



Happy Mother's Day

Fred Dreher, DDS: 410 Rowland Street - Ballston Spa, NY

[Our Web Site](#) | [Contact Us](#) | [Refer a Friend](#)

May 5, 2011

Greetings advanced from Fred Dreher, DDS

We want to wish all the wonderful Moms out there a very Happy Mother's Day. Hopefully we will have some nice weather so we can all get outside and soak up a little natural Vitamin D!

Enjoy your weekend, everyone!

All Porcelain Crowns

For those of you who have had the joy of extensive dental work, you are familiar with what a crown looks like. They are essentially caps that are placed over your teeth and are a sort of "last resort" for a tooth that has too much damage for a normal filling to fix. In your father's day, technology was such that these special tooth caps had to be made of metal with a simple porcelain overlay to mimic the look of a normal and real tooth. But the metal underneath caused the crown's look to worsen considerably over time.

Some of you may have this type of crown or have seen it in others. The aging of the crown can be seen even just while talking as metal is exposed at the gum line or in the way the color or stain of your crowned tooth just doesn't match the rest.

But the dark ages are over and no one needs to know which of your teeth have crowns just by casting a glance. New technology is now available. Cosmetic dentists can now offer you all porcelain or all acrylic crowns. These crowns do a much better job of being inconspicuous among the rest of your teeth and give off a much more natural look.

If you are interested in replacing your old crowns or are in need of crowns for the first time, speak with us to find out if all-porcelain crowns can be a good fit.

Less time in the Chair with CEREC Crowns

Get a new crown in just one day, thanks to the new technology from CEREC.

Occasionally tooth decay requires more than a filling; it requires a crown. Traditionally a patient needing a crown comes in for an initial visit, gets an impression taken of their teeth, and has a temporary crown placed on the needy tooth. Their tooth impression is sent to a dental lab and up to 2 weeks later a ceramic crown is ready and a second visit is required.

However, thanks to CEREC's new technology, computer images are generated and a new crown created in a milling machine right in our dental office. We bake the porcelain crown in a small oven onsite and check to make sure it's a perfect custom fit. The dentist can then cement the crown permanently. The new computer technology shortens the process of new crowns into just one visit, requiring only one numbing.

Please be advised that a Cerec crown is not appropriate in all cases. I will always recommend what is the best-option treatment for your specific needs!

Pankey- How you eat can lower risk of tooth decay.

Slowly sipping soda or juice all day could be worse than eating a candy bar, because the longer sugar stays in contact with teeth, the greater the risk for dental caries. Tooth decay starts when bacteria, which live in plaque on teeth, feed off the carbohydrates in food and produce acid in the mouth, which erodes the tooth enamel. Foods high in carbohydrates -such as cookies and candy or high in acid such as fruit juices and sodas - present the greatest risk to dental health.

There are a number of low-acid nutrients that reduce the risk of a particular food; such as protein, fat, phosphorous, and calcium. These low-acid nutrients prevent acid build-up in the mouth, resulting in less tooth decay.

Foods such as milk and nuts are "low-risk" foods, not only because they are low in sugar and high in protein, calcium and phosphorous, but because of their non-sticky texture. (However, remember that you should never put your baby down to sleep with a bottle of milk or juice - water only!) Other low risk snack foods are low fat cheese, raw vegetables, crunchy fruits and popcorn.

When eating sugary foods (hopefully infrequently), consume them rapidly. High carbohydrate foods should be in contact with your teeth as little as possible. If you must drink sugar laden beverages, do so with meals rather than sip them slowly throughout the day. Keep in mind that eating sticky foods puts teeth at a greater risk for dental caries because the food is in contact with the teeth longer. For example, sticky raisins can sneak into tooth crevices and encourage the growth of bacteria.

Nutrition experts at Tufts University in Boston report that eating high protein and calcium food before sweets could minimize the effect carbohydrates have on acid production in the mouth.

Clean your teeth at least three times a day. Better yet, do so after every meal and snack. When you have eaten and have no way to brush, chewing sugar free gum (especially Xylitol-sweetened) will stimulate saliva, thus neutralizing acids and washing away food particles.

Again, Happy Mother's Day!

Have a great day!

Fred Dreher, DDS