



JEFFREY M. BARLOW DDS, PA

SPECIALIST IN ORTHODONTICS FOR CHILDREN AND ADULTS

July Quarterly Newsletter

Contests

Summer contest: Match the Smiles to the Celebrities



Contest ends Friday, August 11th

Prize: Beats Headphones

Back to School contest: Guess the number of crayons in the jar

Contest starts August 14th and runs through September 29th



Prize: Brevard Zoo Admission tickets

Dr. Jeffrey Barlow

105 N Grove Street
Merritt Island, FL 32953
(321) 459-1313

[Our Website](#)

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Celebrating Anniversaries this Quarter:

July 14th, Brenda 9 years

July 14th, Carolyn 8 years

September 10th, Dr. Barlow 15 years

September 19th, Chelsea 6 years

Celebrating Birthdays this Quarter:

Lisa, July 16th



Lisa is one of Dr. Barlow's orthodontic assistants. She enjoys spending time with her daughter and family. In her spare time she enjoys doing crafts. Lisa also likes to fish, going to the movies and shopping.

Tiffany, August 7th



Tiffany is Dr. Barlow's office manager. She enjoys spending time with her family and traveling. Some of her favorite things to do is watching her children play sports. In her spare time, she loves scrapbooking and making cards.

Peggy, August 20th



Peggy is one of Dr. Barlow's orthodontic assistants. She enjoys spending time with her family especially her grandsons. Peggy loves going to the beach, being poolside and always looks forward to football season.

Jill, September 1st



Jill is one of Dr. Barlow's orthodontic assistants. She enjoys spending time with her family. She loves going to the movies, reading, and traveling whenever she can.

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Maintaining Your Smile

By American Academy of Cosmetic Dentistry

Maintaining Your Smile

There are several things to remember when caring for your new smile.

1. Regular visits to your Dentist and Dental Hygienist are crucial for maintaining the health of the cosmetic restorations. If the gum tissue is healthy with regular periodontal (gum disease) screenings, the life of the restoration will increase and the beauty will be maintained as well. Getting your teeth cleaned on a regular basis helps to promote gum tissue health. Proper techniques for home care will be given by a licensed dental hygienist. Any concerns or questions that you may have can be addressed at this visit. If any problems occur, they will usually be very small if found early.

* IT IS VITAL THAT CARING FOR YOUR COSMETIC RESTORATIONS BE DONE BY A TRAINED PROFESSIONAL SPECIALIZING IN COSMETIC DENTISTRY. IF PROPER POLISHES, INSTRUMENTS, AND PRODUCTS ARE NOT USED, IT MAY CAUSE DAMAGE TO YOUR INVESTMENT IN YOUR NEW SMILE.

2. Flossing is a key adjunct to massage the gum tissue and again reduce food, debris and formation of plaque in between the teeth. This is a crucial part of ensuring a lifelong beautiful smile. It will also increase the life of the restoration.

3. Brushing 2-3x daily helps to keep the gum tissue healthy. It also removes surface plaque and stain to help maintain a beautiful smile.

4. NEVER use your teeth as a tool! Biting or chewing on things such as pens, ice or holding things between your teeth may cause damage to your cosmetic restorations.

5. Toothpicks should be avoided unless they are used very gently and with caution, as gum tissue

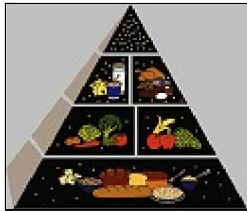
damage can sometimes occur.

6. Choose a toothpaste that is non-abrasive. If problems with staining occur, brushing after drinking coffee, teas, or colas may be necessary. Quitting smoking is also encouraged to help eliminate staining and overall oral health.

Content provided courtesy of the American Academy of Cosmetic Dentistry, www.AACD.com.



Diet



The primary cause of cavities, gingivitis and periodontal disease is accumulation of plaque and tartar on your teeth. The bacteria normally present in your mouth

converts the food you eat into acid, which in turn combines with bacteria and leftover food to form a sticky substance called plaque. Plaque accumulation can begin on your teeth in as little as 20 minutes after you've eaten. If not removed, the acid in the plaque dissolves tooth enamel and creates a cavity.

