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Gratitude from Dr. Bob and Team

We would like to thank our family of patients for your loyalty over the past year.

The past six months have been difficult. as you well know. We have been scrambling to make our environment safe for our deserving patients as well as ourselves.

Thank you for your trust , confidence , and compliance in our ability to get the materials, seek the knowledge, and execute policies that keep you safe. It means a lot to know that we are trusted and appreciated for our treatment of you and your family.

May you and your loved ones have a safe and Happy Thanksgiving.

Dr. Bob and Team



How is your ZOOM Confidence?

COVID-19 has brought many changes to our working and social lives. While we are out, we wear masks, hiding our smiles, but not at home in video chat rooms. Many apps, such as Google Hangouts and ZOOM are acquiring new members. Out of necessity, our lives have migrated online during the pandemic. People are spending a lot more time video chatting. There have been Zoom classrooms, Zoom Cocktail and dinner parties, Zoom wedding and baby showers, and Zoom weddings.



Why are they looking at me?

It seems we are spending a lot of time stressing about how others see us on the video call. Is the background okay, or could it possibly offend a fellow chatter?

Some individuals fantasize that the other chat-mates pay attention to their EVERY move as if they have an imaginary audience looking at only them. This obsession makes the user very self-conscious, thinking that all eyes are on them. It is hard to pay attention to others while we see ourselves on the screen.

To way-lay that stress, you want to put your best background, clothes, (at least what is visible on-screen), face, and yes, teeth. On the video screen, your aging, yellowing, stained teeth will show up clearly.

Cleaning first-then Whitening

The best time to whiten is right after your professional cleaning. We have pre-filled take home whitening trays. No mess. Just results! After the first application of these trays, you will see a big difference. You may not need to use all of them. Refrigerating the remainder will offer you "touch up" trays for special occasions.



You will look fabulous!

So, now that we have all the systems in place to treat you safely through this pandemic, we want you to consider returning for your hygiene appointment. We will rid you of those stains that you may be zeroing in on, and perhaps offer you a whitening method of take-home pre-filled trays.



Cranberry Orange Bread

2-3/4 cups all-purpose flour
 2/3 cup sugar
 2/3 cup packed brown sugar
 3-1/2 teaspoons baking powder

1 teaspoon salt

1/2 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1 large egg, room temperature

1 cup 2% milk

1/2 cup orange juice

3 tablespoons canola oil

2 to 3 teaspoons grated orange zest

2 cups coarsely chopped fresh or frozen cranberries

1 large apple, peeled and chopped

In a large bowl, combine the flour, sugars, baking powder, salt, cinnamon and nutmeg. Whisk the egg, milk, orange juice, oil and orange zest; stir into dry ingredients just until blended. Fold in the cranberries and apple.

Pour into 2 greased 8x4-in. loaf pans. Bake at 350° for 50-55 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.

Freeze option: Securely wrap cooled loaves in foil and freeze. To use, thaw at room temperature.

Makes two loaves.

Recipe by Taste of Home



**CHRONIC DRY
 MOUTH, LOSS OF
 TASTE, SMELL,
 OR A
 COMBINATION OF
 THESE**

**SYMPTOMS MAY BE THE SOLE OR
 INITIAL SIGNS OF COVID-19,
 ACCORDING TO A NEW STUDY
 PUBLISHED ON SEPTEMBER 15**

MELISSA BUSCH, DR.BICUSPID.COM

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Beware of "Mask Mouth"

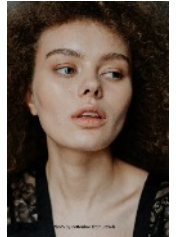
During the pandemic, we have been wearing masks over our mouths to prevent the virus's spread. We have noticed several behaviors related to the face coverings that may lead to oral health problems.

The term "meth mouth" is a name used by dentists to depict methamphetamine users. Users often have sugar-cravings, teeth grinding, and jaw clenching. Often addicts end up with stained or decayed teeth due to the sugar cravings, teeth grinding, jaw clenching, and periodontal disease.

"Mask mouth" is not as apparent. However, the results can be similar. We are not visibly showing our mouth, so, some may have the tendency to skip daily oral cleaning. Wearing a mask leads to dry mouth. Dry mouth, or Xerostomia, is caused by insufficient saliva flow in the mouth. When your mouth is covered, one tends to breathe through the mouth, increasing the mouth's dryness and bacteria builds-up more readily.

Mouth Breathing

It seems that most people breathe through their mouth instead of their nose while wearing a mask. Mouth breathing causes a decrease in saliva, a natural defense mechanism of the mouth to fight bacteria and clean your teeth. Also, saliva neutralizes acid in the mouth and prevents gum disease and decay. If you can smell your breath you probably have a type of gum problem that we need to examine.



What can you do?

- Actively try to breathe through your nose all the time, but especially while wearing your mask.
- Resolve to drink more water to enhance the saliva flow.
- Brush and rinse your teeth twice a day.
- Floss your teeth once a day.
- Use a tongue scraper or brush your tongue.
- If you drink coffee or alcohol, also drink water with these beverages as they tend to dry the mouth.
- Invest in a humidifier to moisten the air.
- Don't smoke or Vape.
- Chew Sugar-free Gum

Following the above hints will help prevent the onset of "mask mouth."