



October is National Hygiene Month. And, what better way to celebrate than to share a few tips from the men and women in the dental office trenches: the dental hygienists! They work each and every day to help ensure you've got the whitest, cleanest smile you can flash, day-in and day-out. And while the advice you tend to hear from them is of the good ol' "brush twice a day, floss more often" variety, there are a few interesting bits in this list you may have not heard before. Let's check them out! [Read more](#)



What is Oil Pulling, and is it Good for Your Mouth?

If you're a fan of natural health remedies and always aim to keep your mouth in tip-top-shape, you may have heard about a centuries-old tradition from India referred to as oil pulling. The process is simple and is believed to rid the mouth of many different types of bacteria that contribute to bad breath, cavities and gum disease. There are a number of things you'll want to know about this age-old procedure, though, so let's learn about this process so you can determine if oil-pulling is right for you. [Read more](#)

Invisalign Treatments for healthy teeth!





A beautiful smile is not the only benefit of having straighter teeth. Did you know that properly aligned teeth can also affect your overall health? When left untreated, crooked teeth can often lead to periodontal disease and premature wear on your enamel. Periodontal disease may also increase the risk of cardiovascular disease and other illnesses that can significantly affect your overall health and well-being.

Healthier Teeth & Gums

Swollen, red gums can often be the result of having teeth that are crowded or too widely spaced. Unfortunately, these are also signs of periodontal disease. When teeth are properly aligned, it helps the gums fit more securely around the teeth, allowing for the strongest and healthiest defense against potential periodontal problems. That's where Invisalign® comes in. The comfortable and clear aligners gently and gradually begin to move your teeth into the proper position — without unsightly brackets and wires.

Increased Overall Health

Think of your teeth as a window to the health of your body. Your teeth and gums — and how they look to others when you smile — say a lot about your overall health. Tooth decay and gum disease are caused by bacteria. Left untreated, they can cause mouth sores, tender or bleeding gums, bad breath, and possible tooth loss. Studies by the American Dental Association have shown that oral infections can also lead to other more serious ailments such as heart disease, stroke, pneumonia and diabetes.

Invisalign® aligners make daily oral hygiene easier, thus reducing the risk of possible problems. And correctly aligned teeth can also alleviate the issues that can be caused by an improper bite, speech or chewing difficulties, jaw problems, and increased wear on the tooth enamel. Invisalign effectively addresses all of these orthodontic issues, so you'll have the confidence of a great smile and increase the likelihood of improved oral health.

Why Invisalign? Besides being virtually invisible, Invisalign has many advantages over traditional braces. One of the biggest challenges of having braces is all the food that gets trapped in the brackets and wires, which can lead to plaque buildup and tooth decay. With Invisalign®, the aligners are removable, so it's easy to brush and floss the way you normally do.

At Premier Dental Associates we provide Invisalign, Clear Correct and MTM orthodontic corrections. Schedule your free consultation with Dr. Kutsikovich!



Yummy, Holiday Baking Recipes Without the Sugar Guilt

Come the last week of October, you're going to start thinking about sweets... a lot. Pumpkin pie, oatmeal cookies, derby pie, Apple Pie, PUMPKIN BREAD! — you can almost taste them now, right!? ... okay, sorry. We probably just made you very hungry, didn't we? Here's how we'll make it up to you: by sharing four great websites chock-full of delectably-sweet, moist, and tempting recipes you can look forward to making come November. Each uses only natural sugar substitutes (or no sugar at all), and is designed keep your palate pleased, and your dentist smilin'. So, fire up your stove, and let the baking begin!

