

Bad Breath

Date

Patient

Street Address

City, State Zip

Dear *Patient*:

There's an embarrassing problem nearly everyone knows about, yet few care to talk about...it's bad breath, or halitosis.

Bad breath has numerous causes: odor-causing foods, tooth decay, gum disease, bacteria growing on the tongue, dry mouth, use of tobacco products, sinus or respiratory infections, some medical disorders, improperly cleaned dentures, inadequate oral hygiene or some medications.

Our office can help you get to the bottom of this common source of embarrassment. We can help identify the cause of bad breath and if it's due to an oral condition, we can develop a treatment plan to eliminate this problem. Treatment may be easier than you imagine.

Here are some quick tips for preventing bad breath:

1. Schedule regular dental visits for a professional cleaning and checkup. Keep a log of what you eat. Avoid constant use of breath mints and other hard candies containing sugar. They will only temporarily mask bad breath and can lead to tooth decay.
2. Make a list of over-the-counter and prescribed medications that you take. Some may play a role in causing bad breath.
3. Look for oral hygiene products that display the ADA Seal of Acceptance, a symbol of safety and effectiveness.
4. Brush twice a day with an ADA-accepted fluoride toothpaste to remove food and plaque. Brush your tongue, too. Once a day, use floss or an interdental cleaner to clean between teeth.
5. If you wear removable dentures, take them out at night. Clean them thoroughly before replacing them the next morning.
6. If you feel you must constantly use a breath freshener or mouthwash to hide unpleasant breath, see me.

Please give our office a call today at *office number* to schedule an appointment for a professional cleaning and checkup. We want you to have confidence in your oral health!

Sincerely,
Dentist

Bruxism

Date

Patient

Street Address

City, State Zip

Dear *Patient*:

Do you wake up with dull headaches or vise-like pain? It is estimated that up to 95% of people experience bruxism — tooth grinding — at some time in their lives. Many people are unaware they even have the disorder because it often occurs at night during sleep. We, however, can usually detect the telltale signs of wear on your teeth.

Grinding can cause teeth to become painful or loose. Patients can literally grind away parts of their teeth, leaving them with worn surfaces or fractured enamel.

Stress or sleep disorders, an abnormal bite, or crooked or missing teeth may cause teeth grinding. If you wake up in the morning with stiff and painful jaw muscles, you may well have been clenching during the night. This habit can not only cause aching muscles, but can wear down your teeth and damage dental work.

If you think you might be grinding your teeth, schedule an appointment to talk with us about your symptoms and concerns. Our office number is *office number*. We'll help you develop a treatment plan that is right for you. As always, we look forward to providing you with outstanding dental care!

Sincerely,

Dentist

Date

Patient

Street Address

City, State Zip

Dear *Patient*:

Have you ever felt painful clicking or popping in your jaw when you talk or chew? Many people suffer from a jaw, muscle and joint disorder known as TMD (temporo-mandibular disorder) and may not even know it. Here are some of the common symptoms:

- Pain in or around the ear that may sometimes spread to the face
- Tender jaw muscles
- Clicking or popping noises when you open or close your mouth
- Difficulty opening your mouth
- Jaw joints that don't feel quite right—a feeling that they are “locked” or “stuck”
- Pain when you yawn, chew or open your mouth wide
- Headaches or neckaches

While it is not always possible to pinpoint exactly why TMD occurs, in many cases it is due to arthritis, dislocation and injury. The way your teeth fit together — your bite — could also be the culprit. As your dentist, I want to make you aware that there are ways to treat this condition based on your specific diagnosis.

Treatment could include modifying the pain through relaxation techniques or wearing a special night guard to prevent the teeth from touching while you sleep.

If you have been experiencing any of these signs or symptoms of TMD, please contact me at *office number* or mention it to me on your next regularly scheduled visit. You shouldn't have to live with chronic pain and, as always, our team is focused on caring for your needs.

Sincerely,

Dentist

Dry Mouth

Date

Patient

Street Address

City, State Zip

Dear *Patient*:

Many people suffer from dry mouth. This unpleasant condition may be caused by certain diseases and treatments, use of prescription drugs, even the aging process.

Saliva serves a purpose: it coats and lubricates the oral tissues, cleanses the mouth and neutralizes acidic and alkaline foods. If you have insufficient saliva over a period of time, it can lead to tooth decay and gum disease.

