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MAY/2010

Newsletter

Tips For A Whiter Brighter Smile

Hi There !

This year 2010 is 30 years since I began practice. It's time to address some of the everyday questions I regularly hear from patients, and offer a few quality dental tid-bits that will lead to better dental health and awareness.

Enjoy the short read - Dr. Levi

SUMMER has passed but hopefully we will still get to enjoy the occasional beautiful warm weather like last week.

So tell me what does that have to do with teeth, I hear you say.

We see a lot of people drinking more when the weather is warmer:

- Softdrinks
- Natural fruit juices like Nudie
- Sports drinks like Gatorade

Here are some pointers to consider:

Most of the above mentioned drinks are amazingly high in sugar content.

- Powerade has 798 kilojoules (9 teaspoons of sugar)



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- Gatorade has 630 kilojoules (7 teaspoons of sugar)
- Vitamin Water has 470 kilojoules (5 teaspoons of sugar)

The sports drinks in particular are designed for athletes training for more than an hour who need fuel and also need to decrease the risk of cramping. Great products if used for what they are designed for.

Let's ignore the issue about whether you need the extra sugar and calories around your waist for now.

So, if they are high in sugar (and acidic) you don't want them attacking your teeth/enamel.

Solution:

- Drink through a straw
- Don't sip on Coke, etc. all day, or your mouth will be acidic all day!
- No sugary drinks before bed last thing at night or your mouth will be acidic all night!
- If you must, drink a glass of water afterwards to flush the sugars out of your mouth, or better still, brush your teeth.

SALIVA

Just remember, if you are dehydrated over summer your body will be challenged to make saliva. Saliva lubricates the mouth, enhances speech, and protects the teeth by a washing motion.

Water can be an awesome alternative to sugary drinks for many, many, many, reasons.

Try drinking water, and see for yourself!

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TOOTHBRUSHES & THE SUPERMARKET TRAP

WANT TO SAVE MONEY

Why do 75% of patients use a huge massive, large head toothbrush?

Because that is what the supermarkets want to sell.

They're labelled "adult" ... and aren't we all adults?

ANSWER: Simple. The larger the toothbrush, the more toothpaste you use, the more toothpaste they sell and the more profit they make.

Solution: just use a SOFT toothbrush that has a SMALL head. That's always our recommendation for better brushing results.

Forget if it says adult or youth, and Forget all the other "bells & whistles & extras" they come up with! They're all marketing ploys!

Big Smiles,

Dr Mark Levi



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