

# TOOTH TALK

THE NEWSLETTER THAT FILLS YOU IN!

## INSIDE THIS ISSUE:

<i>Out of the Doctors Mouth</i>	1
<i>Our Book Exchange</i>	1
<i>Patients In the News</i>	2
<i>Periodontal Disease</i>	3
<i>Referral Program</i>	3
<i>Tongue in Cheek</i>	4

## OFFICE HOURS:

Monday: By appt. only  
 Tuesday: 8:00 a.m.-5:00 p.m.  
 Wednesday: 8:00 a.m.-5:00 p.m.  
 Thursday: 8:00 a.m.-5:00 p.m.  
 Friday: 8:00 a.m.-5:00 p.m.  
 Closed 1:00 to 2:00 p.m. for Lunch

## OUT OF THE DOCTOR'S MOUTH

### Do you have a cracked tooth?

When you bite down, do you feel a sharp pain? Does it quickly disappear, and perhaps you ignore it? Do you avoid certain foods or chew only on one side of your mouth? You may have a cracked tooth.

### What causes a tooth to crack?

A tooth may crack due to a variety of factors: chewing on hard objects or food such as ice, nuts or hard candy; an accident, such as a blow to the mouth; grinding and clenching your teeth; uneven chewing pressure; stress on a tooth; loss of a significant portion of tooth structure through wear, large fillings or other restorations; exposure of tooth enamel to temperature extremes, such as eating hot food and then drinking ice water; or brittleness of teeth that have undergone endodontic (root canal) treatment.

### How can you tell if a tooth is cracked?

It could be difficult. You may not even be able to tell which tooth hurts or whether the pain is from an upper or lower

tooth. A crack may appear as a hairline fracture, running vertically along the tooth. It often is invisible to the eye and may not show, even on an X-ray.

You can help your dentist determine which tooth is causing the problem by noting when and where you have sensitivity to heat or cold and to sweet, sour or sticky food, as well as approximately where the pain is when you are chewing.

### Why does a cracked tooth hurt?

A cracked tooth may hurt because the pressure of biting causes the crack to open. When you stop biting, the pressure is released and a sharp pain results as the crack quickly closes. Even though the crack may be microscopic, when it opens, the pulp inside the tooth may become irritated. The pulp is a soft tissue that contains the tooth's nerves and blood vessels. If the crack irritates the pulp, the tooth may become sensitive to temperature extremes. If the pulp becomes



"A crack in a tooth widens when pressure is applied. When pressure is released the crack closes, causing pain."

damaged or diseased as a result of the crack, root canal treatment may be necessary to save the tooth.

### How is a cracked tooth treated?

Depending on the size and location of the crack, treatment may vary from bonding to root canal treatment. A severely cracked tooth may need extraction. Your dentist will determine the best treatment for you. Tiny cracks are common and usually do not cause problems. Regular dental check-ups are important. They allow the dentist to diagnose and treat problems in the early stage. If you continue to have pain, avoid chewing on that side of your mouth and call your dentist.

## BOOK EXCHANGE PROGRAM



If you have books stacked around the house that you would like to donate, we have new books for you to read! Be a part of our Book Exchange Program. Take a book from the dozens in our bookshelf located in the waiting room and drop one off you might like to share the next time you are in. We have excellent choices, ranging from children's books, to reference books, classics and new bestseller fiction and non-fiction. We have been delighted to see several of our patients participating in the program.

**"Reading is one of life's greatest gifts! "**

# PATIENTS IN THE NEWS

## Congratulations to Our Expanding Family Tree!

THE  
STORK  
HAS  
LANDED!

Olivia Emily: 1 year

Grace & Garrett: 5 Months

Colton Joseph: 3 Months

Patrick & Emily Salazar

Octavio & Sophia Diaz

Scott & Amy Baer  
Grandpa & Grandma Dittner

Natalie W/ Brother Bryan:  
4 Months

Palakjot Kaur Bajinder:  
7 Months

Jacqueline Catherine:  
1 Year

Aunt Deyanira Alvarado

Dave & Bailey Singh

Brandon Richard:  
3 Months

Nathan: 7 Months

Frank & Stephanie Galvan  
Grandpa & Grandma  
Radelfinger  
Great Aunt & Uncle Susan &  
Charles Hawkins

Matt & Jennifer Rush  
Grandpa & Grandma Detrick  
Uncle Doug Detrick  
Aunt & Uncle Deb and Mike Cofran  
Cousins Megan & Mike Gallegos

Al Jackson & Michelle Bento-Jackson  
Grandpa Bento & Grandma Lilja  
Aunt Cathy McClure & Cousin Melissa  
Aunt & Uncle Odetto  
Cousins Danielle, Nicole & Joey Odetto  
Cousins Michelle & Johnnie DuBois

### Local Events



#### RUSSIAN RIVER CHAMBER MUSIC

Have you ever wanted to try out chamber music but thought that it would be too stuffy or expensive? The Russian River Chamber Music Society of Healdsburg is dedicated to presenting world-class music concerts in a variety of formats and local settings and for the first time on a *free-admission donations-welcome* basis!

And for the avid music lover, a donation of \$150.00 or more will allow you to enjoy reserve seating at all five upcoming concerts, special invitations to exclusive events throughout the year and help keep this valuable resource available to a wider circle of our community.