Some at-home treatments you may wish to try include drinking more fluids and using sugarless lozenges and artificial saliva. It's also important to have regular dental check-ups and to brush and floss daily.

Other ways to ease dry mouth include:

- Sugar-free gum or candy (to stimulate saliva flow)
- Frequent sips of water
- Alcohol-free oral rinses
- Restricting intake of caffeine, alcohol and carbonated beverages

Please schedule an appointment with us if you find dry mouth to be a problem. We can help to identify the source of your problem and get you started on an appropriate treatment regimen. Feel free to contact our office at *office number*. Again, thank you for choosing us as your dental care provider!

Sincerely,

Dentist

Oral Cancer

Date

Patient

Street Address

City, State Zip

Dear *Patient*:

Oral cancer is a disease that kills more people nationwide than either melanoma (skin cancer) or cervical cancer. Each year 31,000 people are diagnosed with oral cancer. Yet many people are unaware of the need for cancer screening and regular dental exams.

Cancer can affect any part of the mouth, including the lip or tongue. The incidence of oral cancer increases with age. Smoking and use of smokeless (chewing) tobacco, alcohol and poor oral hygiene also increase your risk.

Symptoms of oral cancer include:

- A persistent sore or irritation that does not heal
- The development of red and/or white lesions
- Pain, tenderness or numbness anywhere in the mouth or lips
- A lump, thickening, rough spot, crust or small eroded area
- Difficulty in chewing, swallowing, speaking or moving the jaw or tongue
- A change in bite

Periodic oral examinations are essential to maintain good health. During a dental examination, we can screen for pre-cancerous changes in your mouth and help detect cancer at a stage when it can be treated most successfully.

Please call us at *office number* to schedule an appointment for a dental examination. We want to help you eliminate your risk factors and maintain your oral health for a long, happy life. Again, thank you for choosing *practice name* as your dental care provider!

Sincerely,

Dentist

Periodontal Disease

Date

Patient

Street Address

City, State Zip

Dear *Patient*:

Chances are, you've been hearing a lot about periodontal disease. Most people don't realize how common periodontal disease, also known as gum disease, is. In fact, three out of every four adults have some form of this disease.

In most cases, periodontal disease does not cause any pain and goes unnoticed. However, early detection and treatment are extremely important. Gum disease is the leading cause of tooth loss in adults.

Periodontal disease occurs when plaque builds up and irritates the gum and bone, leading to inflammation and infection. The earliest stage of gum disease is called gingivitis. If left untreated, the condition can progress to the bone, called periodontitis.

Signs of periodontal disease may include:

- sore and/or bleeding gums
- tooth movement
- changes in your bite
- bad breath or persistent bad taste or
- gums that have pulled away from your teeth

In later stages of the disease, the bone and soft tissues that support the teeth are destroyed. This may cause the teeth to become loose, fall out or be removed.

For these reasons, it's important to schedule regular dental visits and to brush and clean between your teeth daily to prevent gum disease. Please call our office at *office number* to schedule an appointment at your earliest convenience. We'd like to help you keep your teeth and gums healthy for a lifetime!

Sincerely,

Dentist

Sensitive Teeth

Date

Patient

Street Address

City, State Zip

Dear *Patient*:

Is sinking your teeth into a spoonful of ice cream an unpleasant experience? The answer is a chilling *yes* for nearly 40 million Americans who suffer from sensitive teeth.

This periodic feeling affects people when they eat, drink or touch their teeth. At least one in seven adults suffers from sensitive teeth, mainly in response to hot or cold foods. Fortunately, dentistry can offer several simple and effective treatments for this uncomfortable condition.

Proper oral hygiene is the key to preventing gums from receding and causing sensitive-tooth pain. If you brush your teeth incorrectly or even over-brush, gum problems can result. Ask your dentist if you have any questions about your daily oral hygiene routine.

The first thing we need to do is rule out other possible dental problems. Next, we will advise you on several simple ways to reduce this discomfort at home.

If you have sensitive teeth, please give our office a call at *office number* to discuss your options and put an end to this annoying problem. As always, we appreciate you choosing *practice name* as your dental care provider!

Sincerely,

Dentist