

# Teeth Perception and the Frequency of Smiling

By Brenda Silva

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For some Vero Beach residents, the most dreaded phrase in the English language is “Smile – say cheese!” It’s often these same people who turn down party invitations or who seem to disappear whenever photos are taken to mark special occasions. However, it isn’t always dental issues that have people avoiding their smile, but rather, in many cases it’s cultural differences that can dictate the appropriateness of smiling.

Throughout the world, teeth play an important role in our lives – for biting and chewing, as well as in overall hygiene that can affect the rest of our bodies. In some countries, dental offices do not exist and any dental issues are ultimately resolved by the loss of the teeth in question. At the same time, other countries have many dental offices with people afraid to visit a dentist due to various reasons. It makes one imagine what would happen if dental patients from both countries were placed in opposite circumstances.

Our smiles, whether toothy, closed or reserved, are often the first thing we present when meeting someone in Vero Beach for the first time. A smile is one of the only universally understood methods of communicating among humans, and has even been a subject for study with regard to babies, as well as animals. But in some countries, a smile isn’t the first thing or most frequent thing associated with a particular group or race of people, just as certain perceptions still exist about dental hygiene among some areas of the world.

As a well-known example, an often-used staple of comedians is the alleged “bad teeth” supposedly found throughout the UK. The British have acknowledged this rumor to a certain degree, and have said they find cosmetic surgery for teeth to be shallow, self-absorbed, and a bit like Americans who tend to have body parts tucked, nipped, and fixed whenever possible. But do the British people smile very often? In a recent survey, the answer is an unqualified yes – unlike in countries where smiling is less prevalent and often covered, as in Japan, or considered suspicious, as in Russia.

The bottom line is that no matter whether people in Vero Beach avoid smiling for dental reasons or cultural ones, there are still many ways to initiate communication and friendship among us. Ultimately, once any personal or cultural barriers have been removed and new relationships begin, the smiles will be sure to follow.



# The Straight Talk on Orthodontics

By Brenda Silva

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When comes to having a perfectly straight smile, the world of orthodontia offers many options for Vero Beach patients of almost every age. Within these dental options, comes an equally vast array of treatments that allow for a wide range of budget limitations. As such, in today's society, there appears to be little standing in the way of achieving a beautiful and healthy smile that, when properly cared for, will last for many years.

Often considered a luxury industry, much like plastic surgery, orthodontics has been around for many years. However, it was traditionally only the children of dentists and well-to-do families that were seen with the original metallic braces in their mouths due to treatment and material costs. Luckily, today's Vero Beach orthodontic options are more affordable, with many allowing for less treatment time, along with individualized payment plans that are sure to meet any budget.

Yet in spite of all the advances in the field of orthodontia, some insurance companies still consider orthodontics outside the scope of routine dental procedures covered by insurance policies – deeming it to be an elective option that isn't a necessity for individual dental health. However, orthodontists and dentists tend not to agree, and assert that crooked teeth and imperfect bites allow food and bacteria to become trapped and inaccessible to proper brushing and flossing. The results can begin with gum disease, and later evolve into medical issues such as bacteria in the bloodstream, that can develop as an effect of the initial gum disease.

Skilled orthodontists are well aware of problems that begin in the mouth that can later have devastating effects on the rest of the body. This is one reason parents are encouraged to have young children screened early as a way to predict potential dental issues, and plan ahead with treatment options. Proactive parents not only assist their child's dental issues, but also contribute to the overall well being of the child by preventing the possibility of diseases occurring as the result of dental neglect.

It seems the societal stigma of having a “metal mouth” or “tin grin” has all but disappeared with more people opting for updated orthodontic options including Invisalign clear teeth straightening. For Vero Beach dental patients who choose Invisalign, many agree the most important thing to remember is not any discomfort experienced now, but rather, the dental benefits and increased self-confidence that will last a lifetime.



# The Importance of Oral Health in Older Adults

By Brenda Silva

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As medical statistics continue to prove that oral health is closely related to overall health, one age group that appears more affected than others is older adults. As age-related changes take place in the mouth, these dental changes require specific considerations in the oral health of older adults. Unfortunately, oral health can fall by the wayside in older adults which is why at Cromer & Cairns Dental, we encourage our Vero Beach dental patients to be proactive in the care of their teeth and gums, which can offset a host of dental problems linked to inefficient oral care.

Because poor oral health can compound with other health considerations, especially in older adults, maintaining a stable oral care regimen is crucial to ensure overall good health. Among the reasons why oral health should be of particular importance for the elderly is a potential for infections to become deadly, as well as an increased risk for disease. In addition, some of our Vero Beach dental patients at Cromer & Cairns Dental take more than one medication, which can cause dry mouth. If left untreated, this can often lead to gum disease and cavities.

When it comes to the overall health of older adults, there are many common conditions and diseases specifically linked to dental health. However, maintaining a good oral health routine can help older adults treat and possibly eliminate instances of certain illnesses. Some of the most common ailments directly linked to poor oral health practices include pneumonia, diabetes, heart disease, oral cancer, and high blood pressure (hypertension).

