**PREVENT HEADACHES**

1. **Beware of foods** that feed your headaches. Red wine, aged cheese and chocolate can trigger headaches. Pay attention to how other foods affect you.

2. **Stand tall, sit straight.** Posture is especially important in the workplace.

3. **Sleep well and be rested.** Restful sleep is only possible if we are relaxed when we go to bed.

4. **Clear the air.** Indoor pollutants like smoke, wood burners, etc. can cause headaches. Keep your house humidified and furnace filters clean in the winter and draw in fresh air whenever possible.

5. **Drink water.** 8 glasses each day is necessary. Coffee and pop don’t count.

Many headaches involve muscles that move the jaws. These painful muscles are located in the face and temples and are often described as tension headaches. Dental treatment is often helpful in relieving this type of head pain.

**FILLING BABY TEETH**

Why bother? We fill baby teeth for 2 main reasons:

1. **To avoid or stop pain.** Unfilled cavities can hurt.

2. **To save space for permanent teeth.** Rotten teeth crowd together and cause the teeth underneath them to come in crooked.

Small cavities in teeth about to be lost need not be filled.

**INSURANCE UPDATE**

If you have dental insurance, remember that it is a contract between you and your insurance company. We submit insurance forms as a courtesy. Please be aware of your coverage, especially regarding the maximum amount allowed each year. Our system can NOT track treatment costs in other offices. If amounts used in other offices are not figured in, you risk exceeding your maximum. You are responsible for these amounts.

**MISSING A TOOTH?**

Should all missing teeth be replaced? **No!** Not always.

We replace missing teeth for 3 reasons:

1. **Stability:** are other teeth shifting?

2. **Function:** can you comfortable chew all your food?

3. **Esthetics:** is the empty space unsightly?

If the answer is yes to any of these 3 questions then you should have the tooth replaced.

“Before I forget, Detrick, here’s the dental plan.”

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Spring/Summer 1996

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HALITOSIS
Bad breath is not easy to discuss. If you think you have a problem, please don’t hesitate to ask for advise.

Bad breath starts in a limited number of places: gums, tongue, teeth, throat, sinuses, stomach, lungs and recently eaten food. When debris builds up on teeth, gums and tongue, it will soon begin to smell bad. The answer is to floss and brush your teeth well and to brush your tongue. Sore throat, colds, sinus infection and post nasal drip all can contribute to foul breath. Drink plenty of water, stay healthy and see your medical doctor if an upper respiratory infection lingers. Lastly, and most obviously, eating garlic and smoking make your breath smell like garlic and smoke.

ASPIRIN: A MIRACLE DRUG?
Long term studies have shown that a small daily dose of aspirin can reduce heart disease, and now a recent study shows it can lower the rate of colorectal cancer. Talk to your physician before taking any drug. Aspirin is a drug with many side effects, including gastric bleeding, and should not be taken without medical advice.

MICHIGAN SUN?
In the summer we, Michiganders, sometimes O.D. on sunshine because we see so little winter sun. BE CAREFUL!!! When enjoying the outdoors, wear a wide brimmed hat and use sunblock on lips and exposed skin.

SMOKING GUMS
Dentists have known for a long time that smoking is bad for teeth and gums. We just did not know why exactly. Now some heavy duty research is beginning to unwind the complex reasons. Actually, the answer may be quite simple. Smoke tar is sticky. When tar gets on teeth, debris sticks to them easily. Dirty teeth are likely to decay and have gum disease. Also smoking reduces your taste sensation and smokers often suck on sweets to compensate for this lack of taste. Sticky teeth with lots of sugar around are a recipe for big trouble.

KIDS AT RISK
According to a recent survey of over 3000 8 to 12 year old kids:
- 59% did not wear a helmet the last time they rode a bike.
- 16% did not wear a seat belt
- 24% did not brush their teeth the previous night
- 34% drank alcohol at least once
- 25% had no fruits or vegetables the previous day.

DENTAL DICTIONARY
Impacted tooth: A tooth which should be erupted, but isn’t.
Root canal treatment: Treatment to relieve pain or infection caused by a dead or dying nerve.
Porcelain veneers: Thin porcelain coverings bonded over the front surface of teeth to improve their color and shape.

FAMOUS LEFTIES
☞ Julius Caesar
☞ Lewis Carroll
☞ Charlie Chaplin
☞ Pete Chiaravalli
☞ Jimmy Connors
☞ Leonardo Da Vinci
☞ Albert Einstein
☞ W.C. Fields
☞ James Figenshau
☞ Benjamin Franklin
☞ Judy Garland
☞ Paul McCartney
☞ Michelangelo
☞ Marilyn Monroe
☞ Napoleon
☞ Arnold Palmer
☞ Melanie Peterson
☞ Robert Redford
☞ Babe Ruth
☞ Catherine Seegraves
☞ Ringo Starr

SHE HAD LEFT, AND NO AMOUNT OF FLOSSING WOULD BRING HER BACK.

WORDS OF WISDOM
Gandhi warned us about:
- Wealth without work
- Pleasure without conscience
- Knowledge with character
- Commerce without morality
- Science without humanity
- Worship without sacrifice
- Politics without principle

Spring/Summer, 1996
The patient newsletter of Dr. Chiaravalli
Dr. Figenshau
Dr. Fahrenbach