The way you eat and the things you eat will either aid your body in fighting cavities and gum disease, or make you more likely to develop them. While your grandmother would have probably told you that eating candy was bad for your teeth, today's dental nutritionists know that she was only partly right. Yes, sugary snacks are one of the culprits that set up the right conditions for development of plaque, but did you know that carbohydrates, such as bread or potatoes, are just as bad for your teeth

as a candy bar? And did you know you can combat these conditions by eating your food in the right combinations?

The two main factors that make a food a bad snack is the amount of sugar in the food and the length of time the food stays in your mouth. Strangely enough, the sugar and chocolate in a candy bar will actually be washed out of your mouth faster than the sugars from some fruits or the bread from your pizza. So it's the frequency of meals and snacks and the way foods are combined that increase the risk for cavities. Any food or beverage, even a healthy one, will be converted into acid if it stays in your mouth long enough. When eaten with a healthy meal, sugary or starchy foods will be washed away by the protein and fat in the meal, leaving your teeth cleaner and healthier.

Here are a few suggestions that will help you eat healthy for your teeth...

- Eat a moderate, balanced diet using the Food Guide Pyramid
- Combine sweet or starchy foods with protein rich foods, so that the sweets and starches will have less chance of sticking around
- Chewing sugarless gum after meals and snacks can help the pH (acidity/alkalinity) balance in your mouth and also increases the production of saliva, which helps wash food off your teeth
- Only drink sweet or acidic beverages with meals and snacks to buffer their effect on your teeth
- When planning your diet, choose foods and meal patterns that give you the energy you need to get through the day, provide the nutrients your body needs, and promote oral and general health

Remember that your teeth are essential, not just for smiling, but for biting and chewing food. They're a very important part of physical growth and health. Brush and floss every day, and eat a diet that keeps your body functioning properly and keeps your teeth and gums their healthiest.

Choosing the Best Toothpaste



Thanks to better care and technological advances, more people than ever before are keeping their teeth throughout their lives. The most important thing you can do to make sure you're one of those who keep

their natural teeth is to brush and floss regularly.

Most dental decay is caused by plaque, a sticky, colorless bacteria that is constantly forming on your teeth. Saliva, food (especially sugar) and fluids combine to produce plaque, which collects on teeth and where teeth and gums meet. Plaque that is not removed by regular brushing and flossing can harden into tartar, a crusty deposit that can only be removed by a dentist. Plaque also leads to gum disease, a potentially serious infection that can erode bone and destroy the tissues surrounding teeth. Flossing removes plaque between teeth, and brushing removes plaque from the large surfaces of the teeth and, if done correctly, from just under the gums.

With brushing being such an important factor in your oral health, you can see why your choice of a toothpaste is important, but with so many brands and types - plaque control, tartar control, whitening, gum care, sensitive teeth, polish, smoker's - from which to choose, picking the right toothpaste can be a daunting task. Your dentist or dental hygienist can help narrow the field by discussing what your special brushing needs are.

If you tend to build up plaque or tartar quickly, you'll want a plaque or tartar-control toothpaste. Anti-plaque/tartar toothpastes will have ingredients

such as fluoride and/or antibacterial agents to limit plaque and tartar formation. (Check with your dentist before choosing fluoride toothpaste for your young children. Excessive fluoride ingestion by pre-school age children can lead to discoloration of the permanent teeth. If your child uses fluoride toothpaste, make sure s/he does not swallow toothpaste while brushing.)

If you smoke or drink tea or coffee, a whitening toothpaste may help with stains. However, whitening toothpastes only remove adherent stain. The ingredients necessary to actually bleach your teeth are not chemically stable enough to be included in toothpaste. Use caution with those toothpastes made to remove heavy stains, frequently referred to as "smoker's toothpaste" or "tooth polish". These toothpastes may be excessively abrasive and may cause progressive wearing away of the tooth and supporting tissues. (Also, if you smoke, be sure to see your dentist regularly, as smokers are at increased risk of gum disease, early tooth loss and also soft tissue conditions including oral cancer.)

Temperature sensitive teeth will benefit from a toothpaste made to desensitize your teeth. Your needs may change as you age, so don't be surprised if your hygienist recommends a type of toothpaste you haven't used before.

Once you've determined which type of toothpaste is best, choose the one that tastes and feels best and doesn't cause irritation or sensitivity problems. If you like the flavor and texture of your toothpaste, you'll brush more and longer. And brushing well and regularly means you'll be smiling with your natural teeth well into your mature years.

