The Difference A WHITE Tooth Can Make!

I have ever wondered what your mouth would look like if you did not have all that black metal showing every time you talked or smiled? Well, most patients who had their old amalgams (silver mercury fillings) replaced with white fillings can’t believe they did not do it sooner. Amalgams don’t just look bad, but they also have the ability to fracture your teeth.

Yes, keeping those dark fillings can be hazardous to your tooth! Amalgams contain 50% mercury, which results in the fillings expanding and contracting 2-3 times as much as your tooth, every day. Just drinking a hot coffee or a glass of cold water is enough to make that filling move and flex your tooth. This would not be a problem if your tooth was made of anything other than crystals, but since teeth are very much like glass, they fracture. Getting your black fillings replaced with beautiful white ones not only makes them look better, but also last longer!

Tooth Can Make!

Acid Reflux… Can damage teeth!

Acid reflux occurs when acidic stomach fluids back up into the throat and mouth, leaving a bitter taste and a burning sensation. For some people, these episodes occur daily and cannot be managed without treatment from their physician, ranging from lifestyle changes to medication or even surgery. Regardless of cause, chronic exposure of the teeth to gastric acid can result in erosion of the enamel on tooth surfaces creating tooth sensitivity, grooves, or notches in the sides of the teeth, worn down teeth, and yellowing.

During oral examinations we can see the enamel erosion you might miss. We can repair the damage, but the best solution? Prevention. If you have symptoms, please consult your family physician, and let us know so we can consider dental options.

Veggie & Vegans… And good oral health

The connection between oral health and general health has been well documented. That’s why you should always let us know your medical history, and in particular any changes to your health or to your diet. Many patients have upped their consumption of vegetables, and some are vegetarians or vegans. Occasionally these diets and lifestyles can result in some nutritional deficiencies. Some vegetarians and vegans experience deficiencies in calcium and vitamin D, putting them at increased risk for periodontal disease. If you would like some more information on nutrition and your oral health, please let us know. We’d be glad to help.

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Composites

Office Information

The Center For Ideal Dentistry

Dr. Charles W. Vittitow
Dr. Christian W. Hahn
106 Watterson Trail
Louisville, KY 40243-2700

Office Hours
Monday 8:00 am – 5:00 pm
Tuesday 8:00 am – 5:00 pm
Wednesday 8:00 am – 5:00 pm
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Office Staff
Dawn, Melody …………………………. Assistant & Treatment Coordinators
Yvette …………………. Business Manager
Donna, Edie, Cheryl ……………… Hygienists
Judy …………………………….. Office Coordinator

Our Services Include:
Family & Advanced Cosmetic Dentistry
Tooth Whitening
Tooth Colored & Mercury-free Fillings
Crowns & Bridges
Bonding & Cosmetic Veneers
Limited Orthodontic Treatment
Dental Implants (restorative phase)
Porcelain Inlays & Onlays

We Accept:

To finance your treatment we offer:
(Up to 18 months interest-free financing available)
Access This Now!

A factory already exists that can mass-produce cells of a donor so that they can be transplanted to repair bone and gum tissue as well as erase wrinkles and other effects of ageing. Even so, it will be some time before this technology will be readily available to everyone. You can access – right now – modern cosmetic dental techniques that can prevent and plump out the wrinkles and lines that can prematurely age you. With crown and bridge restorations that replace teeth and preserve bone ... you will look great!

A crown protects and strengthens a tooth by covering it and improves its appearance by restoring its form and dimension. A bridge secures the crown to adjoining teeth. Crown and bridge treatment is recommended for teeth that...

- are broken or cracked, or are structurally weakened by large fillings;
- have been weakened by root canal therapy;
- are missshapen and discolored.

In addition to looking naturally beautiful, there is another terrific benefit to a crown and bridge restoration. Thanks to their strength and durability, you may avoid more complex and expensive treatments later!

Let Your String Sing!

What’s the first thing you search for when you get a piece of spinach caught in your teeth? Dental floss – naturally! It may surprise you to learn that food removal isn’t the only reason you need to floss. It’s to remove the bacterial plaque that builds up on your teeth. Even if you were fasting, you’d still need to brush and floss!