For more information on the upcoming season, call (707) 524-8700, or browse [www.russianrivermusic.org](http://www.russianrivermusic.org).

#### PASSIONATE PRINTS by 2 Irish Lasses

Local real estate agent and artist Barbara Brennan and artist Barbara Kelley are exhibiting their unique and beautiful landscape and floral prints at the Finley Community Center.

Describing why she is attracted to Monotype Printmaking Ms. Brennan explains: "Even though I had an idea of the design or image that I created on the Plexiglas "canvas," in the actual transfer of that image onto paper, the application of pressure created shifts of ink which often emphasized parts of the work that was the surprise!"

Finley Community Center  
2060 West College Avenue  
Santa Rosa, CA 95401

Exhibiting: July 5 to September 2  
Hours: Monday-Friday 8:00 a.m. to 6:00 p.m.  
Saturday 9:00 a.m.-1:00 p.m.

# PERIODONTAL DISEASE

## What is Periodontal Disease?

Periodontal disease ("PD") is caused by bacteria in plaque, producing toxins that cause inflammation which damage the tissue and bone supporting the teeth. As tissue is damaged bone recedes and so may the gums, causing "pockets" to form. If left untreated, PD may lead to tooth loss. Unlike tooth decay, which causes discomfort, it is possible to have PD without symptoms. This is why regular dental check ups and exams are essential to identifying and halting the progression of the disease before the gums and the bone supporting your teeth are irreversibly damaged.

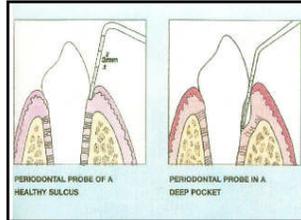


PD can cause gum, bone and tooth loss.

## How Can I Prevent PD?

A good daily oral hygiene routine, including brushing twice daily with fluoride toothpaste and flossing once a day to prevent plaque from forming, are essential to preventing PD from occurring or getting

worse. Regular dental office cleanings are required to remove calculus and plaque from places your toothbrush and floss may have missed.



## How Do X-Rays and Pocket Charting Help to Uncover PD?

During your regular check up, we exam your gums for periodontal problems, including using an instrument called a Periodontal Probe to gently measure the depth of the spaces between your teeth and gums (this is referred to as "Pocket Charting"). At the very edge of the gumline, healthy gum tissue forms a very shallow V-shaped groove (the sulcus) between the tooth and gums. The normal depth of the sulcus should be three millimeters (3mm) or less. With PD, this shallow sulcus develops into a deeper

"pocket" that collects plaque and bacteria and becomes difficult to clean. Dental X-rays help the dentist evaluate the amount of bone supporting the teeth and to detect other problems not apparent by visual inspection.

## Why is Scaling and Root Planing Essential to Treating PD?

The first non-surgical step to treating PD involves a special deep cleaning referred to as Scaling and Root Planing, treating those "pockets" that are larger than 3 mm by removing plaque and tartar below the gumline down to the bottom of each periodontal pocket. The tooth's root surfaces are then smoothed or planed to allow the gum tissue to heal and make it more difficult for plaque to accumulate along the root surfaces. This procedure, performed with a small scaler or ultrasonic cleaner, helps gum tissue to heal and "pockets" to shrink. The procedure may take more than one visit and a local anesthetic may be given to ease discomfort.

*Why are we so insistent that you make your cleaning appointment?*

# REFERRAL PROGRAM

## WIN A DINNER (\$100 VALUE) AT *FABIANI* RESTAURANT !

Join our referral program by referring a new patient to our office. You will be placed in a drawing to win a **\$100.00 dinner at Fabiani restaurant**. The next five names drawn win a **\$15.00 gift certificate to Wolf Coffee Co**. The new patient you refer will receive a free teeth whitening with a paid exam, x-rays and cleaning. The more patients you refer the better your chances, so get out there and WIN!

### CONGRATULATIONS TO THE RABER FAMILY

WINNERS OF A \$100.00 DINNER AT *CA BIANCA* RESTAURANT

A hearty thank you to the next nine winners: **Terry Gariaeff, Robert and Marilyn Albert, Bill Fallis, Audrey Goff, Lillian Malley, Tim Tomlin, Sarah and Clayton Brown, Alama Miller and Jim Van Blaricom!** Enjoy your Wolf Coffee Co. Gift Certificates!

## Patient "Card Board"

We are strong believers that referrals work both ways. We encourage our patients to pin their cards to the corkboard in our front office. We are interested in what you do for a living and want you to share your skills and talents with all of our patients.

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**WE ARE ON THE WEB!**

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

# TONGUE IN CHEEK

Bring this completed Dental Word Teaser to your next appointment and receive a \$5.00 gift certificate to Wolf Coffee Co.! Good Luck!

Unscramble these four jumbled words one letter to each square to form common words.

A V L O

X T I A

I W N

Y T R S O

Now arrange the letters in the colored boxes to form the surprise answer as suggested by the cartoon to the right.

THE ASSISTANT KNEW WHERE THE SORE TOOTH WAS BECAUSE SHE HAD:



“  -     ”

Answer in next newsletter

Answer to last puzzle: “My Two Front Teeth”

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ADDRESS CORRECTION REQUESTED

