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888-SMILE UPDATE

TEAM UPDATE

I'm very excited to introduce you, our valued patients, to our incredibly caring team. Our team is very tight and we have daily meetings discussing how we can best serve our individual patients like yourself. Our superb team consists of:

Adriana: an exceptional person and the leader of our team. In addition to managing the team, she also covers phones and patient checkout. Adriana amazes me the way she maintains her charismatic and caring nature throughout the day. Her premium customer service background in dentistry is hard to match. We are lucky to have her. Ask her about her soon to be new additions to her family.

Nita: our lead dental assistant and just an amazing person. She is one of those people who is hard not to love. Her positive energy and quirky sense of humor keeps everyone smiling. She always has funny stories to tell about her son Zach.

Linsey: our primary hygienist who has grown with us over the last year. Her ability to identify periodontitis (the number one cause for tooth loss) at an early stage is extraordinary. Linsey is here M,T,W, & F. You will find Linsey to be very educational and helpful with your oral hygiene needs. Linsey's professionalism and warm-hearted delivery will make your hygiene visits very comforting. Do not forget to ask her about her wedding in October.

Heather: our part-time hygienist, here mainly on Thursdays. She will fill-in on M,T,W, or F as needed. Heather's dedication to providing our patients the best hygiene care possible is extraordinary. She loves what she does and is always trying to improve the comfort level of our patients.

Lorissa: the new face you will notice while she does her dental assisting internship with us. Some of you may have met her already.

WE WISH ALL OUR PATIENTS AND THEIR FAMILIES A HAPPY, HEALTHY, & SAFE HOLIDAY SEASON!

Visit us online at: www.888-SMILE.com

Don't forget to leave a message for Dr. Wexler & team on the office answering machine for non-emergencies. For emergencies leave a message on his cell phone, 520-991-3453.

We appreciate all of you as patients. The greatest compliment you can give us is letting your friends know about us.

Tooth Eruption and Loss in Children: When to Be Concerned

Many of you have come to me with concerns about when your children's teeth should be coming in or falling out. The average age range for a baby to cut his/her first tooth is between 6-10 months. With that said, my oldest daughter, Lily didn't get her first tooth until she was 14 months old. Yet, at age 6, she was one of the first in her class to lose her 1st baby tooth. There is no correlation between when baby teeth erupt and when they will shed. I have had patients not lose their first tooth until they were 9 years old. Others have 18 month old babies still waiting for those little bottom teeth to appear. Use the **Primary teeth** chart below only as a guide on the sequence of teeth eruption/shedding. Keep in mind the ages could be plus or minus 6-12 months.

Another parent concern I hear is when a permanent tooth starts to erupt before the baby tooth sheds. This frequently occurs with the lower front teeth. If the baby teeth are loose and you are still within range of the chart below, give it another 6 months and a little wiggling of the baby tooth before being overly concerned. It is unlikely that this will affect your child's need for braces. The majority of orthodontic issues are due to uncontrollable genetic factors. Don't hesitate to call me anytime with questions related to your children and their teeth. I'm happy to assist you.

Primary teeth	Erupt	Shed
Upper teeth		
Central incisor	8-12 mos.	6-7 yrs.
Lateral incisor	9-13 mos.	7-8 yrs.
Canine (cuspid)	16-22 mos.	10-12 yrs.
First molar	13-19 mos.	9-11 yrs.
Second molar	25-33 mos.	10-12 yrs.
Lower teeth		
Second molar	23-31 mos.	10-12 yrs.
First molar	14-18 mos.	9-11 yrs.
Canine (cuspid)	17-23 mos.	9-12 yrs.
Lateral incisor	10-16 mos.	7-8 yrs.
Central incisor	6-10 mos.	6-7 yrs.

Dr. Wexler earned his Bachelor of Arts in biology from the University of Colorado, Boulder. He returned to his hometown of Chicago, Illinois to attend the University of Illinois at Chicago Dental School earning a Bachelor of Science in Dentistry in 1996, and his Doctorate of Dental Surgery in 1998. While there, he was awarded the *Best-Of-the-Best Award for Excellence in Prosthodontics*.

Dr. Wexler enrolled in an Advanced Education of General Dentistry residency at El Rio Health Center in Tucson. He and his wife, Allison loved the Tucson area so much that they decided to stay. Dr. Wexler opened his dental practice, as their family grew.... They have three beautiful daughters, Lily (8), Bella (6), & Sage (1), as well as their beloved adopted pets; Frisco & Reggie their dogs, and Violet their cat.



888-SMILE UPDATE



Please help us serve our patients better by giving us at least 48 hours notice for any changes with your appointment times. This not only will avoid a \$50 cancellation fee, but will allow us time to fill our busy schedule with patients waiting to get an appointment.

Some of you have commented on why it is okay for us to call you asking to change your appointment time, sometimes the same day. These calls are done as a courtesy in order to avoid you from possible extended waiting time due to an uncontrollable emergency with another patient. If you prefer to keep your scheduled time, please let our caring team know.



