

## **Newsletter Inserts**

### **News from Voiage Dental!**

We have the pleasure of working with the residents, families, and staff to provide oral health care to residents. As you often hear, PREVENTION is the key to healthy living. For each of the residents we see, we develop an individualized daily oral care plan. With appropriate daily oral care and a regular teeth cleaning schedule, a dentition can be maintained throughout a lifetime. Keeping your teeth doesn't happen by accident. To have your teeth throughout your life means daily oral care and regular professional care has been a priority throughout your life. It is a pleasure to work with the residents to help them maintain their current level of function by preventing destruction by dental decay. If you haven't seen a dental professional in the past 4-6 months, be sure to start by reconnecting with your private dentist or enjoy the convenience of dental services brought to your residence. Feel free to contact Drs. Elisa Ghezzi (734-358-0275) if you have any questions about oral health care.

### **News from Voiage Dental!**

As we mentioned last month, daily oral care is a critical part of maintaining your teeth throughout your life. The following are tips for the daily oral care of teeth and removable dental prostheses.

#### **Daily Oral Care of Teeth:**

- Be sure to brush your teeth daily with a toothbrush and fluoride toothpaste two (2) times per day: after breakfast and before bedtime.
- Aids to clean between teeth include Access flossers and interproximal brushes. These can be purchased at most pharmacies.

#### **Daily Oral Care of Removable Dental Prostheses:**

- Be sure to remove your dental prostheses at night. Dentures should be cleaned with toothbrush and toothpaste and placed in a denture cup with water and tablet of effervescent denture cleanser (polident or efferdent or other generic denture cleanser) overnight. The denture should be placed back in the mouth in the morning before breakfast.

Feel free to contact Drs. Elisa Ghezzi (734-358-0275) if you have any questions about oral health care.

### **News from Voiage Dental!**

#### **No Pain = No Problem**

In our practice we often dispel the myth that no pain equals no problem. Oftentimes people who wear complete or partial dentures report that they never have to have a dentist check out the dentures because they fit as well as the day they received them. Unfortunately, there can be a number of oral problems, such as ill-fitting dentures and oral cancer causing bony destruction, mouth ulcers, and even death with minimal or no oral symptom or manifestation. When teeth are removed, the bone continually resorbs or "dissolves". This process occurs so slowly that a person who wears dentures can easily accommodate to these bony changes for many years. Unfortunately, when a person with dentures starts to recognize a problem with the fit of the denture, the oral problem is quite advanced. An essential method of detecting oral problems while still reparable is by a comprehensive oral examination by a dental professional every six months. Prevention and early detection of problems are the keys to maintaining a healthy smile for a lifetime. Feel free to contact Drs. Elisa Ghezzi (734-358-0275) if you have any questions about oral health care.

### **News from Voiage Dental!**

#### **No Pain = No Problem**

#### **Dispelling the Myth**

In our practice we often dispel the myth that no pain equals no problem. As one ages, the nerves and blood vessels inside a tooth shrink. Older persons do not experience tooth pain as significantly as someone who is younger. Significant tooth decay and destruction can occur with no oral symptom or manifestation. It is not uncommon for an older person to be unaware of a broken tooth. An essential method of detecting oral problems while still reparable is by a comprehensive oral examination by a dental professional at least every six months. Prevention and early detection of problems are the keys to maintaining a healthy smile for a lifetime. Feel free to contact Drs. Elisa Ghezzi (734-358-0275) if you have any questions about oral health care.