why teeth whitening has become so popular in most societies today. A study by the American Academy of Cosmetic Dentistry found that:

-More than 92% of adults agree that an attractive smile is an important social asset.

-85% believe that an unattractive smile makes a person less appealing to the opposite sex.

-75% believe that an unattractive smile can be detrimental to a person's chances of career success.

Like it or not, brilliant white teeth are now associated with beauty, wealth, and youth. That is why so many people are searching for teeth whitening products and services that are effective (and don't break the bank).

What are the benefits of using a teeth whitening product or service? Whiter teeth tend to make people look younger (as teeth darken with age), look more affluent, and feel better about themselves and their smile. Some teeth whitening products help to clean teeth as well. Teeth whitening has the potential to do all this and more!

*If you're one of the millions of Americans who cherishes the time-honored tradition of the family road trip, complete with sing-a-longs and car games, you're not alone. Despite rising gas prices, people are taking even more road trips now than they did growing up, and where do they want to go next? According to Rand McNally's "Great American Road Trip Survey," American families want to go to a Disney theme park followed by a national park. While on their way, most would choose to have Chevy Chase keep them company and pass the time by looking at the passing sights.*

## "Great American Road Trip Survey"

### On the Road Again

- Most Americans have taken a road trip with kids (86 percent)
- Walt Disney World Resort in Florida or Disneyland Resort in California rank supreme as destinations parents want to take their children on a family vacation (39 percent)

### He Said, She Said

- Opposites attract as women would prefer to ride with Brad Pitt while men would choose Jennifer Aniston
- More men found gas stations provide suitable restrooms on the road than women
- For women, visiting a relative's home is their No. 1 road trip destination when they are traveling without children. Men preferred national parks

### Democrats, Republicans and Independents Agree...

- Members of each party would campaign to visit their ideal vacation spot -- Walt Disney World Resort in Florida or Disneyland Resort in California
- Chevy Chase would be their top celebrity candidate to share a road trip
- No secret about it -- restaurants offer the best bathrooms on the road

### The Age Old Question

- Jennifer Aniston, Ben Stiller and Jessica Simpson claimed top rank as the most popular celebrities to take a road trip with for 18 to 28 year olds
- The young and the young at heart (aged 18 to 49) agreed on Disney as the ideal vacation spot

### Road Trip Scrap Book

#### Road trip memories fell into a few main categories:

- Accidentally leaving a loved one behind at a rest stop
- Being chased by animals or attacked by bugs
- Desperately needing to use the restroom or getting car sick
- Getting lost
- Cars breaking down, running out of gas, or receiving speeding tickets
- Torturing siblings



## Baby bottle tooth decay

**(BBTD)** is the main type of tooth decay in infants. Infants that are allowed to have a bottle in bed or older toddlers that are allowed to carry around a bottle during the day are at risk for this type of tooth decay.

Although the decay can start soon after your child's baby teeth appear, the problem is often not noticed until about 1 year of age. The earliest sign is white spots on the baby teeth. The upper front teeth (incisors) are usually damaged first.

### What causes it?

Tooth decay occurs when sugar in liquids is in contact with the teeth for a prolonged time. Milk, formula, juice, Kool-Aid, and soft drinks all contain sugar. If a child falls asleep with a bottle in the mouth or constantly drinks from a bottle during the day, the sugar coats the upper teeth. The



normal bacteria in the mouth change the sugar to an acid. The enamel (protective coating) of baby teeth is only half the thickness of an eggshell. The acid gradually dissolves the enamel and allows decay to occur in the teeth.

The availability of plastic bottles instead of glass bottles has led many parents to be less concerned about giving their infant a bottle. Leaving a baby with a bottle of formula or juice may be used as a quick way to help a child go to sleep at night or deal with middle-of-the-night crying. The bottle may also come in handy when dealing with fussiness during the day. Many parents are unaware that these kinds of bottle habits can lead to tooth decay problems.

### How is it treated?

Dental repair of BBTD requires general anesthesia. If the problem is detected at an early level, the teeth can be covered with stainless steel caps. If the decay is severe, the decayed teeth will need to be pulled out.

### How long will the effects last?

If BBTD is not discovered and treated, decay will eventually destroy the teeth and they will break off at the gum line. The decay will continue to destroy the root of the tooth and cause ongoing pain.

### If the child has teeth pulled, he may have the following problems:

- *The child will then have to chew with the teeth on the side of the mouth.*
- *He may get teased about the missing teeth.*
- *The permanent teeth may come in crooked or be crowded because the baby teeth are no longer there to save the appropriate space.*

*"Increased confidence is crucial for lifetime growth. Many successful people start off life as dreamers and risk takers, but the moment they become successful, they begin to seek greater security and comfort over everything else. This attitude puts them to sleep motivationally, and they lose the confidence that made them so successful. Security and comfort are desirable by-products of goal achievement, but when they become the goal itself, they quickly stop lifetime growth. Treat any increase of comfort in your life as only a temporary stage for establishing bigger goals. Continually strive for higher goals and achievement, and your confidence will always be greater than your comfort."*  
-Dan Sullivan, *The Laws of Lifetime Growth*



# This news is all about you...

## With Heartfelt Thanks For Your Referrals

There's no question that I have the BEST patients on the entire planet.

My business is built on word of mouth advertising and I'd like to thank those who were kind enough to recommend my services to their friends.

**Thank you sooooo much!**

## Welcome New Patients!

We love giving recognition to our new friends and our wonderful existing patients who are kind enough to refer their friends and relatives to us! We're all helping each other, which is the whole point of all this! Right?

### Special Offer

We will credit your dental account with **\$100** towards any cosmetic treatment you may need or want upon completion of your regular exam.

Call Dr. Harjinder Girn

today at **905-785-8444**

to schedule your appointment

and get started on your

beautiful smile!

### Patient Quiz!

Last Month's Quiz Question:  
What has four legs but can't walk?

Answer: A Table

### This Month's Quiz Question!

What do you get if you cross an insect with the Easter rabbit?

**ANSWER: Bugs Bunny**