

Thank you for all your referrals. We appreciate them!

Produced for the patients and friends of the

Providence Prosthodontics Dental Group

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PROFESSIONAL STAFF

A group of dental specialists

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Treatment Coordinators: Tara Trantham Carrie Jo Arrieta

Hygienists: Barbara Firth Terry Soria

Laboratory Manager: Debbie Wasky, CDT

Dr. Niles Guichet's practice is limited exclusively to treatment of occlusion and temporomandibular disorders (TMD/TMJ).

THE PROVIDENCE PROSTHODONTICS

DENTISTS' NEWS LETTER

Visit our Web site at www.guichetdental.com

Are your headaches dentally related?

By Niles F. Guichet, D.D.S.\*, Diplomate, American Board of Prosthodontics

There is predictable relief for headaches if they are dentally related and caused by malocclusion—teeth that do not come together properly. Malocclusion can also cause recurring head, face, neck, and shoulder muscle pain; disorders of the temporomandibular joints (jaw joints); and chronic clenching of the teeth. In some patients, malocclusion can cause symptoms in the middle and inner ear—such as earache, ear congestion, certain types of hearing impairment, tinnitus (ringing in the ears), and dizziness.

There are many medical causes for headaches, some of which are very serious and life-threatening. However, a very common and probably the most common and unappreciated cause is malocclusion. The headache/muscle symptoms can be medically related, dentally related, or both. If the cause of the symptom is left untreated, it continues to compromise the patient's quality of life. Prescriptions and over-the-counter medications, physical therapy, and chiropractic services can provide temporary relief but do not eliminate the cause of the problem.

When a patient is suffering from dentally related medical symptoms caused by malocclusion, only a specially trained dentist—not a physician—can remove the cause of the problem and provide the patient with lasting relief.

THE GOOD NEWS

The good news is that with a comprehensive occlusion/TMD/TMJ examination and simple diagnostic tests developed by the author, at one office visit a qualified dentist can determine if the patient's symptoms are or are not dentally related. If they are dentally related, with the test results obtained, the qualified dentist can explain to the patient in language the patient can understand, the nature of the problem, the treatment options, and what the patient can expect as a result.

FOR MORE INFORMATION (outcome studies and self-diagnostic screening tests for doctors and patients to determine if the headaches are dentally related), go to www.guichetdental.com/articles.html/headaches or call (714) 288-3444.

\*Dr. Niles Guichet is an internationally recognized board certified Prosthodontist, Past President of the American Academy of Esthetic Dentistry and Past President of the American Equilibration Society.

Dental specialists in the replacement and rehabilitation of teeth, occlusion, temporomandibular disorders, dentally related headaches, and face, neck, and shoulder pain.

# What does your smile say about you?

A smile can say a lot about a person. An inviting grin can suggest a warm and friendly personality, but dental professionals can see even more in your smile. The eyes may be the windows to the soul, but the mouth is full of clues to a patient's health.

The fact that teeth are susceptible to cavities is no mystery, but diseases such as diabetes and osteoporosis can also manifest themselves in the mouth. According to at least one study, more than 60 percent of baby boomers exhibit symptoms in their mouths that may be related to a systemic health problem. These same patients were completely unaware that they might be facing such a health issue.

Regular dental checkups can bring these initial warning signs of serious disease to light. For instance, jaw pain has been linked to heart disease, and gum disease can be an early sign of diabetes. Dental professionals are trained to be alert to these signals and to make the appropriate referrals when symptoms warrant.



## The dangers of bleeding gums

So your gums bleed a little when you brush...everyone's do, right?

Nope, that's not the case. Pink, healthy gums should be the norm.

When flossing, brushing, or eating causes your gums to bleed, it should be a cause for concern. The blood that you see around your gums and in the sink when you rinse is a sign of bacterial infection caused by gingivitis, one of the first signs of periodontal disease.

Periodontal, or gum, disease can ravage the mouth. Left untreated, bacteria invade pockets beneath the gum line. Eventually, the bacteria break down the structures that hold teeth in place, causing the teeth to loosen and fall out.

Of course, losing teeth can affect your speech, eating habits, and your smile, but that may not be the worst result of periodontal disease. Expectant mothers who suffer from periodontal disease may give birth to low-birthweight babies. Other serious medical conditions linked to gum disease include diabetes, osteoporosis, heart disease, and respiratory disease.

One theory about these connections involves the bacteria that cause gum disease to travel from the mouth to other areas of the body. More than 80 percent of heart attack patients have been found to have some form of periodontal disease.

To battle periodontal disease in its earliest stages, treat it like the serious issue it is. Brushing after each meal and flossing well daily are good places to start. Call your dentist for an appointment and discuss this issue. A thorough examination should reveal the extent of the problem and help to determine an effective treatment plan.

Fortunately for those who suffer from periodontal disease, a variety of conservative treatments are available. The simplest is diligent home care, which may form the first line of defense. Mouth rinses and antibiotics combined with deep cleanings may also be recommended. Laser treatments are sometimes utilized as well. Surgery is becoming a last resort.

