

Debunk X-Ray Whitening

There are a lot of dental myths available on the Internet - but listening to all of them can keep you from optimizing your dental health and actually damage your mouth!

One HUGE myth is around the potential dangers of x-ray whitening. Many people nowadays are interested in whitening their teeth. Should you use whitening gels instead? Hold on as we debunk the myths around x-ray whitening and show you why it may actually be a good choice for you!

The Myth

Because x-rays can require a low level of exposure to radiation, some people worry that it could negatively affect their health in the long run, from cancer to heart disease.

However, you experience less radiation during a dental x-ray than you do just going about daily life! In every part of life, there is background radiation. Walking through an airport scanner introduces you to up to 80 times the amount of regular background radiation than you normally experience, but that doesn't scare you, right?

Dental x-rays have way less radiation exposure., and you are protected from the already minimal radiation exposure during x-ray whitening through the use of tools like a special apron.

It Isn't Safer to Use Whitening Gels

Teeth whitening kits that you can buy in the store can cause tooth sensitivity and damage, especially if instructions are not followed correctly. This is due to the mishandling of the bleach and peroxide, or because each person may react differently to the ingredients.

X-ray whitening, on the other hand, is more efficient. Dentists are well-versed in the products being used and the strength of the products. By understanding your specific oral and dental needs, a doctor can ensure that x-ray whitening is the least invasive and most effective way to whiten your teeth.

As such, working with an experienced dentist, like that at Goldstein Dental Group, is crucial in maintaining your oral health! [Contact us today](#) to learn more and to schedule an appointment at our Novi location.

Pregnancy and Seeing Your Dentist

If you are pregnant, you may wonder if you can see your dentist and what precautions you may need to take. With so much misinformation and myths on the Internet, it's understandable that you - as an upcoming mother - want to do all that you can to keep you and your baby safe.

But going to the doctor when you're pregnant isn't just a good idea, but very important in keeping you and your child in good health.

When to Tell Your Dentist

Tell your dentist that you are pregnant when you make your dental appointment. Don't forget to say how far along you are and what medications, if any, you are taking. While elective procedures should be postponed until you have your baby, routine dental care should be maintained. Knowing your situation and medication can help your doctor create the perfect plan.

Why is Visiting the Dentist Important?

Pregnant women are more at risk of developing a number of oral health issues during pregnancy, including:

- Tooth decay, due to morning sickness and nutritional changes
- Pregnancy tumors, painful and non-cancerous growths of tissue on the gums
- Gingivitis and [periodontal disease](#), because of changing hormone levels.

This can cause swelling, tenderness, and bleeding in gums. Periodontal disease, while pregnant, can also have negative implications for your baby, with some studies showing that it can directly affect the health or even preterm birthing of babies.

What is Safe and What Isn't?

Local anaesthesia and dental x-rays are both safe during pregnancy. However, you should wait to have any work done (besides cleanings) until the second trimester. Do not use tetracycline or similar medicines.

If you are pregnant and looking for a dentist with experience in protecting the health and safety of you and your baby, get in touch with [Goldstein Dental Group](#) today. We will let you know what to expect and help you craft a dental plan for baby as well!

What Your Saliva Tells the Dentist

Happy mouth, happy life - is that the phrase? If not, it should be. Saliva, of which we produce up to two gallons of daily, is actually a phenomenal tool to measure overall bodily health. Up to 90% of systemic diseases have oral symptoms, so frequent trips to your dentist can help you to catch any upcoming health issues.

Understanding Your Saliva

Saliva neutralizes acids in your mouth, protecting you against dental decay (such as cavities or other tooth decay) and gum disease. But saliva can tell your dentist so much more about your health!

Dry mouth, a condition in which you have reduced saliva, can be caused by medication. While some recommendations for dry mouth say that it can be fixed through rehydrating, dry mouth can actually cause many problems if unchecked: periodontal disease, swelling, and bad breath. However, testing surrounding dry mouth can help your dentist discover if you are suffering from any other diseases, such as HIV, or using illegal drugs. In fact, saliva is crucial in rapid HIV testing.

Saliva testing can also help dentists catch, diagnose, and treat other illnesses. Checking cortisol levels can test stress responses in babies, while bone-specific proteins can monitor bone loss. High glucose levels can point to an uncontrolled case of diabetes, whereas white or off-white saliva may indicate some sort of oral infection. A dentist may also check your pH levels if you think you have acid reflux, signaled by a bitter tasting saliva.

A Changing Field

According to a 2007 article in the Academy of General Dentistry's journal, changes in saliva analyzation can also give dentists insight into breast cancer. Researchers found that analyzing and studying saliva can help with early cancer diagnosis.

Good oral care is important to staying healthy, and your saliva helps your dentist figure out if anything else is going on. Protect your health by [scheduling your next dental exam](#) at Goldstein Dental Group's Novi location.

Why Do Teeth Chatter?

