

Ask The Dentists

What your dentist really wants you to know but has not told you! This month's column is going to be a bit different than our normal columns. As a fourth generation dentist that has been practicing 27 years and part of a dentist family that has served Milwaukee for 93 years and counting I have some perceptions and facts that may just help you!

Patient: I didn't come in because I didn't have dental insurance.

Response: Waiting for dental insurance while conditions get worse, more painful and more expensive is not helping you and can be making your oral health far worse! Insurance companies pay about \$1000 per year which is the same amount they paid in the 1960's. I tell all my patients to work out a financial arrangement and have needed work done ASAP to avoid pain and more expensive treatment later. With 24 month interest free financing there is simply no reason to wait to have needed dentistry.

Patient: I drink a lot of soda and have switched to apple juice!

Response: Sugar is sugar and juices, sodas, sports drinks and sugar infused coffee drinks are creating an epidemic of decay, obesity, diabetes and it needs to be addressed. I have patients that drink 3 two liter Mountain Dew's per day! I see kids with teeth that require root canals or extractions and people need to know that milk, water and zero calorie beverages should be what is ingested-not soda and juice. Certainly a smoothie with kale, beets, and limited fruits is healthful but water is the king of all drinks for optimal health. Parents do not have soda in your house and you will save thousands of dollars in dental care for your kids.

Patient: Do I really need my teeth replaced when they are pulled if they are back teeth?

Response: YES! Teeth all share an equal load for chewing. Loss of a tooth or teeth leads to overload of the remaining teeth! That means that losing a tooth on the left can lead to heavier chewing on the right with possible chipping or cracking of remaining teeth. Also teeth shift, move and can lead to a bad bite that leads to other bite related issues. Lastly, when teeth are lost bone is lost!

If you want a dental implant the time to discuss it is before the tooth comes out so that socket grafting can be



Drs. Richard and Bruce Winter

performed so there is a nice bed of bone for a dental implant. Tooth loss without replacement leads to enlargement of the sinuses, bone loss at an accelerated rate and may lead to the need for more extensive grafting prior to getting a dental implant. Ask your dentist about what the plan is for tooth replacement before you lose a tooth! Lastly, don't wait to go to the dentist! If you have implant questions, cosmetic questions or bite related problems the best time to address it is now!

As an advanced reconstructive implant and cosmetic dentist I can offer you solutions to improve your health at a pace you can afford. Please see our videos, testimonials and articles at www.hamptondentalassociates.com. Like us on Facebook!

Yours for the best dental health!

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