

# Lakewood Ranch Dental

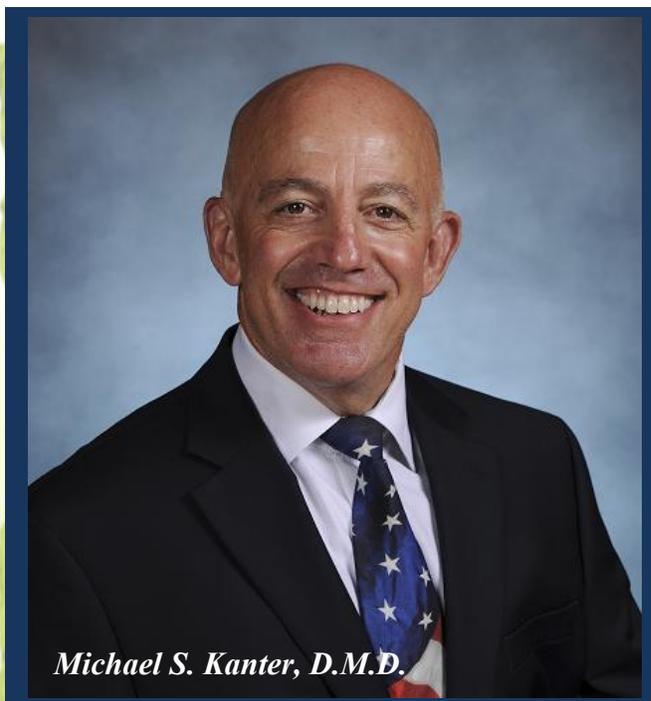
“Committed to Excellence in Dentistry”

## How Bad is **YOUR** Breath?

Bad breath, morning breath, or halitosis are all terms used to describe the unpleasant odor or taste you experience when exhaling. Halitosis by itself is not a problem, but it can cause concerns in our relationships. A lot of times people don't know they have bad breath. Here are some tips to help with bad breath...

1. Brush and Floss 2 x day.
2. Rinse after you eat
3. Brush your tongue. The tongue is covered with thousand little hairs that can trap bacteria.
4. Have regular dental check-ups.
5. If your mouth is dry, drink plenty of water, or use products to increase saliva flow.
6. Quit Smoking.
7. Chlorophyll is a natural breath freshener and is found in leafy green vegetables like parsley.
8. Avoid certain foods like garlic and onions.

If you are concerned about your breath... talk about it with your dentist or hygienist. See what other recommendations they have.



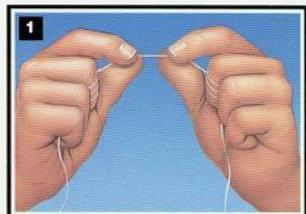
*Michael S. Kanter, D.M.D.*

### • *Message from the Doctor:*

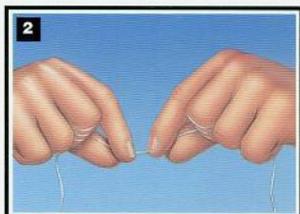
Happy New Year 2014! Lakewood Ranch Dental – your original Lakewood Ranch Dental Practice celebrated its 11<sup>th</sup> anniversary on January 13, 2014. I want to personally thank you our fantastic patients for your patronage and support. We love taking care of you and feel extremely lucky to be a part of such a wonderful community. If we haven't met you yet- stop by anytime during office hours for a tour of the office and let us introduce ourselves. We always have time to make new friends.

6270 Lake Osprey Drive Sarasota, Florida 34240  
**(941) 907-8300**

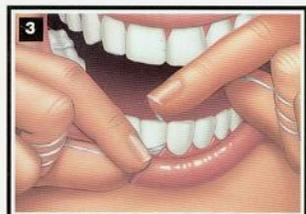
## HOW FLOSSING CAN IMPROVE YOUR GUM HEALTH



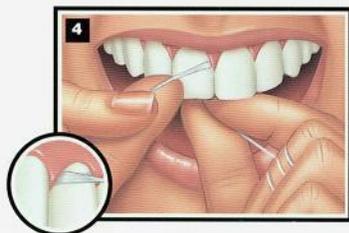
1 Wind 18" of floss around middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving 1" - 2" length in between. Use thumbs to direct floss between upper teeth.



2 Keep a 1" - 2" length of floss taut between fingers. Use index fingers to guide floss between contacts of the lower teeth.



3 Gently guide floss between the teeth by using a zig-zag motion. **DO NOT SNAP FLOSS BETWEEN YOUR TEETH.** Contour floss around the side of the tooth.



4 Slide floss up and down against the tooth surface and under the gumline. Floss each tooth thoroughly with a clean section of floss.



Every time you visit with your hygienist for a checkup, there's one question you are certain to hear: "Have you been flossing regularly?" For many patients the answer is not always yes. Many people make it a habit to brush their teeth twice a day, but fewer people follow the recommendation to floss once a day [source: ADA].

Flossing plays an important role in dental health. Unlike a toothbrush, floss is an inter-dental cleaner. It is designed specifically to clean the tight spaces between the teeth. Places that a toothbrush can't reach. Many people feel that using a mouthwash will kill away the bacteria and plaque that the tooth brush misses; however, it can't remove the stubborn tartar and bits of food that can lodge in these places [source ADA]. Brushing alone may not protect you from gum disease and the tooth loss that can result.

Many people who suffer from sensitive or bleeding gums may be tempted to avoid flossing for fear of making their bleeding gums worse. But in fact, flossing can improve the health of your gums, thereby helping to prevent them from bleeding.

In a 2006 study, researchers compared the effects of brushing alone vs. brushing and flossing on bleeding gums in 51 sets of twins. One of each twin pair brushed his or her teeth twice a day and the other brushed and flossed twice a day. After two weeks, the twins who flossed had 38% fewer bleeding gum areas.

Even if you were inconsistent about flossing during your childhood or teen years, it's never too late to start or maintain good oral hygiene, and you can improve the health of your gums with the right floss product. So, make it part of your daily routine... put your floss out where you can see it. You will be more likely to use it. Try this and you may floss more.... Floss an area in your mouth then smell it.

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Happy New Year



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