

MY LINCOLN DENTIST

ORAL HEALTH DURING PREGNANCY

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Dental Trivia:

A sneeze zooms out of your mouth at over 600 mph!

Good oral habits begin during pregnancy and can affect the health of the mother and the child.

The first factor in developing strong teeth is good nutrition. A baby's teeth begin to develop during the 6th to 8th week of pregnancy, and a diet with adequate calcium, protein, phosphorus, and vitamins A, C, and D are important for this tooth development. Adequate consumption of dairy products and prenatal vitamins will ensure that the baby's teeth have what they need to develop properly. Keep in mind that mom's diet will supply the baby what it needs, so it is a myth that any of the calcium a baby needs comes from the mother's teeth. Sorry moms, you can blame sleepless nights on your newborn, but not 'soft teeth'.

One thing that definitely changes during

pregnancy are increases in the mother's hormone levels. These increased levels cause the gum tissue to be hypersensitive to plaque in the mouth. The result is that if plaque is not thoroughly removed with careful oral hygiene, the gums will become red, puffy, and tend to bleed easily. This 'pregnancy gingivitis' is treated by careful, daily brushing and flossing and we may recommend more frequent cleanings after the 1st trimester.

A more serious type of gum problem, called periodontitis, may even have health consequences for the child. Recent studies have shown a link between mother's with gum disease and low birth weight babies. For this reason, it is absolutely critical that mothers or women planning on becoming pregnant have their gum disease treated.

OUR TEAM SPOTLIGHT

Korbi Brizendine - Registered Dental Assistant

Korbi has been the lead dental assistant in our office since shortly after we opened our doors early last year.

She came highly trained and experienced in the work of a general and cosmetic dental practice. Her clinical skills were critical to our office 'hitting the ground running' and made our commitment to being a modern, high-quality dental office a success.

Korbi began her RDA training early on during her time in high school and has continued to push herself to learn more. She takes part in dental continuing education courses and also takes part-time college coursework.

As her picture shows, Korbi is not only growing in her professional career, but is expecting her second son at the end of October. He will soon join Korbi, her husband Chris, and their 18 month old son Brody. This young family enjoys getting together with friends and relatives for weekend BBQs and spending time in the great outdoors, going four-wheeling, fishing, hiking, and relaxing around the campfire. We will miss Korbi while she is on maternity leave, and look forward to her return around the New Year.



Korbi & Wyatt

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General and Esthetic Dentistry



FOSAMAX AND JAW OSTEONECROSIS

The medication Fosamax has become a common treatment for osteoporosis around the world. Along with diet, exercise, and vitamins it continues to be an effective medication for preventing bone loss.

Over the last couple of years, however, researchers starting seeing a relationship between the use of bisphosphonates (the active ingredient in Fosamax) and a rare condition called osteonecrosis (death of bone) of the jaw (ONJ). The condition can be difficult to treat and debilitating, in that it may result in large parts of the jaw bone having to be surgically removed.

Studies have shown ONJ resulting primarily after dental surgical procedures, such as tooth extractions. Fosamax users should be aware, however, that the majority of cases of ONJ were related to patients who were taking high doses of bisphos-



phonates through an IV, as part of cancer treatment, and not as oral Fosamax. Because of the seriousness of osteoporosis and the rare nature of ONJ, we are not suggesting patients make any changes to their medication at this time. Also it is always best to consult with their physicians before considering any alternatives.

Research continues in this area. In the mean time we mainly advise precaution. If you are beginning Fosamax, take care of any dental procedures first, especially more invasive types such as extractions, implants, and gum surgeries. If you are currently taking Fosamax, be diligent in your home care and get regular dental and gum maintenance check-ups.

Mother: Has your tooth stopped hurting yet?...

Son: I don't know. The dentist kept it

In reflecting on the Beijing Olympics just past, a Chinese Proverb:

A smile will earn you 10 more years of life.



Our Request to Our Patients

We are an office that welcomes new patients. If you have been satisfied with your care at Denzler Family Dentistry, please tell your family and friends. Word of mouth is how we wish to attract new patients to our practice. If they are anything like you, then we will be thrilled to welcome them to our office. Thank you!