In fact, if you’re not flossing, you’re missing about 35% of tooth surfaces that brushing alone can’t reach. And if you have a dental restoration like a crown and bridge restoration. Thanks to their strength and durability, you may avoid more complex and expensive treatments later!

The Price Of Excess

Erosion of dental enamel is caused by a chemical process involving acids and not by the bacteria that cause cavities nor by clenching or grinding your teeth. Sometimes it is caused by foods; sometimes by acid reflux (from your stomach) which is commonly caused by excess consumption of acidic foods and beverages.

Saliva can naturally restore a temporary acid imbalance ... but it can’t challenge constant assault.

The Academy of General Dentistry has identified acids in these common foods:

- Soft drinks – phosphoric acid
- Fruit and fruit products – citric and malic acids
- Fermented products (yogurt) – lactic acid
- Grapes and wines – tartaric acid

And recommends that after eating or drinking, you:

- Brush using a fluoride toothpaste
- Rinse with water for 30 seconds
- Chew sugar-free gum to stimulate saliva flow

Gaming With Your Oral Health?

Gum disease is the leading cause of tooth loss

In addition to breaking down the connective tissues that support your teeth, the bacteria responsible for gum disease can actually destroy the underlying jawbone. For many people it comes as quite a shock to learn that insufficient bone can limit their restorative options. Over time, bone loss also alters bite which can affect ability to chew and speak ... and cause a “collapsed” facial appearance. You’ve probably seen someone who looks like that.

All of this can be prevented by taking care of your oral health with a consistent home care routine and regular office visits. Why is coming to see us regularly so important? Plaque is the bacteria-loaded biofilm that you can feel when you run your tongue across your unbrushed teeth. If not removed, it will calcify into tartar that you cannot get rid of at home. We, on the other hand, can remove it. We can even reverse gum disease if caught in time! Periodontal disease affects up to 90% of the population. It doesn’t just affect your appearance ... it can affect your overall health as it has been linked to diabetes, premature birth, cardiovascular and kidney diseases, Alzheimer’s, and oral cancer. Don’t gamble on your luck. Make sure you take as many preventive measures as possible, and keep your appointments!
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Acid Reflux…

It’s checkup time

Autumn Again

The seasons have rolled around and fall, the season of reflection, has returned. Holidays are wonderful, but regular habits like brushing and flossing can get neglected. Because we usually consume more sugary snacks and beverages, we put even more stress on our oral health. Your whole family will need their after-summer dental checkup.

Are your children playing any contact sports this fall? They’ll need to be fitted for proper mouthguards if they play football, soccer, hockey, basketball, or even track and field. We can custom fit and supply the safest mouthguards available right here in our office.

So when the autumn leaves swirl, look forward to… your healthy smile! With proper home care, regular visits to our office, and mouthguard protection, you’ll be facing those chilly whites every season!

Yours in good dental health,

Dr. Charles W. Vittitow & Dr. Christian W. Hahn

For Women Only

Focus on your special dental needs

Hormones play a unique part in every woman’s life. But do you know they can also affect your oral health? Menstruation, pregnancy, menopause, and the taking of oral contraceptives cause hormonal changes that may trigger dental problems requiring special care.

Menstruation – Swollen, red, and bleeding gums (gingivitis) may occur just before your period begins, so extra care is needed when brushing and flossing. The condition should clear up once your period starts, but if symptoms persist, make a dental appointment.

Pregnancy – More dental and gum problems surface during pregnancy than at any other time, particularly for women with poor oral hygiene. Gingivitis is common, with mild to severe symptoms. Most pregnancy-related oral problems are preventable or controlled with proper brushing and flossing.

Oral Contraceptives – Taking the pill can result in gingivitis or dry mouth (reduced saliva flow). There are highly effective mouth rinses available. For severe problems, antibiotics may also help.

Menopause – Hormonal imbalances may cause dry mouth, changes in your sense of taste, minor jaw pain, or a burning sensation in your mouth and tongue. Treatments may include saliva substitutes, oral lubricants, and estrogen replacement therapy.

We’re focused on your general well being at any time of your life. If you have concerns about hormones and their effects on your oral health, we welcome your questions.

Dr. Christian W. Hahn

Tooth Tips

Dentally Speaking

Dr. Vittitow and Dr. Hahn

The Center For Ideal Dentistry

Fall 2006