



# Smile Write

from  
Dr. Mitchell Strumpf



Produced to improve your dental health and awareness

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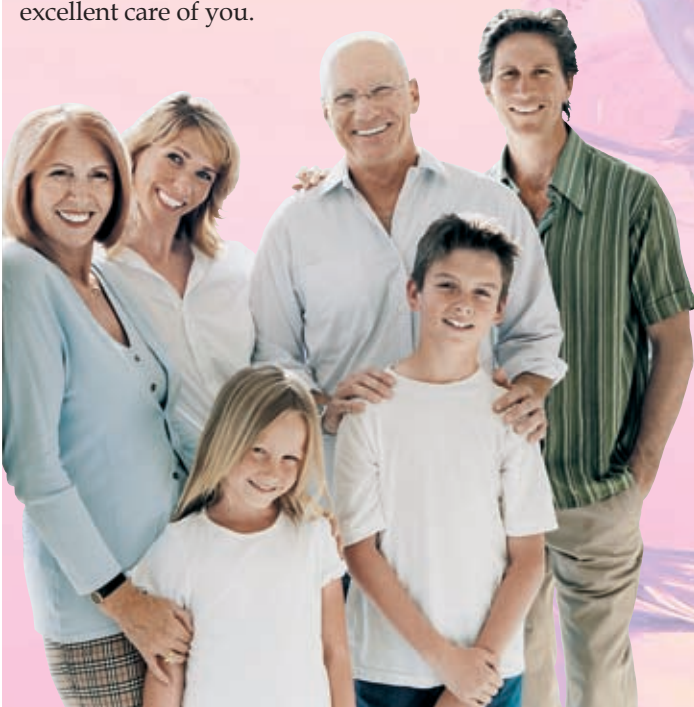
fromthedentist

## Is There Really A Strumpf “Dental Health Initiative?”

Every day we hear a new story from friends, patients, vendors and the media about the different “dilemmas” folks are faced with during these trying times. Dentistry is not immune to them and all too often gets neglected or just placed a little further down on people’s “priority” lists.

Well, we thought it was time to clarify for patients (new and established) that we realize personal circumstances dictate what we have to do and not necessarily what we want to do when it comes to our dental needs.

We want you to have the best dentistry available in as caring a way as possible so we prepared a list of 5 ways you can choose to be treated here at *Smile Sarasota*. This way the choice is up to you. You can move from one group of options to another at any time. Of course, our goal is to help you get to Door #5 (as Monty Hall would put it) but this way no one ever has to explain to us why they chose the option they picked. We’re not here to judge, but to take excellent care of you.



- **Level 1... URGENT CARE** People in crisis or with an emergency problem such as pain, swelling, or bleeding that need our immediate help are at this level. We see urgencies immediately, whenever possible.
- **Level 2... REMEDIAL CARE** People who choose this level of care desire treatment only when something breaks or becomes uncomfortable. Generally people at this level expect a limited type of examination, focusing on obvious problems. They usually want to correct immediate problems with as little effort and cost as possible
- **Level 3... SELF CARE** Patients who choose this level of care want a thorough examination and take an active part in the treatment and prevention of present and future disease problems. However, they usually choose repair solutions that are short range in nature.
- **Level 4... COMPLETE DENTISTRY** Patients at this level are similar to people described in level 3. They choose to have a thorough examination. However, they decide on a MASTER PLAN to formulate a long-term treatment plan for health and repair. These patients are very concerned about treating the causes of dental disease, not simply the effects. These patients want all dental treatment provided to be completed in the most lasting fashion possible.
- **Level 5... LOOK YOUR BEST** People in this group are in level 4 as far as dental health is concerned but also want to look their best at all times. They know that their smile is the first thing others notice about them and want to put their best foot forward.

We hope these levels of care make sense to you. It is not uncommon for people to begin at one level and progress to another over time. We are here to help you discover and decide at what level you are most comfortable. Thank you for the opportunity to serve you and provide you with the best dentistry appropriate for you.

