

Sensitive Teeth? Dr. Aiden Sone & Dr. Eryn Sone can help

August 9th, 2012

If you have noticed that your teeth are starting to feel more sensitive than usual, you might initially avoid foods and drinks that seem to cause discomfort. For example, you feel some dental pain when you drink a hot cup of coffee in the morning or while chewing on a cold apple. While it's a normal reaction to avoid foods or drinks that lead to pain or discomfort, it's better to determine the cause of the problem and take steps to improve the health and quality of your teeth.

Causes of Tooth Sensitivity

- If only a single tooth is sensitive, it could be caused by a cavity. In other cases, the tooth might be cracked. These situations require care from a trained dental professional. You may need to get a filling, a new crown, or a root canal to reduce the tooth sensitivity.
- If many or all of your teeth are sensitive, you may have recently begun consuming increasingly larger amounts of foods or drinks that are high in acid. The acid dissolves the protective enamel of your teeth, exposing the dentin. The tooth's dentin is sensitive to heat and cold as well as sticky or acidic foods that can trigger pain.
- Teeth whitening treatments can also cause tooth sensitivity.
- Increased stress in your life also can indirectly lead to tooth sensitivity. High stress can cause you to grind your teeth while you sleep. If you suffer from teeth grinding, also known as bruxism, one treatment option may be a special night guard appliance to wear while you sleep.
- Weather changes are another factor to consider. If it starts getting cold suddenly, the cool air you breathe in may trigger teeth pain, especially when enamel has been eroded from your teeth.



Reducing Tooth Sensitivity

- Avoid consuming foods and drinks that are high in acid. For example, citrus fruits and their juices can wear down your teeth's enamel over time. Taper down your consumption to minimize teeth erosion. Try using a straw when drinking acidic juices in order to minimize their contact with your teeth. Rinse your mouth with water after consuming acidic foods and drinks.
- Start brushing your teeth with the softest available toothbrush. Use gentle motions to brush your teeth to minimize abrading their surfaces.
- You may be interested in switching to a new toothpaste to help you with the discomfort. Select a toothpaste formulated for sensitive teeth. You can find a variety of brands at your local pharmacy or supermarket. Your dentists at [Sone's on Sheppard Dental Centre](#) can help you select an appropriate toothpaste for you and provide you with a sample to try. Follow the manufacturer's instructions, particularly paying attention to how long you can use the product. If your teeth are still sensitive after using the special toothpaste, you should [contact our office](#) so we can rule out a more serious underlying problem.

Fun Ways to Encourage Children to Brush Their Teeth

August 14th, 2012

It's that dreaded time of day for many parents — the nighttime routine. As kids whine and stomp up the stairs as you send them off for pajamas and bedtime, you face the daunting task once again of trying to get your children to brush their teeth. While this is certainly a chore for many parents across the country, the following are several tips you can use in order to make brushing teeth a fun, enjoyable time.

1. Give them exciting toothbrushes

By buying your children special toothbrushes in their favorite colors, or decorated with their favorite TV characters, they will see their toothbrush as more of a toy than a tool. By keeping things fresh and fun, children will be excited to use their toothbrush since it represents a little bit of who they are and what they enjoy.

2. Make a rewards chart

For each night your children willingly — and without argument — brush their teeth, give them a sticker. After a week of stickers, give them a special reward.

3. Keep it fresh with different toothpaste

While adults may not care too much what flavor their toothpaste is, children are a different story. Be sure to purchase flavored toothpaste that kids will enjoy. Mint is always a good option, but many toothpaste companies create other flavors as well, including fruit flavored toothpastes and even bubble gum toothpaste.

4. Buy a fun flossing tool

Flossing is an essential part of good oral hygiene, especially for children. Encourage this habit along with tooth brushing by purchasing a fun flossing tool. These colorful contraptions get children excited about flossing their teeth, and if you find that they prefer flossing to brushing tell them that the only way they can floss, is if they brush their teeth first.



Instead of making children feel like brushing their teeth is something to be dreaded, parents can make this ritual a lot more fun and exciting using these tips. According to Parenting Squad, the more fun parents make this routine, the more children will be encouraged to brush their teeth. We all know that a healthy mouth and healthy child begin with healthy teeth — so getting kids in the good habit of brushing often is essential in the long run.

Drs. Warren, Eryn & Aiden Sone want you to understand cavities and how to prevent them!

August 14th, 2012

One word nobody wants to hear when they visit the dentist is Cavity! That's right, the dreaded cavity; but what exactly is a cavity and how do you get one? A cavity is a hole that develops in a tooth when the tooth begins to decay. It's important to get a cavity filled as soon as it's detected so that it does not grow bigger.

So, what causes a cavity? A cavity is caused by plaque, a sticky substance that forms on the tooth as a result of germ and bacteria build-up. Plaque is acidic and as it clings to your teeth the acids eat away the outside of the tooth (also called the enamel) and a hole is formed.

Yes, cavities can be repaired by your dentist, but here are a few simple steps you can take to prevent cavities:

- Brush your teeth with fluoride toothpaste at least twice daily
- Gently brush your gums to keep them healthy (when choosing a toothbrush it is recommended to use soft bristles)
- Floss your teeth at least once a day to remove plaque and food that may be caught between the teeth where your toothbrush can't reach
- Limit the amount of soda and sugary treats you eat/drink
- Be sure to visit your dentist every six months for a teeth cleaning and check-up



A Healthy Mouth Starts With What You Eat

August 23rd, 2012



Most people know that visiting the dentist is an essential part of caring for their teeth. Regular checkups and cleanings are, of course, very important. But what some people don't realize is that good dental hygiene starts long before you get to the dentist's office. You may be saying, "I know, it starts with my toothbrush and floss." But actually, oral health begins even before that. A healthy smile starts at your grocery store.