Every so often, you might notice a strange phenomena: your teeth starting to chatter. But why do teeth chatter, and is it something to worry about it? In most cases, teeth chattering shouldn't worry you. Here's how to figure out when there's a problem and what you can do to fix it.

Are you cold right now?

Most often, teeth chattering happens when you are cold. When your body temperature drops below normal, your muscles begin involuntarily clenching and releasing in an effort to warm you up. When the muscles in your face and neck begin contracting, your teeth can knock together, creating chattering.

While you don't really need to worry about this (and should probably warm up!), similar teeth chattering can mean that you have an infection or another illness. If you are also experiencing pain, lethargia, or other symptoms of illness, please see your doctor.

But if your teeth chatter when you aren't cold...

You might be stressed out. Emotional stress or anxiety can also cause your teeth to chatter. This is called *bruxism*, or teeth grinding. People with bruxism may even grind their teeth in their sleep.

Bruxism can be extremely problematic. The consistent tooth grinding and chattering can lead to other painful dental issues. Weakening tooth enamel can lead to increased sensitivity, pain when eating items of various temperatures, the need for other fixes such as veneers, or aesthetic issues.

Options to Heal Teeth Chattering

If your teeth are chattering, there are fixes. For bruxism, suggested options include Botox injections into the jaw, dental exercises designed to relieve jaw tension, and mouthguards. Specific toothpastes, mouthwashes, or medications can also reduce tooth sensitivity.

Teeth chattering doesn't need to interrupt your life. Talking with your dentist can help you to reduce or stop teeth chattering. If you have any questions, or want to start discussing a customized solution for your bruxism, [contact Goldstein Dental Group](#) today.

Different Types of Braces

When many people think of braces, they tend to visualize silver metal brackets. But you might be surprised to discover that there are actually several different types of braces! While all will have great results in aligning you or your child's teeth, check out which choice is best for you!

Metal Braces

Metal braces are by far the most traditional option. Metal brackets and wires are attached to the teeth, and help position them correctly. But these are both affordable and way cooler than in the past. In fact, new dental technology (in the form of heat-activated archwires) helps align the teeth both more quickly and less painfully than in prior years. Some people may not like the appearance of metal braces, as this is the most noticeable type.

Invisalign

Each plastic brace is custom-fitted for your mouth, and is also removable (although you shouldn't take it out for more than 4 hours a day). So don't worry about eating popcorn or other hard-to-eat items; you can simply remove your Invisalign, snack, and pop it back in. Invisalign is extremely discreet. You are often given multiple braces which can be switched out every two weeks. However, Invisalign is best suited for minor dental and aesthetic corrections.

Ceramic Braces

Similar to metal braces, ceramic braces are attached straight to the teeth. They are an effective option and also less noticeable than metal braces, as ceramic braces have either transparent or tooth-colored brackets. Ceramic braces do require upkeep and can stain the teeth without [proper dental hygiene](#).

Lingual Braces

Lingual braces are pretty similar to metal braces. The only difference? They are attached on the back of the teeth, closer to the tongue. These can take more time to align teeth, are difficult to clean, and may be uncomfortable at first. However, they are unable to be seen by others!

If you are looking to keep your smile healthy, and fix your teeth alignment, [contact us today](#) for an appointment at our Novi office!

Consider Veneers

When it comes to improving your smile, there are many potential options. Veneers are a great and fairly simple option for handling both physical and aesthetic problems. Veneers are thin sheets of either porcelain or composite resin that are placed over your natural teeth. If you are wanting a dental change, here are some reasons why you should consider veneers.

Veneers can correct a lot of tooth issues.

Most commonly, veneers are used to correct chipped teeth, misshapen teeth, large gaps, or staining and discoloration that cannot be fixed through other means (like bleaching). Many of these can cause issues with self-confidence. However, veneers are difficult to stain, long-lasting, and fairly resistant to frequent wear.

There are different types to best fit your needs.

The two most common types of veneers are porcelain veneers and composite resin veneers. Porcelain veneers are stronger and typically more long-lasting than composite resin veneers. Porcelain veneers look natural, are custom-made to fit your teeth, and are slightly more expensive. Composite resin veneers are made from a tooth-colored resin, are easily fixable if damaged, and generally cost less.

Both require some reshaping of the tooth or teeth that you are getting fixed. Ultimately, when considering veneers, you should [speak with your dentist](#) about your specific lifestyle needs.

There are a few health considerations before getting veneers.

Dental health is extremely important. Not upholding good dental health, or flossing and brushing daily, can cause infections and other issues. With veneers, you will need to have healthy teeth and gums before placement to ensure that no other issues arise. Dental veneers are not a good fix if you clench or grind your teeth, as that will reduce the lifespan of the veneers.

If you are interested in getting veneers, or learning more about how veneers may fix some of your aesthetic concerns, get in touch with [Goldstein Dental Group](#) today!