

# Tech Town DENTISTRY

## SMILE WITH CONFIDENCE

**DR. TIM SELLNER • DR. DOUG JONES**

### The Dangers of Dry Mouth

**Xerostomia**, which is also referred to as dry mouth, is a result of absent or decreased salivary flow. Dry mouth can be a symptom of various medical conditions, a side effect of head and neck radiation, a side effect of combining medications, or can be related to decreased salivary gland function.

Saliva serves an important role in antimicrobial action, natural cleansing of the oral environment, control of acids, retention of dentures, remineralization and lubrication. The absence of adequate salivary flow can result in complications such as burning of the mouth, halitosis (bad breath), difficulty swallowing, difficulty with speech, infection of the oral tissues, such as candidiasis, gum disease and eventual tooth loss. Xerostomia causes increased plaque accumulation which can result in a greater risk of tooth decay.

The presence of dry mouth increases your risk of developing dental complications, therefore we recommend regular visits to help closely monitor your dental condition.

Extra measures are recommended to help protect your teeth and gums such as:

- Regular professional cleanings with your Dental Hygienist
- Regular fluoride applications at your Continuing Care (cleaning) visits
- Diligent plaque-removal strategies at home
- At-home sodium fluoride rinse, such as OptiRinse™
- Salivary substitutes, such as Biotene™ or Moi-Stir™, in more severe cases there are prescription options that can be prescribed by your doctor
- Non-abrasive toothpaste that is free of sodium lauryl sulfate such as Remin™ or Sensodyne Repair and Protect™
- Salivary stimulants such as xylitol mints or gum
- Frequent water intake
- Frequent dental examinations

Dry mouth not only affects your dental health, **it can also affect your quality of life**, please talk to us about strategies to help.



**Dr. Doug Jones & Dr. Tim Sellner**

Your world needs your  
**smile.**

In an effort to continue to be more environmentally conscious this will be our last print newsletter.

You can sign up to receive future copies by email through our website

[www.techtowndentistry.com](http://www.techtowndentistry.com)

or by letting us know at your next appointment.



**Did you know... You can now submit your Appointment Request online.**

**TECHTOWN DENTISTRY CORE VALUES**  
KINDNESS • EXTRA MILE SERVICE • INTEGRITY • QUALITY

**Accepting New Patients**  
**Call 519.746.7333**

## The TechTown Dentistry Dental Health Advantage

We listen to what you want and together we develop an innovative plan and path to achieve your dental health goals.

Your plan is simple, balanced and focused and it fits into your lifestyle. Discover your opportunities to grow and protect your dental health confidence.

**Our Patients Smile with Confidence.**

## The TechTown Dentistry Patient Charter of Rights

We believe you have the Right to **know**. So we promise to tell you what we see. And you have the right to **choose** - what you feel is best for you and when and how to fit your choice into your lifestyle.

## Dental Emergencies

In the event of a Dental Emergency outside of business hours, call our office for instructions on contacting the Dentist on call.

**519-746-7333**

## Insurance Plans Accepted

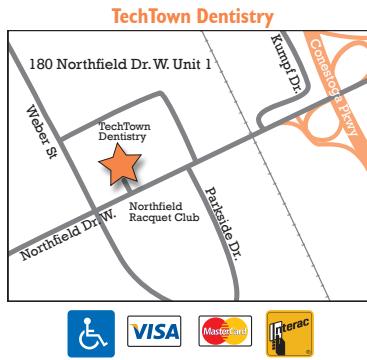
We electronically file your claims for faster processing. Ask us for more information.

## Hours

Mondays .....	8am - 7pm
Tuesday to Thursday .....	8am - 5pm
Friday .....	8am - 2pm

## Join us on Facebook

 Watch for new product updates & information on maintaining your dental health.



TechTown  
**DENTISTRY**

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[www.techtowndentistry.com](http://www.techtowndentistry.com)



## Frequently Asked Questions...Answered!

**"Why do I still need fluoride at my dental visits? Isn't this just for kids?"**

Topical fluoride applications are recommended for every age on an individual basis. Even as adults, we are still at risk of developing dental decay from factors such as inadequate home care, exposure to acids in diet or from a naturally acidic

oral environment, history of having tooth decay, dry mouth, etc. Topical fluoride treatments recommended at your visits and from sodium-fluoridated toothpaste help to strengthen the teeth's enamel to protect the teeth from demineralization caused by the above factors. Children, whose teeth are still developing, benefit from systemic fluoride, like the fluoride mineral found in water or through supplements. The systemic fluoride aids in strengthening the enamel during the development process. Though fluoridated-water has been proven to aid significantly in decay-prevention in children, it is no longer in our community's water, it was removed entirely in 2010. If you have any questions about your options for fluoride, or if you want to discuss what is right for you and your family, please ask at your next visit!

**"Why are dental X-rays recommended at my routine visits when I don't even have any concerns or pain?"** Periodic, routine dental X-rays are recommended at your visits to help completely assess your dental condition. Tooth decay is often diagnosed early through these X-rays, this allows us to treat these areas more predictably and before you experience any discomfort. The time interval between these dental X-rays can vary depending on your history of tooth decay and other risk factors, and is considered on an individual basis. The contribution of overall radiation exposure through dental, digital X-rays is minor. If you have questions regarding dental radiation, please ask at your next visit.

## Introducing: Enamelast™ Fluoride Varnish

We are continuously researching new products and treatment options to provide for our patients. It has been proven that fluoride varnish provides the most effective results in decay prevention when applied regularly at your visits. We are always listening to your feedback and are excited to introduce a new fluoride varnish product that is even smoother and less noticeable, allowing you to wear it longer giving you the best results. Enamelast™ is comprised of 5% sodium fluoride and sweetened with xylitol to provide a pleasant taste. It has a higher rate of retention on your teeth, giving you the most uptake of fluoride. Please ask your Dental Hygienist at your next visit if this is right for you!



## Team News:

Exciting news to share about the TechTown Dentistry Team



**Welcome:** We are excited to have Casey join our team as a Certified Dental Assistant!

Casey, CDA

**Professional Development:** An important part of our ongoing education.

- Hygienists, Caren, Alana and Mandy are a part of a study group that meets often to discuss current research and topics regarding periodontal disease, treatments and risk factors.
- Dr. Sellner and Dr. Jones attended a lecture by the renowned Dr. Christensen
- Dr. Sellner will be attending the Ontario Dental Association Annual Spring meeting.
- Dr. Sellner continues his participation in the role of councillor with the ODA representing Waterloo.

**Congratulations:** Dr. Jones and his wife, Diane, welcomed their fifth grandchild in April!

## Accepting New Patients & Referrals

We welcome referrals of your friends and family.

**TECHTOWN DENTISTRY** 180 Northfield Dr., West, Unit #1, Waterloo, ON N2L 0C7  
519.746.7333 [info@techtowndentistry.com](mailto:info@techtowndentistry.com)