

Because We Care...

Darren A. McKeever, DMD, MAGD • 933 Route 23 South • Pompton Plains, NJ 07444 • www.McKeeverDentalCare.com

A message from Dr. McKeever

Happy New year! It's hard to believe another year has come and gone. Did you make your resolutions yet? I have a few suggestions for you.

Resolve to treat yourself to a beautiful smile. So many include things like 'lose weight' on their New Years Resolutions, but one of the simplest things you can do to improve your appearance is to whiten your teeth.


The passage of time takes its toll on your smile. Teeth often become dull, yellow, and stained as you age. Whitening your teeth can help you look younger.

See [Message on the back page](#)

Ultimate state of the art technology comes to McKeever Dental Care!

We're very excited about an amazing new diagnostic tool now available in our office—Sirona's GALILEOS 3D Conebeam Digital Radiography. This new imaging technology extends diagnostic X-ray imaging potential exponentially. It goes beyond traditional diagnostics and treatment capabilities by creating a high quality 3D image, more than 200 views, in a single low-dose 3D scan of 15 seconds or less. The perfect image quality combined by multiple views give us unmatched flexibility and takes diagnostics to a whole new level.

The GALILEOS unit allows for both standing or seated options for patient comfort. Thanks to the multi-pulse scan technology, the radiation dosage is extremely low, yet provides us with a quick, comprehensive scan of the patient's oral/maxillofacial region.

Ask about the GALILEOS 3D imaging and what it means to you the next time you're in the office! 



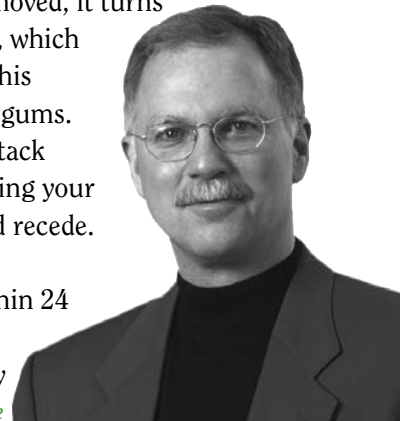
Periodontal disease causes

Periodontal disease, or gum disease as it is sometimes called, is a chronic ailment that affects the supportive tissues for the teeth. The word comes from *perio*, which means around, and *dontal*, which refers to the teeth. Though virtually painless until its later stages, periodontal disease is the major cause of tooth loss among adults.

Plaque forms on your teeth between brushings and becomes a breeding ground for bacteria. If the plaque isn't removed, it turns into a substance called tartar, or calculus, which further encourages bacterial growth. As this bacteria grows, it feeds on your teeth and gums. It secretes strong acids or toxins which attack and erode your tooth enamel while irritating your gums. The gums then begin to shrink and recede.

Once removed, plaque re-forms again within 24 hours! It poses a constant threat to the health of your teeth and gums. That's why

See [Periodontal disease on the back page](#)



Periodontal Disease Quiz

Find out if you have the symptoms of periodontal disease by answering these questions:

- 1) Do you ever have pain in your mouth?
- 2) Do your gums ever bleed when you brush your teeth or when you eat hard food?
- 3) Have you noticed any spaces developing between your teeth?
- 4) Do your gums ever feel swollen or tender?
- 5) Have you noticed that your gums are receding (pulling back from your teeth) or your teeth appear longer than before?
- 6) Do you have persistent bad breath?
- 7) Have you noticed pus between your teeth and gums?
- 8) Have you noticed any change in the way your teeth fit together when you bite?
- 9) Do you ever develop sores in your mouth?

Cold sores getting to you?

With the winter months comes cold and flu season. Along with those seasonal miseries, we hear more complaints about cold sores inside the mouth and on the lips.

Cold sores cause pain and embarrassment to millions of people. These unsightly blisters are caused by the herpes simplex virus. It may surprise you to learn that 80% of the population has this virus. While most will never experience any symptoms, for 20–30% of those infected, triggers can activate the virus hiding in the nerve cells. Triggers include: cold or flu, exposure to UV radiation (sunlight), emotional stress, fatigue, and chapping or other injury to lips.


Cold sore sufferers often notice a tingling sensation just before the ap-

pearance of fluid-filled blisters. The blisters eventually “pop” and scab over. The healing process takes about seven to ten days. During reactivation of the virus (when symptoms are evident), it’s highly contagious—especially after the blisters burst. Be sure to wash your hands after touching cold sores so you don’t spread them to other areas of your body. Also, never share towels, razors, lipstick or other personal items that could transmit the virus to others. And, of course, avoid kissing during an outbreak. Remember, anything that comes into contact with the cold sore can transmit the virus or become infected itself.

To avoid outbreaks, follow some simple steps. Keep your lips moist




with lip balm that protects against both UVA and UVB in sunlight. Look for ways to reduce the level of stress in your life. Don’t try to do everything and be everywhere. Maintain a well-balanced diet. Cut back on the amount of sugar and caffeine you consume. Add some exercise to your daily routine, a great stress-buster. And don’t forget to get enough rest. At the onset of an outbreak, there are anti-viral medications available that can be taken at that first sign of tingling to quicken the healing process.

Take these steps and you’ll find yourself healthier and happier. 

Chewing how-to

You may take it for granted, but chewing is a vital part of good health. If you don’t chew your food, or don’t chew it well enough, your body may not get all the nutrients from your diet. Proper and complete chewing allows you to do a few things: analyze the food (determine its taste, spitting out something that’s bad), control food intake (versus wolfing down excess food), and massage digestive pressure points which can improve digestion.

To help make sure you’re getting the most from your diet with proper chewing, here is a “how-to” on chewing.

