

# Dental Health News®

*Compliments of Dr. Martin B. Sanders & Dr. David H. Sanders*

## News from the office of... Dr. Martin B. Sanders & Dr. David H. Sanders



### *Dr. Martin B. Sanders & Dr. David H. Sanders flossing!*

Welcome to our latest dental update. I am thrilled to bring you some interesting dental news, not the least of which is the announcement of a new member of our dental team: My son, Dr. David Sanders.

David has completed his studies at the University of Illinois College of Dentistry, which included three years of clinical training on patients and three years of training in nitrous oxide analgesia — a process allowing for a more comfortable, pain-free dental experience. David is furthering his education with more sedation training this winter. With over 40 years experience in administering anesthesia and sedation, I look forward to guiding David through his continued learning process, and also preparing the path for my daughter, Leslie, who will be joining our practice upon completion of her studies at the University of Texas, Houston Dental branch.

We look forward to seeing you soon, and serving all your dental needs.

All the best,

*Martin B. Sanders*

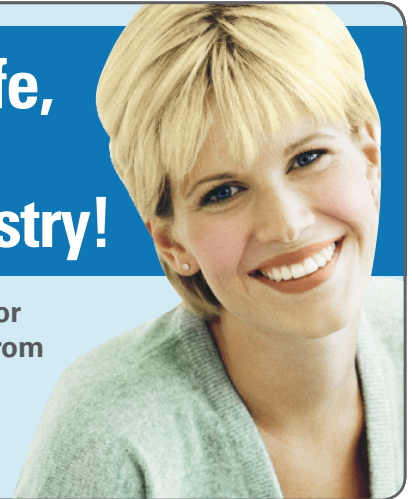
Dr. Martin B. Sanders

*David H. Sanders*

Dr. David H. Sanders

## IV Sedation: Safe, Comfortable, Fear-Free Dentistry!

Many people have dental fears or phobias that keep them away from the dentist until, unfortunately, their dental and overall health are compromised.



If you've been putting off dental work due to severe apprehension about one or more procedures, we're pleased to advise you that we have an excellent solution to your dental anxieties through the comfort of IV (intravenous) sedation.

Unlike using general anesthesia, which makes you completely unconscious for the whole procedure, IV sedation allows you to remain conscious enough to respond to requests from the dental team. However, even though you may remain conscious, you will be completely relaxed, won't feel any discomfort at all and won't be bothered by what's going on in the office. Time will appear to pass very quickly. In fact, many people do not recall anything at all about the actual procedure, feeling they were instead asleep during their time in the dental chair.

IV sedation is very safe, and you will be well monitored throughout your whole dental

visit by our specially-trained dental team. Recovery time is minimal, with most patients able to go home within an hour after the completion of their dental procedure.

IV sedation is ideal for patients who are fearful of the dentist or who experience dental anxiety, and also for people who need to have a number of dental procedures done but simply can't keep coming back for multiple appointments, preferring to have all the work done at once. IV sedation also allows us to treat patients with an overactive gag reflex as well as the unintentionally uncooperative patient.

Our dental team is here to help you have a positive dental experience, and we look forward to making your visits as comfortable and successful as possible. We encourage you to ask us about IV sedation dentistry, and how it can help take the anxiety out of your next dental visit.



## THE LAST STRAW

In many cases tooth decay initiates, not because of what type of food you put in your mouth, but because of the length of time a food or beverage is in contact with your teeth. After having a meal, snack or drink, the bacteria in plaque release acids that attack the enamel surfaces of your teeth. Repeated acid attacks increasingly erode the enamel, eventually causing tooth decay and cavities. We have found that the greatest decay rate seems to be caused by the use of soda, mints, or gum. These foods keep sugar in close contact with teeth for long periods of time. Switching to sugarless products will greatly reduce decay rates. That's why we suggest indulging in drinks (besides water) and sugary or acidic foods in one sitting, instead of snacking on or sipping them throughout the day.

If you can't break your habit of sipping the occasional beverage over a longer period of time, you may want to consider drinking through a straw, positioned towards the back of the mouth. This allows the drink to avoid as much contact as possible with your teeth, and therefore minimize the risk of not only cavities, but also staining on your front teeth.

Of course, even when drinking through a straw, your back teeth will still be bathed with sugary and acidic liquids, so it's always wise to rinse your mouth out with water when you finish your drink.

## WE WELCOME NEW PATIENTS!

The best compliment we can receive from our patients is the referral of your friends, colleagues and family members. In fact, referrals and word-of-mouth recommendations are our number one source for new patients, so if you know someone who's looking for a new dentist, we would very much appreciate your passing our information on to them.

Our extensive dental training and experience allows us to understand and treat a wide range of oral health needs, from preventing dental disease to patient education, and treatments using modern dental techniques and technology.

Whether you or your friends are looking to maintain a healthy smile, or to create a perfect smile with cosmetic options, we are always happy to give you all the information you need to make informed and confident decisions.

Thank you for your confidence in our services, and for sending your friends, family and colleagues our way!



## Gentle Dental Care



**Pictured: Chris, Heather, Monica, Ann and Michelle.**

**Top row: Dr. David Sanders and Dr. Martin Sanders.**

**Not pictured: Colleen and Sandi.**

### **Martin B. Sanders, D.D.S., F.A.D.S.A. David H. Sanders, D.D.S.**

**929 S. Main St., Suite 100  
Lombard, IL 60148**

**Phone:** 630-620-0929

**Fax:** 630-620-1458

**Email:** [toothdr11@att.net](mailto:toothdr11@att.net)

**Web:** [www.sedation-dentistry.com](http://www.sedation-dentistry.com)

#### **Office Hours:**

Mon., Tues., Thurs., Fri.: 8:30 a.m. - 4 p.m.

#### **Our Services Include:**

- General Dentistry
- Cosmetic Dentistry
- IV Sedation
- Tooth Whitening
- Full & Partial Dentures
- Restorative Dental Implants
- Bonding & Veneers
- Crowns & Bridges
- Emergency Dental Care

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