

## Holiday Newsletter from Premier Dental Associates, Dr. Rita Kutsikovich

**THIS MONTH'S  
SPECIAL: \$500 OFF  
INVISALIGN  
TREATMENT**

### What is Invisalign?

Invisalign is the invisible way to straighten teeth without braces. Invisalign uses a series of clear, removable aligners to gradually straighten teeth, without metal or wires.

### What do aligners look like?

Aligners are clear and look similar to tooth-whitening trays, but are custom-made for a better fit to move teeth. Some orthodontists and dentists have referred to them as "contact lenses for teeth."

### What needs to be done?



### DID YOU KNOW, THAT!!!

**Cheese is good for your teeth!**

**Eating raw veggies keeps you healthy and cleans your teeth!**

**Use Xylitol Gum to Prevent and Control Cavities!**

**Whole grains provide B vitamins and iron, which help keep gums healthy!**



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### Hot Topic: Importance of Oral Health for Men

Men are less likely than women to take care of their physical health and, according to surveys and studies, their oral health is equally ignored. Good oral health recently has been linked with longevity. Men are less likely than women to seek preventive dental care and often neglect their oral health for years, visiting a dentist only when a problem arises. When it comes to oral health, statistics show that the average man brushes his teeth 1.9 times a day and will lose 5.4 teeth by age 72. If he smokes, he can plan on losing 12 teeth by age 72. Men are also more likely to develop oral and throat cancer and periodontal (gum) disease. Since men are more likely to suffer from heart attacks, they also are more likely to be on medications that can cause dry mouth. If you take medication for the heart or blood pressure, or if you take antidepressants, your salivary flow could be inhibited, increasing the risk for cavities. Saliva helps to reduce the cavity-causing bacteria found in your mouth. If you smoke or chew, you have a greater risk for gum disease and oral cancer. Men are affected twice as often as women, and 95 percent of oral cancers occur in those over 40 years of age. If you participate in sports, you have a greater potential for trauma to your mouth and teeth. If you play contact sports, such as football, soccer, basketball and even baseball, it is important to use a mouthguard, which is a flexible appliance made of plastic that protects teeth from trauma. If you ride bicycles or motorcycles, wear a helmet. ***To take better care of your oral health, it is important to floss daily, brush your teeth with fluoride toothpaste twice daily and visit your dentist at least twice a year for cleanings.***

#### *Food for thought:*

**The trouble with always trying to preserve the health of the body is that it is so difficult to do without destroying the health of the mind.**

**Gilbert Keith Chesterton**

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**Dr. Rita Kutsikovich - Premier Dental Associates, Inc**  
29001 Cedar Rd., Ste. 550 - Cleveland, OH 44124 - (877) RITA-DDS