MOUNTAIN DON’T

Soft drinks are hard on teeth. Pop is basically a solution of sugar in acid. Neither sugar nor acid is good for teeth. Some soft drinks are worse than others, because they have more sugar and acid. In our experience, Mt Dew is the worst. Diet pop is better because it only has acid and no sugar. Water or milk is best.

Even if we don’t directly dump acid on our teeth, we can get it there by eating sugar. Bacteria, that cling to our teeth like white dirt, produce acid from the sugar. Every time we put some sugar into our mouth, the bacterial plaque bathe our teeth in acid for a 1/2 hour.

It is the number of times we put sugar in our mouth that matters most, not the amount of sugar. So eating 10 Lifesavers or breath mints throughout the day causes us to have 5 hours of acid on our teeth: 1/2 hour for each of the 10 little candies. Just think what swigging a Big Gulp all day would do.

DETECTING ORAL CANCER

Each year more than 30,000 Americans are diagnosed with mouth cancer, and about 10,000 die. When detected early, oral cancer has a far better prognosis than most cancers. Yet the current 5 year survival rate is only 53%. This is because they are not detected early.

The most common causes of mouth cancer are tobacco and drinking. Tobacco use and drinking together have a multiplier effect, causing far more cancer than either alone. You can reduce your chances of developing the disease by stopping tobacco use and stopping or reducing alcohol consumption. As an interesting side light, Babe Ruth died of mouth and lung cancer at age 53. He chewed tobacco, smoked cigars and drank alot.

You can help detect early problems. Do you have a sore spot that does not heal in 2 weeks or a persistent lump? Is there a red or white patch, which does not go away? If so the cause is probably not cancer, but bring it to our attention and we can help.

CONFIRMING APPOINTMENTS

We spend a lot of time confirming appointments and do so as a courtesy. Many times we cannot reach our patients and some fail to come. Please realize that the appointment is set aside only for you. If you must reschedule, please give 24 hour notice.


Dr. Steve Davis has joined the practice. Dr. Davis graduated from the University of Minnesota in 1978. He has had a private practice in Duluth, Minnesota. Steve moved to Lansing with his wife, a nurse anesthetist, and his daughter. Dr. Davis works evenings and Saturdays.
**ARE ALL CLEANINGS EQUAL?**

One person has their teeth cleaned and it is a pleasant appointment with a low fee. Another can have a much different experience and be charged a higher fee. What is the difference? The simple prophylaxis (hey, I didn’t think up the word!) is done on teeth that have soft plaque above the gums. More involved cleanings must search out and remove hard debris from under the gum tissues, sometimes far under the gums. So when comparing notes with a fellow patient, remember that all cleanings are not created equal. As a reminder if you are uncomfortable when having your teeth cleaned, let us know; we can help.

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**INSURANCE (AGAIN!)**

If you have a change in your insurance coverage, employer, address or phone, let us know. Also remember your co-pay is due at the time of service.

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**ANTIBIOTICS BEFORE TREATMENT**

Some people need antibiotics before dental treatment. These people usually have a mild to severe heart problem. Also some patients with artificial joints or organ transplants require antibiotic premedication. Otherwise, bacteria may infect vulnerable organs. These bacteria can enter the blood stream through the mouth, especially if the teeth and gums are not healthy.

It is best to get these antibiotics from your pharmacy where your insurance may reduce the cost. We do dispense the drugs here at a fee.

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**MILD HYPERTENSION??**

Mild high blood pressure used to be described as between 140/90 and 159/99. This level is dangerous and should be treated by your physician. Many people do not know their blood pressure. You should make sure that your physician takes it and informs you of the level. If you want to check it, we can take it here or many pharmacies and food stores have machines.

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**MILK, Yogurt, & Cheese Group**

- 2-3 Servings

**Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group**

- 2-4 Servings

**Vegetable Group**

- 3-5 Servings

**Fruit Group**

- 2-4 Servings

**Bread, Cereal, Rice, & Pasta Group**

- 6-11 Servings

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**Words of Wisdom**

*May you live all the days of your life.*

Jonathan Swift

*Eat like a king at breakfast, a prince at lunch and a pauper at supper.*

Old health adage

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The Department of Agriculture has developed the food pyramid (see above) to help us understand what foods to eat. Basically lots of whole grains, veggies and fruit, moderate amounts of protein and very little grease, oil and sweets sums up the whole pyramid.

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Spring/Summer, 1995

The patient newsletter of

Dr. Chiaravalli
Dr. Figenshau
Dr. Fahrenbach