



## When You Smile the World Smiles With You...

It is no surprise that a brighter whiter smile makes you appear younger and, more attractive. The mouth is also the gateway to the body, which means the care of your mouth affects your overall health.

It takes more than brushing and flossing to keep your teeth healthy.



Before



After

### Professional Guidance and Care

Seeking the guidance of a preventative minded dentist and team is of the utmost importance. Preventative care including dental cleanings, x-rays, oral cancer screening and examinations is crucial to keeping

### Understand your own health needs

It is documented that people who have suffered heart attacks, heart surgery or heart transplants are much more likely to have had dental problems. Chief among these is gum disease. With bleeding gums, patients are more apt to present bacteria into their blood stream from simple brushing or even eating crusty bread.

Diabetics, especially poorly controlled diabetics are at a higher risk of tooth loss and gum infections due to poor healing and dry mouth. Dry mouth issues are responsible for a multitude of dental problems. There are over 300 common medications that reduce saliva flow. Saliva becomes thick and sticky which causes plaque to become much harder to remove from the teeth, which in turn causes more gum infections and decay. There are products to help with mouth moisture and drinking copious amounts of water is recommended. Unfortunately, sucking on mints and lozenges or constantly sipping sugared beverages is not recommended.

### Improved Nutritional Habits

"If I could eliminate one consumption item from this earth in the name of dental health, it would be soda... sugared and diet." Comments Dr Koval. Sodas are carbonated with phosphoric acid, which is very erosive to enamel. When combined with sugar it becomes an even more toxic in causing rampant decay. Gatorade, energy drinks, and other acidic beverages also fall into this pH range. This does not mean that these drinks should never be consumed; rather they should be consumed with caution.

A tell tale sign of consumption of soda or acidic beverages is erosion which can appear like "melting" or thinning of the enamel. The teeth may become grayer. This is often seen in those that have gastric reflux. On a scale of 1-14, the pH of the mouth is generally neutral, which is 7. The pH of soda is 2-3, Gastric reflux 1-2, and battery acid 1.0. "If you wouldn't pour a soda on the hood of your car and leave it overnight, it is not a good thing to bath your teeth in it for extended periods of time", Dr. Koval instructs her patients.

your mouth in good health. Continuity of care is important so that subtle changes can be noted at each visit.

### Put Your Money Where Your Bite Is

It is very often that a patient will come in with a broken tooth. This is an excellent opportunity for the dentist to stop and be comprehensive visually. "Why did it break? Are other teeth ready to break? Is there a problem with how the teeth come together when they chew? Unfortunately teeth are often looked at one tooth at a time with little regard to total function. Patients often accept bites that are less than perfect with a newly restored tooth. Single teeth being treated over the years in different offices, with no blueprint for success, can compound the problem. The problem can be reflected in chewing only on one side, clenching, discomfort in joints, headaches, neck pain and, the list goes on.

Neuromuscular dentistry is an ideal position that allows the teeth and muscles of the face to work in harmony. "This is the position that people in pain or those wishing for better cosmetics can benefit greatly. It is a great plus to not only have pretty and healthy teeth but to see a more enhanced and relaxed full facial image after full mouth rehabilitation", states Dr. Koval.

We have entered into an era when the materials and technology to create replacements for our teeth are as close to natural teeth as we have ever seen. Lasers abound with increased efficiency and decreased discomfort in the dental office.

We invite you to explore the possibilities of what advanced dental care can do for you. For your complimentary cosmetic dental consultation, call Dr. Koval at 941-923-5406.

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