

From Your **DENTIST**



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Family SmileCare Center, PLC

Newsletter Fall 2012

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

Understanding Jaw Pain and How to Treat It



DO YOU HAVE PAIN IN YOUR FACE, JAW, OR TEETH? Do you have trouble chewing? Does your jaw make clicking or popping noises? These symptoms can be caused by **temporomandibular disorders (TMD)**. This term describes a group of problems related to the temporomandibular joint (TMJ) and nearby muscles.

What is wrong?

TMD causes many kinds of symptoms. That is part of the reason why it can be hard to diagnose. You may have headaches, tooth pain, or muscle aches. Your pain may be constant or come and go without any apparent reason.

TMD-related problems include:

- Tight muscles
- Joint inflammation
- Joint damage
- Teeth grinding or clenching

What can be done?

Treating TMD symptoms may require many healthcare providers. This team starts with us, Family SmileCare Center. We begin with a thorough examination.

Depending on the type of problem you have, your treatment plan may include:

- Temporary diet changes
- New habits for managing stress and maintaining the health of your jaw
- Medication to reduce pain and inflammation
- Physical therapy to reduce pressure on the joint and restore function
- Dental treatment may include a bite splint

You may be referred to your physician, physical therapist, oral pathologist, or other specialists for additional treatment.

What can you do?

When injured, the TMJ and related muscles need time to heal. That is why self-care is so important.



- Eating with care: choose soft foods, avoid biting into hard foods, and cut up your foods first
- Use Ice and Heat: ice helps reduce swelling and pain while heat relaxes muscles and increase blood flow
- Avoid triggers: avoid hard or chewy foods, support your jaw when yawning, and avoid nail biting, yelling, and contact sports
- Support your head and neck: use a headset at work, take frequent breaks, keep your head in a neutral position, and have a supportive pillow while sleeping

Maintaining your joint health is a life long process. Listen to your body, try to manage stress, stay active, and keep us informed. Working together, we can find the best treatment for you.

Visit our website for other information about our office.

www.familysmilecarecenter.com





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Differences Between OTC Mouth Rinses

There are two types of mouth rinses: cosmetic and therapeutic. A cosmetic rinse has no active ingredients and just tries to freshen your breath. Scope is an example.



Therapeutic rinses have active ingredients.

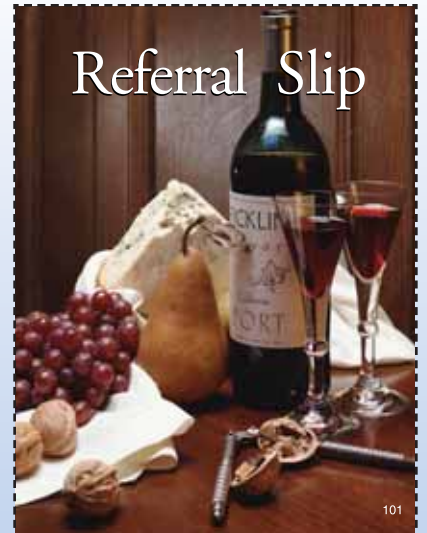
Anti-cavity rinses contain fluoride. They help prevent cavities and sensitivity. ACT and Listerine Total Care are examples. Listerine Total Care has fluoride.

Anti-plaque or anti-gingivitis rinses contain essential oils that kill bacteria. Examples are Listerine Antiseptic and Crest Pro Health – but avoid the blue kind because it can stain your teeth.



Finally, we recommend Biotene rinse for those patients with dry mouths. Dry mouths are more prone to cavities; therefore, trying to increase the moisture in your mouth will help prevent cavities.

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

To be eligible, the first visit must be a comprehensive exam and x-rays. Title XIX exclusions apply.

Thank you from
Family SmileCare Center!