



WORD *of* MOUTH

A Dental Health Newsletter for the Patients of Dr. Jack Bottner

Wow! Time flies when you're having fun. I have been: a dentist at White Oaks Mall for the last 35 years, (with my dental assistant Renee for 34 years), teaching at Western University's dental school for 16 years in Endodontics and Oral Medicine, and have put on a few pounds and lost some hair all along the way! It's a privilege that I do not take lightly to have and serve such wonderful patients, some of whom I have known for many years now.

Very recently, my four dental operatories were painted with shades of purple (relating to the colors at Western University) to freshen up their appearance. More significantly, my computers and dental software were all replaced. Although initially we may struggle a little with the new software, it will soon enable us to provide a far better and more efficient service for you.

My family is again moving along in the dental field. Aaron, who got married in August 2017, is finishing school at the University of Toronto later this summer, and will be an Orthodontist. Daniel is finishing a one-year AEGD (Advanced Education in General Dentistry) program at the Eastman Institute in Rochester, New York, and expects to be returning to our office. Leah, did a one-year dental residency at Sick Kids Hospital in Toronto, is now working in a family dental practice in Toronto, and is getting married this summer. My wife Michelle, among many other tasks, is periodically helping at the office with the new computer software.

Thank you so much for your confidence in me and my staff. It is truly appreciated. Please know that we will always strive to provide you with the very best of modern care.

Sincerely,

Jack



Daniel, Aaron and Jack on Aaron's wedding day.



Like us on
Facebook at
Dr Jack Bottner

Visit us online for more information
DrJackBottner.com

Dr. Jack Bottner
519-686-6200
Open Monday to Friday
Evening appointments available.



White Oaks Mall Dental Clinic
1105 Wellington Road South,
London, Ontario N6E 1V4
www.drjackbottner.com

New Patients Always Welcome and Appreciated

How a Bruxism Mouth Guard Protects Your Teeth

By Jennifer Mitchell

Bruxism, which makes you clench and grind your teeth, is a very common condition. The National Institutes of Health (NIH) suggests as many as 20 percent of adults suffer from it, and it can be very damaging if not taken care of. To keep your teeth safe, your dentist may recommend a bruxism mouth guard.



HOW BRUXISM DAMAGES YOUR TEETH

When you regularly clench and grind your teeth, you subject them to levels of force that, according to *Dentistry Today*, can reach the equivalent of more than 500 pounds per square inch (psi). When you chew a raw carrot, for instance, you only exert a force of about 28 psi.

Because your teeth aren't meant to handle the forces bruxism can generate, you can end up with worn or cracked enamel, which in turn leads to tooth sensitivity. If this happens, your dentist may recommend a toothpaste such as Colgate® Sensitive Prevent & Repair™. Keep in mind these forces can also damage restorations, bridges or dental implants.

HOW THE GUARD IS MADE

Getting your new mouth guard is a simple procedure. Your dentist will take an impression of your teeth, then send the resulting mold to a dental laboratory. This facility will create a custom-fitted acrylic mouth guard based on your impression, and once it's ready, return it to your dentist for your appointment to try it in. Your dentist will check the fit of the mouth guard and make any necessary adjustments before you take it home.

HOW WELL DO THEY WORK?

Well-fitting mouth guards reduce the effects of clenching and grinding, explains the NIH, but they may not break the habit itself. You may find you still clench while wearing the mouth guard (which is OK; that's what it's for), or that when you take it out, you start clenching again. If you damage the mouth guard by grinding your teeth against it, it may still need to be replaced to keep working effectively.

Bruxism can cause serious damage to your teeth, so if you suspect you're clenching or grinding, see your dentist right away. He or she can provide you a bruxism mouth guard to keep your teeth safe from the worn enamel and damaged restorations that often result.