To YOUR health,  
Dr. Mitchell Strumpf

*Thank you for all your referrals – we appreciate them!*

# Don't Be So Sensitive!

## Care for sensitive teeth

Do you experience discomfort or a sharp pain when you breathe icy air, when you sip hot, cold, or sweet beverages, or eat foods with extreme temperatures? Even when brushing your teeth? You could have sensitive teeth which can put a damper on the most pleasurable things in life.

### What can you do?

- Always visit us for a diagnosis and treatment options.
- Use a toothpaste specially formulated for sensitive teeth. It takes two weeks before the full effect is evident.
- Rinse with a fluoride-based mouthrinse that contains potassium nitrate to reduce sensitivity.

Don't endure sensitivity symptoms. Call us today!

## That Jarring Jawbone!

### Relief from TMD is here

It may be stress, previous injury or tooth loss, habitual clenching, gum-chewing, or a part of ageing, but for whatever reason, your jaw aches, you're having difficulty chewing, and it affects how you eat. Other possible causes? Restorations such as crowns, fillings, inlays, and onlays that have worn over time and no longer align or function as they need to.

You may be suffering from *temporomandibular disorder* (TMD) – a misalignment of the jawbone where it connects to your skull. Once we diagnose the cause of your TMD, the solution could be as simple as adjusting or replacing one or more restorations or providing you with a nightguard to maximize your jaw position and relieve your discomfort while you sleep.

Until you see us for treatment, you might be able to alleviate symptoms by chewing on both sides of your mouth, de-stressing, not chewing gum, and performing basic jaw-stretching exercises.

Reinforce  
the power  
of your  
smile

## PART OF SMART AGEING

Good for you! You're taking better care of yourself so that as you age, you remain in optimum health. You're using the stairs (not the elevator), protecting your skin, and ramping up the fiber, fruits, and vegetables in your diet. Now think about this: if you live longer, your teeth have to function longer too!

Now is the time to consult with us about the benefits of not just rejuvenating the whiteness in your smile, but also the structure and durability of your teeth. Missing or damaged teeth severely compromise your capacity to chew and digest healthy foods ... negatively affecting your overall health. Not to worry... We have solutions!

- One option is a **bridge**. It replaces a missing tooth by securing a new replacement tooth to the adjacent healthy teeth. Bridges look natural, are easy to clean, and because they're fixed in place, they're stable.
- A **crown** completely covers or "caps" an existing tooth that has a serviceable root but is damaged above the gumline. It improves the tooth's strength and appearance, and extends its lifetime.

As part of your healthy lifestyle team, we will advise you on the best, most cost-effective way to improve your smile. Dental enhancements like bridges and crowns are a great self-investment. You'll look terrific, enjoy a confident smile, and situate yourself wisely to benefit wholly in both oral and overall health!



BEFORE



AFTER

# 3 Ways To Age Your Smile

## Learn the secret to keeping it youthful

In 1900, the average life expectancy was only about 49 and few people anticipated keeping their teeth that long. Today, many mature adults have maintained their teeth, yet have developed potentially serious problems with the *gingivae* (gums) that surround them. This is very important, because when gums are damaged, the gates are literally opened to a host of problems.

**FIRST Receding gums.** When bacteria is allowed to build up in the mouth and is left untreated, damaged gums become progressively more inflamed. Initially the infection can be painless with no visible signs or symptoms that you would notice during routine home care. Gum disease is the top cause of tooth loss in adults and has been linked to cardiovascular diseases, diabetes, arthritis, Alzheimer's, hearing loss, and cancers.

**SECOND Root cavities.** Some natural gum recession occurs as you age, but too-vigorous brushing can dramatically speed up the process and expose the roots of your teeth. This is unattractive, but more importantly it can expose your roots to bacteria and cavities. Experts suggest that those taking anti-hypertensives, antidepressants, and analgesics are already at an increased risk of caries (cavities).