- Start by placing a small piece of food in your mouth.
- Start the chewing process with your mouth closed, breathing through your nose.
- Chew each bite at least 20–40 times.
- Swallow the now fully chewed food. 



Chuckles



"George Washington sure was lucky to have wooden teeth... no cavities to worry about!"

The contents of this patient newsletter are not designed to replace professional dental advice. Please contact our office regarding any dental concerns you may have.

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Bedtime bottles can be bad business

Parents strive to provide a good home, a good education, and good health care for their families. There is something every parent can do to protect the dental health of young children.

Many children under the age of three fall asleep with a bottle or a pacifier. This is not generally a problem, as long as the bottle is filled with water or the pacifier is clean. Often, however, the bottles are filled with formula, milk, or juice. The pacifiers may be dipped in a sugar-containing sweetener. These practices can pose a serious threat to your child's dental health.

Children who are given liquids that contain sugar

or starch at bedtime may develop nursing bottle syndrome. The cavity-causing substances in most fluids coat the young child's teeth and eat away at them through the night. Their tiny teeth begin to decay. Not only will this condition affect a young child's appearance, it will affect his or her health. Nursing bottle syndrome is very painful and will interfere with a child's ability to eat.

About 3–6% of all children under four years of age develop nursing bottle syndrome. There are several things you can do to keep your child from becoming part of the statistics:

- If your child takes a bottle at bedtime, fill it




with water. This is the only liquid that will not threaten your child's dental health.

- Do not dip a pacifier in sugar or syrup before giving it to your child. This may seem like a nice bedtime treat, but it is harmful in the long run.



- Take good care of your child's teeth. You can wipe a young child's teeth with a damp cloth. As he or she

gets older, a small, soft-bristled toothbrush is best.

With proper home care, nursing bottle syndrome can easily be avoided. Do what you can to ensure your child enjoys the best possible health. Any youngster who shows signs of tooth decay or pain needs to come in for a visit. We will do everything we can to help you care for your child. 

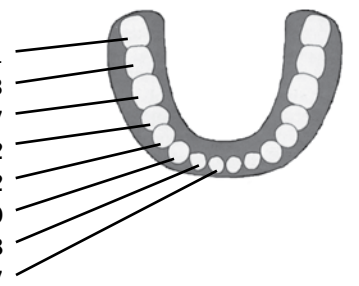
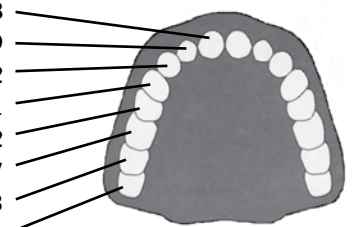
When should you expect your child's teeth to come in?

Each child is unique, but here are the average ages baby and permanent teeth erupt.

Baby Teeth		Eruption Date (in months)
Upper Teeth		
	central incisor	8–12
	lateral incisor	9–13
	cuspid	16–22
	first molar	13–19
	second molar	25–33
Lower Teeth		
	second molar	23–31
	first molar	14–18
	cuspid	17–23
	lateral incisor	10–16
	central incisor	6–10

Upper Teeth		Eruption Date (in years)
central incisor		7–8
lateral incisor		8–9
cuspid		11–12
first bicuspid		10–11
second bicuspid		10–12
first molar		6–7
second molar		12–13
third molar		17–21
Lower Teeth		
third molar		17–21
second molar		11–13
first molar		6–7
second bicuspid		11–12
first bicuspid		10–12
cuspid		9–10
lateral incisor		7–8
central incisor		6–7

Permanent Teeth




Periodontal disease

continued from the front

daily home care is essential to fight this disease. How you clean is most important, particularly in between the teeth where brushing can't reach. Tartar can only be removed during a professional cleaning at the dentist's office.

Periodontal disease can progress very rapidly unchecked and travel to the bone structure beneath the gum. This, in turn, can lead to tooth loss.

Contributing factors of periodontal disease

While plaque is the chief cause of periodontal disease, other factors can influence your chances of developing the disease. Conditions that interfere with your immune system, certain medications, hormone changes, and hereditary factors may increase the risk or the severity of gum disease. Other factors include: tobacco (chewing or smoking), poorly fitting bridge, defective fillings, bad "bite," poor diet, pregnancy/oral contraceptives, systemic diseases (such as diabetes), and medications. 

This allows *New Patients* to receive complimentary x-rays with their initial exam.

Recommended by _____

Date _____



McKEEVER DENTAL CARE
Personalized & Comfortable

Darren A. McKeever, DMD, MAGD


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Message *continued from the front*

Do you have any damaged or chipped teeth? Come see how we can fix those problems beautifully. And by getting them fixed now, you can avoid a bigger problem down the road.

If you've lost any teeth, don't just leave a void in its place. Bridges and implants have come a long way. They don't just improve the *look* of your smile, they make it *healthier*, too.

If you're a denture wearer, when was the last time you had your dentures checked? Do they still fit correctly? Are they damaged?

Lastly, but most importantly, resolve to make good dental health a top priority. This means coming in for all your recommended checkups and hygiene appointments, and remembering to brush and floss. It also means eating right for your teeth—avoiding sugars and acids, and eating things that help your teeth like cheeses, vegetables, and nuts. 

Care enough to share...

You know how important good dental care is to your overall health. Cut out the coupon at left and pass it along to someone you care about. It could be a big gift for health!

Office Hours

Monday: 8:00AM–8:00PM

Tuesday: 8:00AM–6:00PM

Wednesday: 8:00AM–8:00PM

Thursday: 8:00AM–5:00PM

Saturdays Available

(973) 839-8180

...or current resident

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