

SUMMER'S HERE AND SO ARE THE CICADAS

We hope everyone enjoyed the nice spring weather and is continuing to enjoy the warmer summer weather! With summer comes more sunshine, new flowers for the yard, nice long walks and listening to the melody of millions of cicadas hatching to a seventeen-year cycle.

Dr. Gibbs becomes certified in Invisalign Braces!

After many patient requests and questions regarding these remarkable clear braces, Dr. Gibbs added this training to his fully credentialed list in cosmetic dentistry. We are excited about the benefits of the comfortable, removable appliance that allows patients to straighten their teeth without the hassle of bulky braces. Compared to traditional braces, Invisalign hygiene is much easier, and results can often be achieved in only 6 months to a year. Insurance coverage is similar to other types of orthodontic treatment. Basically, Invisalign is removable for ease of use, more comfortable than conventional orthodontics, and nearly invisible—even at “conversation” distance. Ask Dr. Gibbs if you would like to receive these benefits from Invisalign orthodontics.

Brushing to ward off cancer!

You've probably already heard brushing your teeth could be an easy way to cut your heart disease and stroke risk. But if that doesn't motivate you to brush a little longer there is growing evidence suggesting that keeping your mouth healthy might boost your defenses against cancer, diabetes, pneumonia, and bronchitis. The key appears to be avoiding a bacterial gum infection known as periodontitis. Nearly one in three adults ages 30 to 55 has periodontitis and this disorder can lead to trouble in the next generation. Pregnant women may be seven times more likely to deliver preterm babies. The good news? The remedy's just a brush (or two) away.

The best ways to keep your mouth healthy!

Brush twice a day and floss once a day.

Have your teeth cleaned every 3 to 6 months depending on the condition of your gums.

Get enough vitamins C and D, and Calcium.

How to tell if you have bad breath!

Exhaling into your hand to test your breath? Save your breath. All you really smell is your hand. Get a true test by licking the back of your hand and smell that. Some temporary fixes are: sipping water with lemon, pop a sugarless mint or sugarless gum, or anything with zinc in it (like a cold lozenge). Some of the culprits that cause bad breath are: dairy foods, onions, garlic, sugar and coffee. Bacteria reproduce rapidly in acidic and alcohol acidic environments. Other causes for bad breath may be high protein diets and tobacco. The main concern of bad breath, from the perspective of a dentist, is the relationship between bad breath and gum disease, faulty dental restorations, removable dentures, and bone loss. Bad breath is often a symptom of inflammation and infection from gum disease or dental problems. Even though bad breath can bring someone to the dentist, the primary concern will be treating these possible ailments.

Whiter! Straighter! Brighter!

Your smile is one feature you can totally make over without doing anything drastic, invasive, or particularly expensive. Here are some ways to boost your dazzle quotient.

According to the American Academy of Cosmetic Dentistry, whitening is still the most requested cosmetic dental service, but advances in dentistry have made all kind of smile improvements possible. Bonds and veneers can correct the appearance and function of cracked, chipped, or unevenly spaced teeth without surgery or braces. Non-surgical tooth lengthening can reveal beautiful enamel and re-balance teeth that are too short or worn down. Other advances such as Invisalign braces can straighten with a clear plastic guard, which snaps over the teeth, and dental implants that replace lost teeth and fix gaps between teeth, allowing for more beautiful smiles. We also have many means to replace cumbersome, speech challenging, and obnoxious dentures. Please ask us about any of these advances.

Can lipstick really make your teeth look whiter?

To some degree, yes. But if your teeth are very badly stained, no lip color will help. If your teeth have a yellowish cast, lipsticks with a blue undertone---plums, wines, violets, and pinks—can make them appear less yellow. Beware of corals and oranges—and a brilliantly white shirt—which will have the opposite effect.

Than You Again for Your Kind Referrals!

We really appreciate your referrals and we try to take care of our patients as if they were our own family. Since that is the way we think of you.

If there is anything we can do for you, please let us know.

Dr. Gibbs serves the communities of Glen Ellyn, Wheaton, Lombard, Carol Stream, Naperville, and Lisle. Addison, Elmhurst, Downers Grove, Glendale Heights, West Chicago, Bloomingdale, Schaumburg, Wood Dale, Westmont, Winfield, Villa Park, and the Chicago area. See the website at FearlessDentatCare.com

Yours for Better Health,

Dr. Thomas R. Gibbs, Barb, Cathy, Eva, Jessica, Jill and Mary Kay