Dental checkups can detect problems early on and address them, but only good nutrition can give your teeth and gums the healthy foundation they need. If your diet is rich in tooth-friendly nutrients, you will be less prone to gum disease, tooth decay, and even jawbone loss.

So, which nutrients are the most important? Here are a few tooth-building superstars.

Calcium:

We all know that calcium builds strong bones and teeth. Most expectant mothers are even aware that the calcium-rich foods they eat during pregnancy will ensure that their babies develop strong, healthy teeth later on. But did you know that calcium is important to your teeth long into adulthood?

On its "Milk Matters" page, the National Institutes of Health tells us that calcium can protect teeth against decay. Furthermore, a 2001 study published by the US National Library of Medicine found that elderly people who had adequate amounts of calcium in their diets were more likely to retain their teeth as they aged.

Good sources of calcium include yogurt, cheeses, milk, and leafy green vegetables. If you can't get an enough calcium from your diet alone, talk to your doctor about adding a calcium supplement.

Vitamin D:

Vitamin D is sometimes called the sunshine vitamin because your skin can synthesize it during exposure to sunlight. Vitamin D could also be called the healthy smile vitamin. It not only helps your teeth, but it also keeps your gums healthy. Another study published by the National Library of Medicine has shown a connection between low levels of dietary vitamin D and gingivitis. People in the study who had more of the vitamin in their diets had healthier gums.

While most of us get plenty of vitamin D from sun exposure, people who live farther from the equator may need to take a supplement during the winter months.

Vitamin C:

Long ago, British sailors were called "Limeys" because their superiors made them eat limes on long ocean voyages. Why? Because limes are rich in vitamin C and without it, the sailors got scurvy and often lost their teeth. While there's little danger of developing scurvy today, a study in the year 2000 of people who ranged in age from 20 to 90, showed that vitamin C is still necessary for healthy gums. People in the study who had the lowest dietary intake of this essential vitamin were at the highest risk of gum disease.

Vitamin C is perhaps the easiest of vitamins to get from your diet. Rich sources include strawberries, apricots, oranges, lemons and, of course, limes. Red and yellow peppers also have lots of vitamin C, as do tomatoes and brussel sprouts.

Never put off regular dental checkups and cleanings, but in between appointments, watch your diet. Making sure these essential nutrients are a part of your daily intake will ensure that your teeth and gums are as healthy as they can be.

Dr. Aiden Sone Explains The Truth Behind Six Popular Dental Myths

August 25th, 2012

Myths about dentistry and general dental care abound. These myths are passed on by word of mouth and are presented as being factual; although they are typically inaccurate. There are dangers associated with dental misconceptions. By believing in these dental myths, you are placing your oral health at risk and you may not be receiving proper dental care. Find the answers behind many popular dental myths.

Myth: It is not important for young children to care for their baby teeth.

Fact: Although baby teeth are not permanent, long-term problems with permanent teeth can develop if baby teeth are not properly cared for.

The malpositioning of permanent teeth, misalignment issues, and early orthodontic treatment are just a few of the concerns related to losing baby teeth too early as a result of tooth decay. It is crucial that children learn the basics of proper oral hygiene at an early age. Doing so will help them form permanent habits that are essential for oral health.

Myth: If you are not having problems with your teeth, seeing a dentist is not necessary.

Fact: Most dental issues are not evident in the early stages. It is only when they have progressed further that you start to notice there is a problem. In most cases, only a dentist can detect when there is a problem. Scheduling an appointment in our office twice a year for regular cleanings and exams is a vital component to your dental health. In this way, dental problems can be treated early before they become a serious concern and require a more advanced form of treatment.

Myth: You should avoid brushing and flossing if your gums are bleeding.

Fact: If your gums are bleeding, it is usually a warning sign of gum disease or gingivitis. You should continue to brush and floss your teeth gently during this time since poor oral hygiene is a primary cause of bleeding gums. If the bleeding worsens or continues to be a problem, contact our office to schedule an appointment.

Myth: Chewing sugar-free gum is a good substitute for brushing your teeth.

Fact: Although chewing sugar-free gum offers the benefits of freshening your breath and minor teeth cleaning between meals, it should not be considered a substitute for brushing and flossing. Dental plaque and food particles can only be thoroughly removed by brushing and flossing.

Myth: Cavities are only a concern when you are a child.

Fact: Cavities can develop at any age. There are many situations and conditions that place both adults and elders at risk for the development of cavities. As an adult, you are more prone to developing receding gums, which can quickly result in tooth decay. Many adults and elders also take prescription medications that cause dry mouth. This can cause tooth decay as there is an insufficient amount of saliva within the mouth to wash away bacteria and neutralize acids.

Myth: Once you treat a decayed tooth, it will not become decayed again.

Fact: It is possible for other areas of the tooth to become decayed; although proper brushing and flossing will prevent the treated area of the tooth from becoming decayed again. If a filling gets old and begins to break down, there is a possibility that bacteria can become trapped inside and cause tooth decay.