Are you unhappy with your smile, or even embarrassed? Have family members made you uncomfortable about how your teeth look? Call our office at 888-SMILE for a free cosmetic consult. We will customize a treatment plan for you by utilizing our "Smile Book" and spending time discussing your dream smile. Let us put a smile on your face with the latest advances in dentistry.

YOUR SUGGESTIONS WERE HEARD!

1. We have changed our office hours to include 2 Fridays per month. Call for a yearly schedule.
 2. For the 3rd straight year we have not raised our fees and do not plan on raising them in 2010.
- Please keep on utilizing our suggestion box in the lobby. The only way we can address your concerns is if we hear about them!

ASK US ABOUT OUR NEW IMPROVED REFER-A-FRIEND PROGRAM WHERE YOU CAN EARN VALUABLE GIFT CARDS

Did you know.....

- 80% of the population has some form of **periodontal disease (gum disease)**. Gum disease has 2 major forms: gingivitis & the more severe periodontitis. Periodontitis is a very serious dental disease and the major cause for tooth loss and loose teeth. Both periodontal diseases are linked to specific bacterial infections, but gingivitis is the only one that can be cured. Gingivitis involves bleeding gums, whereas, periodontitis involves the loss of gum tissue and/or bone surrounding the teeth which will never grow back. Stress, smoking, hormonal changes, poor nutrition, medications, and systemic diseases (diabetes, autoimmune diseases, etc.), amongst others are factors that can increase your risk of periodontal disease. Patients with periodontal disease are at higher risks to various other diseases and health problems including stroke, low birth weight babies, cardiovascular diseases, preeclampsia, preterm labor, respiratory diseases, and others still unknown. Keep in mind, periodontal disease is normally a chronic disease process, which much like cancer, goes in and out of remission. Proper homecare and regular suggested dental visits will help us properly treat and keep your periodontal problem in remission.
- **Dental Insurance** is not really insurance at all. It is actually a money benefit typically provided by an employer to help the employee pay for routine dental treatment. The employer buys a plan based on the amount of the benefit and how much the premium costs per month. **Most dental benefits are designed to cover only a portion of the total cost.** If you are unhappy with your dental benefits, it is best to talk to your human resource department or employer to possibly change plans. **DON'T FORGET TO MAXIMIZE YOUR 2009 DENTAL INSURANCE BENEFITS BEFORE YOUR OCTOBER OR JANUARY DEADLINES IN ORDER TO AVOID A SMALLER TREATMENT NOW TURNING INTO A LARGER, MORE COSTLY, TREATMENT LATER!**
- **Xylitol** chewing gum can help fight cavities? Xylitol is a natural occurring sweetener found in strawberries, raspberries, and some mushrooms. You can now find it in chewing gums like Trident and Orbit. It works by decreasing the acidity of your saliva so it slows the destruction of your teeth. It is best to chew after meals and only if you don't suffer from TMJ problems.
- **Note,** Dr. Wexler continues to take courses and investigates new technologies to better serve our patients. We are proud to offer our patients laser cavity detection via the **Diagnodent**, oral cancer screening via **Vizilite**, and **Digital X-rays to reduce radiation by as much as 80%!**

WHAT EXACTLY IS BRUXISM?

Bruxism is a term we use in dentistry to describe clenching and grinding of your teeth that can lead to destruction of the dental and surrounding tissue. Oftentimes, bruxism occurs unintentionally in our sleep and can lead to facial or dental pain. Bruxers may also bite their fingernails, pencils/pens, and chew the inside of their cheeks. Unfortunately, bruxism usually goes undiagnosed until it is too late because so many people do not realize they have the habit.

Bruxism sufferers tend to have certain types of personalities. They may have nervous disorders or just plain old stress. Bruxism can also be due to faulty occlusion where your teeth do not come together correctly. Pain, anger, and frustration can lead to the beginnings of a bruxism habit. Those people with competitive and fast paced lifestyles may also be at greater risk for bruxism.

Signs of bruxism occur over a long period of time, Your dentist or hygienist may make you aware of various signs including, but not limited to tongue indentations, tips of teeth which are flat, gingival recession, periodontal disease with or without signs of bleeding, jaw pain due to clicking and popping of the temporomandibular joint (TMJ), cold or chewing sensitivity in your teeth, and severe destruction and wear of your tooth structure leading to sensitivity.

During a routine exam, Dr. Wexler and his hygienists will check for physical signs of bruxism. If seen as a potential problem, Dr. Wexler will discuss the concern with you, and he may even discuss how to identify the habit so you can work on breaking the habit yourself. Sometimes once you identify the habit yourself, you can learn to control it. Other times, Dr. Wexler may discuss a custom made night guard or splint to help prevent future damage to your dentition.

Does Your Spouse Keep You Up at Night From Snoring?

Dr. Wexler would be happy to discuss with you how a **Silent Nite** snore-guard will allow both you and your spouse a peaceful night of sleep.