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It was the first day of school. As the principal made his rounds, he heard a terrible commotion coming from one of the classrooms. He rushed in and spotted one boy, taller than the others, who seemed to be making

the most noise. He seized the lad, dragged him into the hall, and told him to wait there until he was excused.

Returning to the classroom, the principal restored order and lectured the class for half an hour about the importance of good behavior. "Now," he said, "are there any questions?" One girl stood up timidly. "Please, sir," she asked, "may we have our teacher back?"



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Why Crowns May Need to be Replaced



A well made crown is placed so that the margin of it is completely hidden under the gum. However, that does not mean that decay cannot attack the tooth beneath the margin. If bacteria makes it beneath your gumline it is quite easy for it to move on to attack the tooth beneath your crown.

The cement we use to attach crowns is tough, but bacteria can weasel its way into some surprisingly small spaces.

When a tooth beneath a crown decays you won't notice at first, but once decay progresses you may experience a toothache. If decay overtakes the remaining portion of the tooth above the gumline, it may cause the crown to completely fall off and cause the tooth to need a root canal.

If only the porcelain of a porcelain fused to metal crown has been chipped, it may not be necessary to replace the crown. If this change is not visible, and it does not cause you any inconvenience while eating or speaking, there is truly no need to replace it. The rough edges of the chipped crown can be smoothed.

If recession of the gums occurs, the band of metal from a porcelain fused to metal crown may show in the patient's smile, and can be unacceptable indicating that replacement is desired.

The greatest factors in the determination of how long crowns and bridges last is based upon the quality of the dentistry and patient's compliance to the care and maintenance that is necessary to keep the tooth structure under the crown healthy.

A BMW automobile, for example, is known for fine craftsmanship that is built to last. However, a major factor in how long the vehicle will last is the scheduled maintenance visits in addition to the care that the owner extends -- like how the car is driven and kept. Similarly, crowns and bridges that are quality-made, with excellent marginal fit and a proper balanced bite, still require regular scheduled dental hygiene maintenance, as well as proper home care.

So, how can you prolong the life of your dental work? Avoid sugars and refined carbohydrates which promote an acidic environment in the mouth and you can prolong the life of crowns and bridges. Instead, go for a diet which is alkalizing, anti-inflammatory and rich in antioxidants. That's probably your best chance of keeping your natural teeth as well as your dental work for a lifetime.



You're Never Fully Dressed Without a Mouthguard

Imagine you or your child losing the very front teeth. Everything for you or your child would change, and

probably not for the better.

If your child is going into an athletic program, it is important to make sure they have sports mouthguards to protect against possible damage. Mouthguards cushion a blow to the face, minimizing the risk of broken teeth and injuries to your lips, tongue, face or jaw. They typically cover the upper teeth and are a great way to protect the soft tissues of your tongue, lips and cheek lining. "Your top teeth take the brunt of trauma because they stick out more," says Dr. Thomas Long, a private practice dentist and team dentist for the Carolina Hurricanes professional hockey team. "Your bottom teeth are a little more protected because they are further back." Make sure the mouthguards are comfortable and fit well to avoid irritation or looseness. Properly fitted mouthguards are recommended for all activities that require gear.

However mouthguards aren't just for kids; parents that are active should be encouraged to wear mouth protection during their sporting activities as well to be good role models for their children

The ADA has assembled an extensive list of sports for which mouthguards are recommended: acrobatics, bandy, baseball, basketball, bicycling, boxing, equestrian events, field events, field hockey, football, gymnastics, handball, ice hockey, in-line skating, lacrosse, martial arts, racquetball, rugby, shot putting, skateboarding, skiing, skydiving, soccer, softball, squash, surfing, volleyball, water polo, weight lifting and wrestling, boxing, football, ice hockey, men's lacrosse and women's field hockey.

Make sure a mouthguard is part of the gear. For the very best mouthguard we can make a custom fitted one-individually created for fit and comfort.

Excerpts from Mouthhealthy.org



Send Someone You CARE About To Someone You TRUST

Our practice continues to grow through your recommendations.

Refer your family and friends and get \$25 credit in appreciation of your loyalty.

After School Banana Split Smoothie



You will need:

- 1 frozen banana
- 2 cups frozen strawberries
- 3/4 cup plain Greek yogurt
- 1 cup low-fat chocolate milk

Add all ingredients into blender and blend until smooth. If you find the consistency of your smoothie to be too thick, add small amounts of water or milk until desired consistency is achieved.

Patient of the Month

John Christopher



John, a warehouse worker, is quite the bass guitar player. You can see him perform in the 80's tribute band

called *Denim Arcade*. On stage, John becomes a different person. He steps out of himself and just "rocks it". You can tell he enjoys playing for audiences, because he is very entertaining to watch. Try to catch him on the weekends at one of *Denim Arcade's* performances on the weekends around the Atlanta area.

Music is an important part of John's life as he likes to listen to his favorite bands, *Kansas*, *Rush*, and *Steve Morse*, a guitar player that is considered to be a "guitarist's guitarist," who was voted "Best Overall Guitarist" in the Guitar Player Readers Poll for five consecutive years. No wonder John is so good; he listens to the best!



Other hobbies of John's include reading, biking, and watching pro football. Recently, he has enjoyed taking trips with his fiancée to the North Carolina Mountains and the Georgia Coast.

Congratulations John.