

# Dental *focus*

## Holistic dentistry for total health

*By using porcelain inlays and onlays, we can preserve a large amount of natural tooth enamel and restore your remaining tooth with the most biocompatible material available.*

## Restoring Your Problem Tooth: Inlays and Onlays

With autumn comes falling leaves, brisk winds, and fun fall activities such as football, basketball, trick-or-treating, sipping hot chocolate, and apple picking (with endless baking!). And in some cases, these activities can lead to a quick trip to the dentist for a chipped tooth or a cavity.

When you come to our office, you count on us to fix your tooth quickly and effectively. You also count on us to use only the best, most compatible materials to restore your teeth – that's our job as a holistic dental practice.

Porcelain inlays and onlays are my restoration of choice when a patient comes in with a problem tooth. Inlays and onlays require the least amount of cutting of the tooth and enamel. Saving the natural enamel is vitally important - since enamel is the hardest substance in the human body, preserving any amount adds to the overall strength of the tooth. Plus, the less foreign material you have in your teeth, the less likely you are to have problems with biocompatibility!

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## CAD/CAM Technology

Computers are becoming a big part of making dental restorations such as inlays and onlays. CAD/CAM technology (computer-assisted design/computer-assisted manufacture) allows for the immediate creation of all-ceramic restorations, right our office! Your cleaned and prepared tooth is scanned with a camera that creates a three-dimensional computer image of the tooth. Dr. Garcia then creates a custom restoration right on the computer screen. The image is sent to a milling machine in our office, which mills the inlay or onlay out of a small block of porcelain. It's then ready to cement into place!

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## Fun Halloween Treats

Halloween is just around the corner. What will the excited little ghosts, goblins, and witches get in their trick-or-treat bags when they knock on your door October 31?

To most kids, Halloween means candy, and lots of it. But Halloween candy – as well as any sticky, sugary food – can easily promote tooth decay. So instead of giving out sugar-laden treats this year, look for other fun and inexpensive goodies at your local grocery store, party goods store, dollar store, or food warehouse. (Or try an online novelty store like Oriental Trading Company.) Here are some great alternatives:

### Healthy Snacks

- Single-serving bags of organic trail mix
- All-natural 100 percent juice boxes
- Small bag of microwave popcorn
- Cheese and cracker packs
- Gluten-free pretzels

### Non-Food Treats

- Halloween stickers
- Plastic jewelry
- Vampire teeth
- Noisemakers
- Superballs
- Glow-sticks
- Small bottles of bubbles
- Packets of crayons or markers
- Fun notepads or mini-notebooks
- Small cans of play-doh or “slime”
- Coins (pennies, nickels, dimes)
- Halloween pencils & pencil-toppers
- Origami paper & instructions

These easy-to-find treats will be sure to add to the Halloween fun!



## From the Kitchen of Dr. Lina Garcia...

This is a delicious smoothie that I drink every day, whether for breakfast, lunch, or a snack. My staff can always find me sipping this to renew my energy! It's filled with essential fatty acids, enzymes, and protein, all of which will help keep your immune system strong and healthy during these cold months. And it's made with only fresh, raw ingredients.

### Citrus Smoothie

- 1/2 T. raw cream
- 1/4 c. raw milk
- 2 raw eggs
- 1 orange, freshly squeezed
- 6 organic strawberries
- 1 tsp. organic vanilla extract
- 1 pinch Stevia

Blend together and enjoy!

## Porcelain Inlays & Onlays: My Restoration of Choice

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### What exactly are inlays and onlays?

They are restorations that are created outside the mouth and then cemented into place, as opposed to dental fillings, which are made directly in the tooth with a soft material and then hardened or “cured.” We drill out the decayed or fractured portion of the tooth, create a custom restoration that will fit into the space, cement it into place, and polish it to make sure it looks and feels like part of your natural tooth.

The only difference between the two is the extent of the restoration. An inlay exists totally within the surrounding tooth structure, while an onlay is essentially a partial crown that extends to replace one or more cusps of a tooth.

**Why porcelain?** In our holistic dental office, we only offer metal-free restoration materials, because of all the harmful side effects dental metals can cause: galvanic activity, metal toxicity, metal allergy, inflammation, and autoimmune disease. (We'll talk more about harmful dental metals in another issue of *Dental Focus*.)

Porcelain, a type of ceramic, most closely resembles natural tooth enamel in terms of appearance and functionality. It is the most biocompatible restoration material available, which means it is highly unlikely to react with your tissues or cells. Ceramic materials such as porcelain are considered to be the most inert of all materials used for dental restorations – allergies to them have not been reported.

**Is porcelain strong?** Yes! Biocompatibility does NOT mean that you must sacrifice functionality. Dental ceramics have come a long way. Today, there are many different types and brands of dental ceramics for various uses, from rebuilding broken teeth to replacing missing teeth. They are strong and durable, and they look and act most like your natural teeth. Though we have yet to find a dental material that is as perfect as enamel, materials available for dental restoration are continually being developed. Dentistry is finally seeking to create materials that are functional AND immunologically sound: ones that will duplicate natural tooth structure in both appearance and physical properties while minimizing immunological response.

The best compliment our patients can give us is a referral of their friends and family. ~ Dr. Garcia & Staff