With the potential for negative whole-body consequences, proactive oral care for older Cromer & Cairns Dental patients in Vero Beach is an easy way to prevent problems before they begin. Some of the best tips for healthy teeth and gums include brushing your teeth twice a day, flossing daily, cleaning your dentures every day, and stopping smoking and/or using chewing tobacco.

Additional considerations for older dental patients should include regular dentist visits, which examine your teeth and identify any problem areas before minor issues become worse. At the same time, dental cleanings serve to remove plaque build-up, which if not removed, can lead to an excess of bacteria in the mouth that can potentially cause a host of additional health problems once it moves into the bloodstream and body.

Even though elderly dental patients tend to have more oral health issues than younger dental patients, the key to preventing serious dental issues in later years is developing a consistent oral health routine and maintaining it on a daily basis. At Cromer & Cairns Dental, we look forward to getting to know every patient and smile that comes through our door in Vero Beach.



# Regular Dental Cleanings and Good Oral Health

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Most people know that dental cleanings are an important part of preventative oral care routines. Unfortunately, there are also a lot of people who neglect their dental cleanings, assuming it's not a necessity because they brush regularly. What these same people may not realize is that dental cleanings are done by trained dental hygienists who skillfully remove tartar and plaque in ways that are unequaled by brushing alone. This is just one reason dentists like those at Cromer & Cairns Dental in Vero Beach recommend that patients have their teeth professionally cleaned twice a year.

The importance of dental cleanings cannot be stated enough by dentists and dental hygienists as these cleanings are the first step in healthy oral care. Complemented by regular brushing and flossing, dental cleanings serve to remove hardened plaque, tartar and stubborn stains that can remain resistant to many toothbrushes. In addition, dental cleanings can detect the initial signs of gum disease, oral cancer and other problems that can become much worse when regular cleanings are neglected by patients.

At Cromer & Cairns Dental, we understand that appointments for dental cleanings in Vero Beach sometimes need to be cancelled for various reasons, but they should always be rescheduled as soon as possible and never overlooked or forgotten completely. Our caring dental staff firmly believes that a neglected dental cleaning appointment creates an opportunity for a minor dental issue to become a major oral problem. Patients who skip dental cleanings risk developing cavities and tooth decay, gum disease, oral cancer, bad breath caused by tartar, plaque and bacteria, and the possible loss of teeth in more serious cases.

There are several studies that have shown a link between poor oral health and its effects on a person's overall medical wellbeing. Many complications of cardiovascular disease, diabetes, high blood pressure and numerous other conditions have all been traced back to bacteria that originate in the mouth and find its way into the bloodstream to cause further health issues. However, when dental cleanings are maintained, much of the responsible bacteria is removed, preventing it from spreading throughout the body.

For any Cromer & Cairns Dental patients who have neglected their dental cleanings in Vero Beach, it's never too late to get back on schedule and take control of your oral health. With the start of 2021, now is a great time to make a dental cleaning appointment with one of our friendly hygienists who can pick up where you left off since your previous visit to our office.

Ultimately, routine dental care can only benefit you and your future dental health. By making sure you visit your hygienist twice a year, you are extending the health of your smile.



# Composite Bonding – Repairing minor issues for major smile improvement

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Among the many procedures offered by dentists, they are traditionally related to aesthetics, such as veneers or teeth whitening, or necessity, such as tooth extractions or dental fillings. With composite bonding, it falls somewhere in between both types of procedures as it's designed to repair minor chips, cracks or spaces in teeth, yet it also serves to improve the appearance of your smile. At Cromer & Cairns Dental, many patients in Vero Beach have benefited from composite bonding – both in their new smile and also in an increase of their self-confidence.

Composite bonding comprises the practice of using a plastic or composite resin to repair minor chips or cracks on teeth. Because of the pliability of materials, the talented dentists at Cromer & Cairns Dental are able to mold it into any shape. Once the dentist is happy with the appearance, they use a light to set the bonding, hardening it in place. After that, our dentists can ultimately polish it into any shade to match the existing teeth and smile of composite bonding patients at our Vero Beach office.

Most people realize the importance of going to the dentist to keep our teeth healthy in oral hygiene and appearance. In today's dental industry, advances in technology and improvements in options and procedures have made it possible for every patient to have a more attractive smile, regardless of any genetic flaws. However, with age teeth can become yellow or worn down for a number of reasons, despite good oral hygiene. When this happens, the importance of what composite bonding can do becomes apparent to many of our Vero Beach patients at Cromer & Cairns Dental.

When considering the advantages of composite bonding, there are many, but perhaps none more valuable than an improved smile. Insecurities about how teeth look are often the cause of embarrassment and lower self-confidence, so having a great smile goes a long way in feeling good about your appearance and can make a world of difference in anyone's life.

At Cromer & Cairns Dental, we feel there's no need to go through life constantly trying to hide your teeth or cover your mouth when you laugh because of the embarrassment you might feel about your teeth. Composite bonding is a safe, pain-free, and affordable way to remedy these insecurities. Many people have composite bonding procedures and are rarely disappointed in the results. If you've been suffering from embarrassing imperfections in your smile, let our staff of dental professionals help create a smile that you'll be happy to show for many years.