Bleeding gums are usually the first sign of periodontal disease. The good news is, if the problem is treated quickly and aggressively, it can often be controlled to avoid tooth loss and more dire consequences.



# Anatomy of a cavity

Many of us have had at least one cavity, but some youngsters have never had any. Tooth decay is one of the most common ailments known to mankind, but few people truly understand how cavities get a foothold in a tooth. Take this quiz to see how much you really know about how cavities form.

Please choose the best answer.

# 1.

**Bacteria found in the mouth live...**

- a. between teeth, on the gums, and on the tongue
- b. in colonies
- c. happily
- d. both a and b

# 2.

**Bacteria that's not removed will...**

- a. produce acid
- b. multiply and grow
- c. attach themselves to the teeth
- d. all of the above

# 3.

**Sugar...**

- a. gives the bacteria energy
- b. causes them to multiply more quickly
- c. helps bacteria to adhere to teeth
- d. all of the above

# 4.

**The enamel is...**

- a. the outer covering of the tooth
- b. very hard
- c. susceptible to penetration by acids
- d. all of the above

# 5.

**Plaque is made up of...**

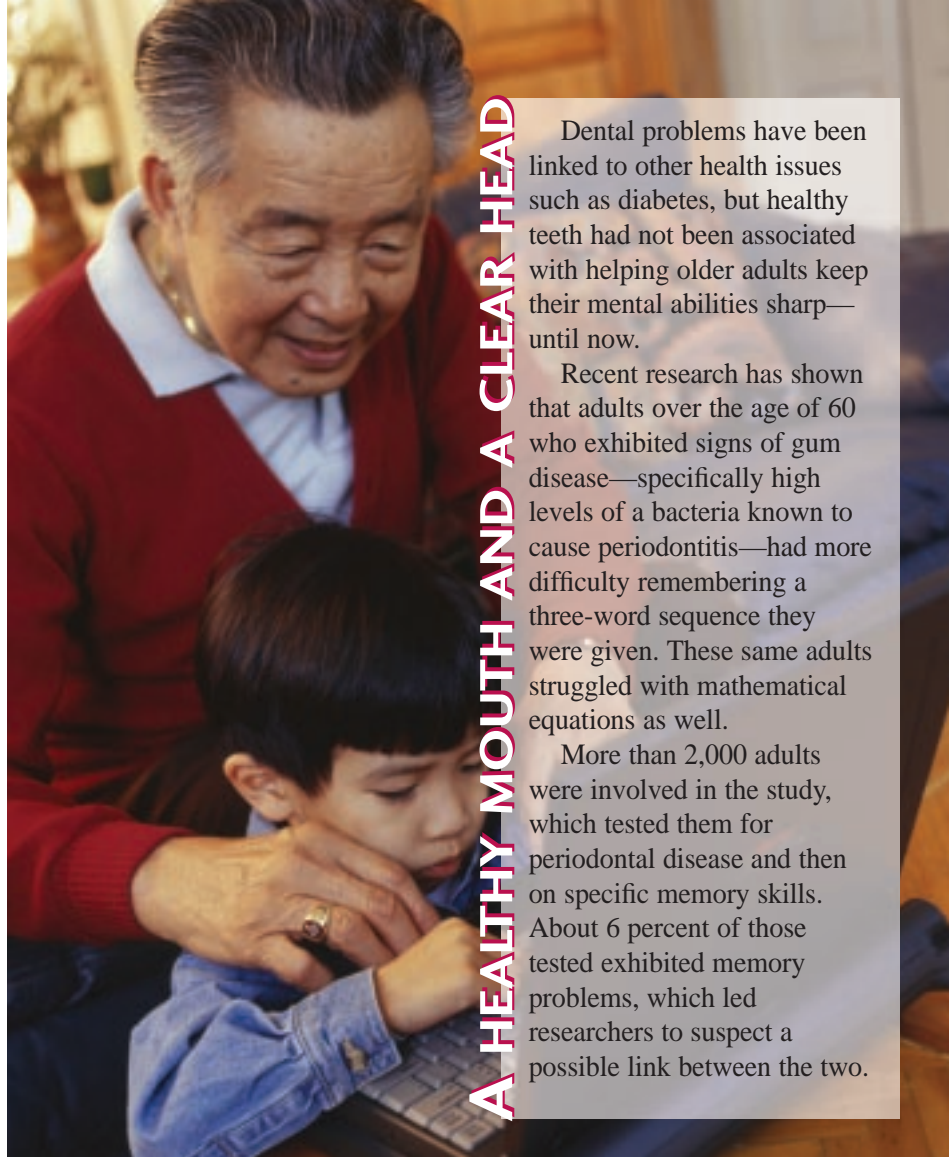
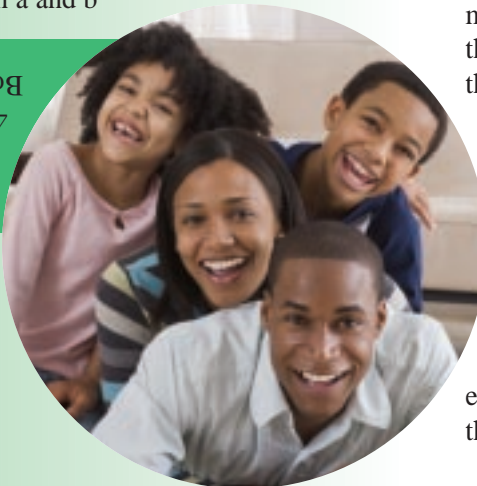
- a. sugar
- b. bacteria and proteins found naturally in the mouth
- c. debris that isn't brushed or flossed away
- d. none of the above

