

Lakewood Ranch Dental

“Committed to Excellence in Dentistry”

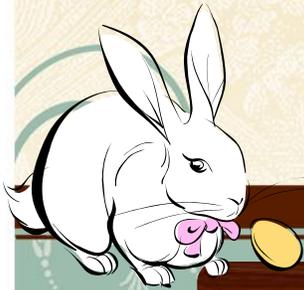
Dry Mouth Syndrome



The technical term for dry mouth is: xerostomia. Having a dry mouth is the condition of not having enough saliva, or spit, to keep your mouth wet. You might ask why we have saliva. Saliva is mostly made up of water but it also contains important substances that your body needs to digest food and to keep your teeth strong. Saliva helps begin the process of digestion. Before food even hits your stomach, saliva starts to break it down while the food is still in your mouth. A dry tongue can't tell how things taste. Saliva also helps clear food particles from your teeth. This helps reduce the risk of cavities. Having saliva helps keep your mouth moist and comfortable. If you wear dentures it helps keep them securely in place (note implant supported dentures are a lot more beneficial than a standard denture).

Having too little saliva in your mouth can become quite dry. A dry mouth causes the tongue, gums, and other tissues in the mouth to become inflamed and uncomfortable. Germs flourish in this type of setting. A germ, dry mouth leads to bad breath. Dry mouth also makes you more likely to develop rapid tooth decay and or periodontal disease (gum disease). Dry mouth is more common in older adults. A lot of

reasons would be that many medications can cause a dry mouth. Common medications that cause dry mouth would include but are not limited to: Antihistamines, anxiety medicines, appetite suppressants, certain types of blood pressure drugs, water pills, most antidepressants, and some pain meds. Symptoms include: a feeling of a dry mouth, burning feeling in the mouth, trouble chewing, swallowing, tasting or speaking, cracked lips, mouth sores, a dry tough tongue, and an infection in the mouth. What can you do if you experience having a dry mouth? First make sure you are drinking plenty of water. Try chewing sugar-free gum or suck on sugar free candy. They do make dental products that should help as well with dry mouth. A common product: Biotene. If your dry mouth persists, consult with your dentist.



Two Beautiful Weddings



Mr. & Mrs. Cortez: Tied the knot in Sarasota, Florida on 3/21/2015 !!



Mr. & Mrs. Minzey: Tied the knot in American Fork, Utah on 3/13/2015 !!

CALL US TODAY: 941-907-8300

www.LakewoodRanchDental.com

• Message from the Doctor



Michael S. Kanter, D.M.D.

IMPROVE YOUR HEALTH & QUALITY OF LIFE

If you were diagnosed with sleep apnea and prescribed a CPAP machine, but have stopped using it, there is a simple, patient-friendly treatment solution for snoring and sleep apnea. It keeps your airway open and improves your breathing while you sleep. The unique design allows you to “fine-tune” your treatment position at home to achieve maximum results. There is no machine, no mask and no air blowing through your nose or mouth all night. This treatment has over a 95% success rate and is the key to a restful night of sleep.

Obstructive Sleep Apnea occurs when the muscles and tissue surrounding the throat relax causing the airway to completely collapse and block airflow into the lungs. This blockage cuts off the oxygen supply to the body and brain. The airway obstruction persists until the brain partially awakens the person. The repeating cycle—falling asleep, muscles relaxing, airway collapsing, unconsciously awakening with a gasp—is the reason there is never a restful night of sleep. The lack of oxygen puts extra stress on the entire body, especially the heart. Sleep apnea is a serious chronic disease that may trigger other serious health problems:

- *Chronic Sleepiness
- *Heart Attack
- *High Blood Pressure
- *Stroke
- *Heartburn
- *Morning Headaches
- *Depression

ASK US ABOUT THIS LIFE CHANGING TREATMENT
AT YOUR NEXT APPOINTMENT!!!

HAPPY
EASTER

Lakewood Ranch Dental

6270 Lake Osprey Drive
Sarasota, Florida
34240