**THIRD Tooth sensitivity.** Receding gums and exposed roots can be painful and eventually, if over-brushing continues, the entire tooth enamel will be affected.

Although we can provide solutions like bonding, veneers, and desensitizers to restore function and appearance, we prefer prevention. Regular examinations and learning proper home care will keep both your gums and teeth healthy.



## IN PRAISE OF Olive Oil

### Reason to smile

Olive oil, a key component of a Mediterranean-style diet, has provided health benefits for millennia. Mono-unsaturated fat gives olive oil anti-oxidant properties, lowering the risk of colon cancer, incidence of heart disease, and type-2 diabetes.

Because ingesting olive oil enriches skin and soft tissues, and is an anti-inflammatory, it also helps in treating gum disease which, due to the correlation between oral and whole-body health, improves your overall well-being.

Extra virgin olive oil is highest in anti-oxidants because it's less processed. And because of its flavor, processing method, and beneficial properties, it is the only variety of vegetable oil that nutritionists suggest be ingested as is (without being cooked). Only two tablespoons per day will help you look after your whole health while we take care of your oral health!



# 9 Risk Factors

## Could you lose teeth to gum disease?

Periodontal disease is the leading cause of tooth loss and it has been linked to systemic diseases as well as toxemia and premature births. Gum disease develops gradually over time if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria. If you fit any of these nine risk indicators identified by dental experts, you could be susceptible to gum disease and the tooth loss associated with it.



- Are you older than 35?
- Are you male?
- Have you never received – or avoided – dental care?
- Have you never – or only irregularly – used dental floss?
- Do you smoke? Have you ever?
- Do you have diabetes?
- Do you have high blood pressure?
- Do you have rheumatoid arthritis?
- Do you have gum disease around your front teeth?

These findings make perfect sense. We know that gum disease occurs when oral hygiene is neglected. We also know that men tend to be less conscientious about oral health care. Gum disease has been linked in studies with diabetes, cardiovascular diseases, and arthritis. But if you don't fit these categories, don't be smug. No one is immune! Teenagers can get periodontal disease and virtually all adults will experience it at some point. What can you do? *A lot!* Brush, floss, and rinse, and maintain your regular dental visits!

## office information

**Smile Sarasota**  
Your Dental Care Specialists  
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### Office Hours

Monday 8:00 am – 5:00 pm  
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Wednesday 8:00 am – 5:00 pm  
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### Office Staff

Claire, Ann ..... Hygienists  
Georgia, Sandra, Wendy .....  
..... Dental Assistants  
Lori, Liz ..... Receptionists  
Linda ..... Office Manager

ChaseHealthAdvance™  
FINANCING OPTIONS



## You Sure Smell Good (And You're Popular, Too). Now Cut It Out!!

We like to present ourselves to others in the most positive way. Often part of that projection includes the fragrances we choose to wear. Please remember that we work in very close quarters and the nature of our treatment imposes us into each other's "comfort zone." We'll remember not to overdose and hope you will, too.

There's just no gentle way to say it BUT cell phones are just getting out of control again. Therefore, please don't be offended when we take you back for your appointment and we ask you if you've silenced your cell phone. No, the electronics don't put a "HEX" on our equipment. They're just very disruptive and we're grateful for your cooperation and attention to this issue.

## Get A Grip... On your brush!

If you have trouble hanging onto your brush or floss, don't despair! Here are a few quick and easy remedies to help you get a handle on your brush.

- Attach your toothbrush to your hand with a wide elastic band.
- Enlarge your toothbrush handle with a sponge, rubber ball, or bicycle handle grip.
- Wrap your toothbrush handle with an elastic bandage or adhesive tape to make it thicker and less slippery.
- Try an electric toothbrush.
- Tie your dental floss in a loop to give you a better grip.
- Try a commercial dental floss holder.

