

Cold season is here, be prepared!

October 18th, 2012



Cold and flu season is here yet again. The folks at Centers for Disease Control and Prevention say that a common cold usually includes sneezing, runny nose, sore throat and coughing. Symptoms can last for up to two weeks.

To promote a healthy and clean environment, our entire staff at Sone's on Sheppard Dental Centre give a great deal of attention to sanitation and sterilization in our office at all times, as well as following all requirements for sterilizing instruments and work surfaces. For the protection of other patients and our staff, we always ask that patients reschedule their appointments if they have any type of cold or illness that can infect others.

And remember to constantly wash your hands and avoid contact with those who are ill! Stay Healthy!

Tooth Discoloration: Common Causes and What You Can Do To Stop It

October 21st, 2012

Looking back at childhood photos, you may notice picture after picture of yourself with a mouthful of shiny white teeth. When you look in the mirror today, you wonder what happened to that beautiful smile. Many adults struggle with tooth discoloration and find it embarrassing to show off their teeth in a smile. Once you identify the cause of your tooth discoloration, there are treatment options that can restore your teeth and your confidence.



What Causes Tooth Discoloration?

There are a host of factors that may cause your teeth to discolor. Some are directly under your control, and others may not be preventable. Here is a list of common reasons that teeth become discolored.

- **Genetics:** Much of your dental health is determined by genetic factors beyond your control. Some people naturally have thinner enamel or discolored teeth.
- **Medications:** Several medications lead to tooth discoloration as a side effect. If you received the common antibiotics doxycycline or tetracycline as a child, your teeth may have discolored as a consequence. Antihistamines, high blood pressure medications, and antipsychotic drugs can also discolor teeth. If you think a medication may be leading to tooth discoloration, talk to your dentist. Never discontinue the use of a medication without consulting your doctor, however.
- **Medical Conditions:** Genetic conditions such as amelogenesis or dentinogenesis cause improper development of the enamel, and can lead to yellowed, discolored teeth.
- **Poor Dental Hygiene:** Failing to brush your teeth at least twice a day or regularly floss may lead to tooth decay and discoloration.
- **Foods and Tobacco:** Consumption of certain foods, including coffee, tea, wine, soda, apples, or potatoes, can cause tooth discoloration. Tobacco use also causes teeth to turn yellow or brown.

Treatments for Tooth Discoloration

There are a variety of treatments available to individuals with discolored teeth. One of the easiest ways to reduce tooth discoloration is through prevention. Avoid drinking red wine, soda, or coffee and stop using tobacco products. If you drink beverages that tend to leave stains, brush your teeth immediately or swish with water to reduce staining.

After determining the cause of tooth discoloration, our dentist can suggest other treatment options. Over-the-counter whitening agents might help, but in-office whitening treatments provided at our office would be more effective. When whitening agents do not help, bondings or veneers are among the alternative solutions for tooth discoloration.

If you are worried about your teeth becoming yellow or brown, think carefully about your diet and medication use. Talk to your dentist to identify substances that may be causing the problem. After treatment for tooth discoloration, you will have a beautiful white smile you can be proud to show off.

Teeth Grinding: Not Just a Bad Habit, But a Dental Concern

October 25th, 2012



Perhaps you don't even know you grind your teeth. Maybe a spouse or loved one woke you up in the middle of the night and made you aware of what was happening.

For many people, teeth grinding is a habit and a mechanical reflex; when they're awakened and informed they were grinding their teeth, they have no recollection of it at all. According to the Canadian Dental Association, this is the nightly situation for roughly ten percent of Canadians. From young children to the elderly, teeth grinding, known in the dental community as bruxism, is a serious concern.

Many people who grind their teeth in their sleep have no idea they're doing it. In fact, when they wake up in the morning they feel no jaw pain and their teeth are fine: if it hadn't been for someone telling them about it, the teeth grinding would have gone unnoticed.

There are other people, however, who wake up with jaw pain, shoulder and neck pain, and headaches. Teeth grinding can cause a host of dental complications. From cracked teeth and receding gums to a misaligned jaw, teeth grinding is not something to take lightly.

Preventive measures are the key to combating bruxism, and our office can set you on the path to a healthy and safe night sleep.

The Reasons for Teeth Grinding

There are many reasons for teeth grinding. For some people, it's a habit they acquired when they were a child and never grew out of. On the other hand, some research claims that the condition is related to stress, anxiety, or some other type of psychiatric issue.

Still other studies point to everything from poor muscle control or over-eating before bed to gastro-esophageal issues. However, the root cause of the teeth grinding is less important than identifying preventive measures against it.

Common solutions to teeth grinding include:

Wearing a protective nightguard

Stress management techniques

Medications and muscle relaxers

When you make an [appointment](#) at [our office](#), we will assess your situation and determine what the best course of action is. Teeth grinding is a dental concern that can cause serious health issues down the road, so be sure to take preventive measures today.