

From Your **DENTIST**



Dr. Renee Maikon

Dr. Amy Stodola



Jody Anderson
Dental Hygienist

Stephanie Loberg
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Dental Hygienist

Brenda Buscher
Dental Assistant



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Office Information

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Office Hours:

Monday-Thursday7am to 6pm
Friday..... 8am to 12pm



Family SmileCare Center, PLC

Newsletter Fall 2009

Our Mission: Helping you keep your smile for a lifetime.

Do You Have a Cracked Tooth?

When you bite down, you feel sharp pain. It quickly disappears, and perhaps you ignore it. You avoid certain foods or chew only on one side of your mouth. Does this sound familiar? If so, you may have a cracked tooth.

How can you tell if a tooth is cracked?



Crack widens
when pressure
is applied

Hairline Crack



It can 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 and be invisible to the eye or even an x-ray. We will check your bite, apply pressure to your teeth, or place something cold on the teeth to determine which one is giving you your symptoms.

Why does a cracked tooth hurt?

It hurts 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 closes. Even if the crack is microscopic, the pulp; in the tooth can be irritated when the crack opens thus making it sensitive to temperature.

How is a cracked tooth treated?

Depending on our findings and the severity of your symptoms, the treatment may vary from a bonded restoration to a root canal treatment. The most common treatment is a full coverage crown, which covers the crack and protects it from the pressures of eating and the changes in temperature.

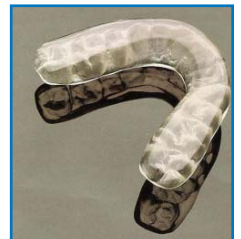
Do You Grind Your Teeth?

Do you sometimes find yourself clenching your teeth? Do you have sore jaws or headaches? Did we mention at your last dental visit that you are showing wear or crack lines on your teeth? We hear many times from patients, "I know I don't grind my teeth". You may not realize that you have a condition called "bruxism", a habit of grinding or clenching your teeth. Many people are unaware that they grind their teeth because they do it while they sleep.

Pressure from grinding can cause cracks or fractures in the teeth. As the tooth enamel is worn away the underlying layer of dentin may be exposed. This causes the tooth to become sensitive to temperature changes and pressure.

Why people grind is not really known. Children may grind their teeth to relieve pressure from colds, ear infections, allergies or other ailments. Adults may grind due to stress or problems sleeping. Regular dental checkups are important to detect damage in early stages.

Based on our clinical findings, we may recommend a night guard that is usually worn over the upper teeth while sleeping. A custom-made appliance is made of very thin but strong acrylic that fits your teeth exactly. This guard prevents contact between the teeth. This will not stop you from grinding but will take the grinding pressure and you wear out the night guard instead of your teeth. This device is a proactive way of keeping your teeth healthy and less costly than waiting until a tooth is fractured and requires extensive treatment.



Night Guard

Visit our website for other information about our office.

www.familysmilecarecenter.com



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**CORRECT
 INDICIA
 WILL BE
 ADDED BEFORE
 PRINTING**

News From Your Dentist



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invisalign

*Do You Like Your Smile?
 Do You Wish They Were
 Straighter or Spaces Closed?*

We are offering Invisalign as an alternative to traditional braces.

What is Invisalign?

- Invisible way to straighten your teeth without braces.
- Series of clear, removable, custom-made aligners.
- Uses no metal wires or brackets.
- Custom-made for comfort.

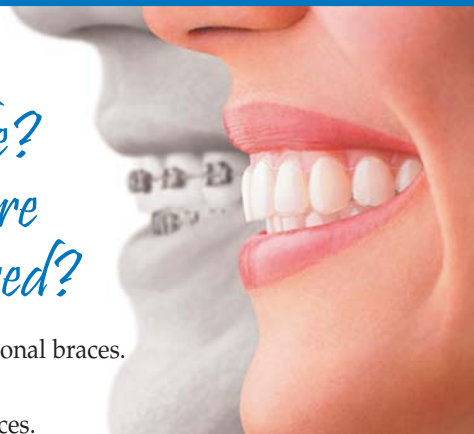
How does Invisalign work?

- Wear each set of aligners for about 2 weeks.
- Remove only to eat, drink, brush, and floss.
- Your teeth will move gradually each week.
- Office visits once a month.
- Total treatment time about a year.

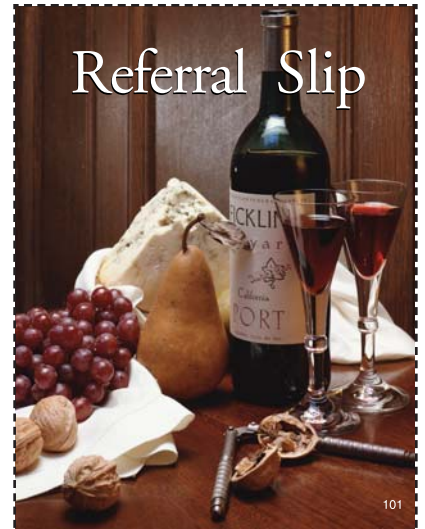
Invisalign treats teeth...

- That are too crowded.
- With spaces between them.
- That have shifted after wearing braces.

Invisalign can help you get the great smile you've always wanted – call us today for a free consultation.



Referral Slip



We would like more patients like you. Please refer us to your family, friends & co-workers and we will **THANK YOU** with a gift.

Have them call for an appointment

362-8657

After their first visit, we will contact you to choose:
 \$50 toward your next dental visit or
 \$50 to Biaggi's or Granite City or a
 \$50 BP Gasoline card

Thank you from
 Family SmileCare Center!