**BONUS QUESTION**

**As enamel is bathed in acid...**

- a. the surface of the tooth weakens
- b. tiny holes appear
- c. gums recede
- d. both a and b

**Answers:**  
1. d; 2. d; 3. d;  
4. d; 5. b  
Bonus: d



**A HEALTHY MOUTH AND A CLEAR HEAD**

Dental problems have been linked to other health issues such as diabetes, but healthy teeth had not been associated with helping older adults keep their mental abilities sharp—until now.

Recent research has shown that adults over the age of 60 who exhibited signs of gum disease—specifically high levels of a bacteria known to cause periodontitis—had more difficulty remembering a three-word sequence they were given. These same adults struggled with mathematical equations as well.

More than 2,000 adults were involved in the study, which tested them for periodontal disease and then on specific memory skills. About 6 percent of those tested exhibited memory problems, which led researchers to suspect a possible link between the two.

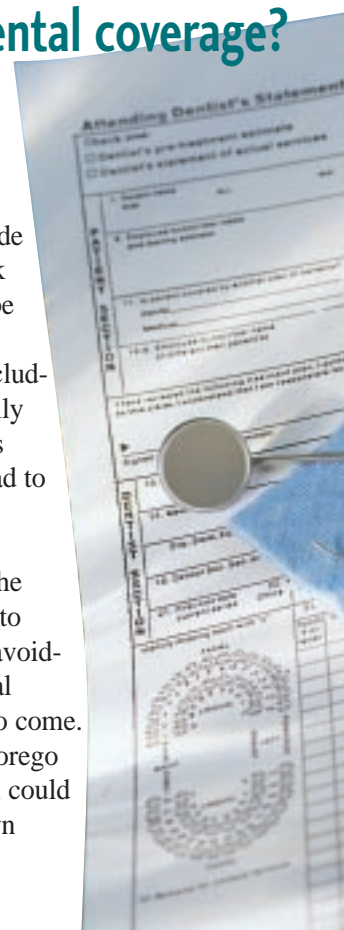
## Should you hold on to your dental coverage?

As employers increasingly look for ways to curb costs, many are asking employees to pay a larger percentage of the monthly dental premium. Many employees struggle to decide whether this is a smart move for them. Unfortunately, most people who decide against paying for dental insurance usually don't seek the preventive dental care they need. The result can be disastrous for their teeth and their wallets.

Dental insurance that provides preventive care, including checkups every six months, can often save a family money in the long run. Problems such as tiny cavities that are allowed to grow and fester can eventually lead to the need for expensive crowns or, worse, tooth loss.

Having regular preventive checkups can mean avoiding the ravages of gum disease and keeping the teeth that allow you to speak and eat efficiently into your old age. For children, prevention can mean avoiding cavities entirely while learning the good dental habits that can help keep them smiling for years to come.

Consider the costs before deciding whether to forego dental insurance. A few dollars worth of prevention could easily save you many dollars in restorative work down the road.



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## TOP DENTISTS in Orange County!

Our three dentists have just been chosen by their peers as **TOP DENTISTS in Orange County**. This was published in the September 2010 issue of *Orange Coast Magazine*.



**Niles F. Guichet,  
D.D.S.**

Practice limited exclusively to treatment of occlusion and temporomandibular disorders (TMJ).



**Gregory Guichet,  
D.D.S.**

Implant prosthodontics, complete denture therapy, reconstructive dentistry, esthetic dentistry.



**David Guichet,  
D.D.S.**

Reconstructive dentistry, maxillofacial prosthetics, implant dentistry, esthetic dentistry.

## Our commitment to you

We pride ourselves on providing the very best service and treatment to our patients.

We pledge to personally answer your calls during regular business hours with professional staff who can address your requests and concerns.

We use the best materials available, and your restorations are fabricated in our on-premise laboratory staffed with world-class, award-winning technicians.

We utilize techniques and instrumentation that are at the forefront of dental technology and don't take shortcuts or make compromises.

We know you have a choice and value you as a patient.

## Congratulations to Dr. David Guichet

Dr. Guichet was installed as the president of the Orange County Dental Society. The installation was held at the Big Canyon Country Club in October 2010. This honor follows many years of voluntary work with the Dental Society and the California Dental Association.

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[www.guichetdental.com](http://www.guichetdental.com)

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