### Dental Topics

**Please Note:** There’s usually only enough room for 2–3 articles in a semi-custom newsletter and about 7 in an all-custom. Please number your choices in order of preference. We’ll fit in as many as we can, in that order. Keep this master topics list to refer to each issue.

#### Equipment
- Air abrasion
- Camera, intra-oral
- CEREC
- Dental drill
- DIAGNo Dent
- Imaging system (before/after)
- Lasers in dentistry
- Nitrous oxide
- Panoramic X-rays
- Rotodent
- Sonicare
- The WAND
- X-rays (digital)
- X-rays (how they work)
- X-rays (safety)
- X-rays (types)
- X-rays (why necessary)

#### Cosmetic
- Aging takes a toll on teeth
- Are straight teeth really important?
- Beautifying smiles
- Bleaching, at-home trays
- Bleaching, don’t do it yourself
- Bleaching (general)
- Bleaching (laser)
- Bonding
- Braces? It doesn’t mean “metal mouth” any more!
- BriteSmile
- Ceramic restorations
- Cosmetic dentistry (holidays)
- Cosmetic dentistry (overview)
- Cosmetic dentistry (improves self confidence)
- Crowded teeth
- Crowns
- Enamel shaping
- Esthetic dentistry
- Invisalign
- National Orthodontic Month
- Natural-looking fillings
- Orthodontics for adults
- Ortho for a healthy smile
- Porcelain restorations
- Stained teeth
- Veneers
- Whitening teeth (methods)
- Zoom whitening

#### Periodontal disease
- Affects all ages
- Bacteria and perio
- Basics of perio
- Bone loss
- Cardiac/stroke complications
- Contagious
- Difference between gingivitis and periodontitis
- Gingivitis
- Gum checklist
- Gum disease myths
- Gums too sensitive
- Lessen your risk
- Perio and RA
- Periodontal disease (causes)
- Periodontal disease and Alzheimer’s disease
- Plaque and tartar
- Probing
- Scaling & root planing
- Silent threat
- Soft tissue management
- Stages of perio
- Symptoms of perio
- Test for periodontal disease
- Tooth loss
- What is perio
- Whole health effects

#### Conditions
- Abscesses
- Bad breath
- Bruxism
- Burning mouth syndrome
- Canker sores
- Cavities
- Cavities, test for susceptibility
- Cleft lip
- Cleft palate
- Cold sores
- Crazing
- Diabetes, oral signs of
- Diabetics (tips for)
- Dry mouth
- Fluorosis
- Halitosis (analyzer)
- Headaches
- High blood pressure and your dental health
- Jaw pain
- Migraine (NTI-tss)
- Oral cancer
- Oral health and pancreatic cancer
- Oral thrush
- Sensitive teeth (causes)
- Sleep apnea
- Snoring (generic)
- Stress damage
- Tips for toothaches
- TMJ syndrome
- Tooth erosion

#### Family-related
- Aging (effects on teeth)
- Air abrasion/no needles
- Baby dental care
- Back to school tips
- Bedtime bottles
- Candy is candy, but…
- Cavities (contagious)
- Chewing tobacco (dangers)
- Child’s 1st visit
- Children’s Dental Health Month
- Cold & flu season
- Coloring contest
- Dental emergencies
- Dental emergencies (ortho)
- Ear aches and teething
- Fever and teething
- First teeth
- Fluoride for the whole family
- Goals for children
- Gummy Vites
- Infants & toddlers
- Kids: Fact or fiction
- Kid tips (general)
- Lost tooth (primary)
- Lost tooth (secondary)
- Men and dental health
- Mouthguard
- New parent tips
- Nursing bottle syndrome
- Oral electrical burns
- Oral health and aging
- Osteoporosis medications and dental health
- Piercing, oral (dangers)
- Pregnancy and dental care
- Pregnancy and X-rays
- Preventing cavities
- Primary teeth
- Sealants
- Seat belt safety
- Seniors and cavities
- Seniors and gum problems
- Seniors’ dental care
- Seniors’ questions
- Set a good example
- Sippy Cups
- Smokeless tobacco
- Smoking (dangers)
- Soft drink (dangers)
- Special needs, those with
- Sports injuries
- Start their teeth out right
- Sugars in medicine
- Summer tips
- Teens and their oral health
- Teething and breast feeding
- Teething tips (general)
- Thumb sucking
- Tooth eruption
- Tooth tips for the whole family
- Tooth fairy interview
- Virtual reality glasses
- When teeth come in
- Wisdom teeth
- Women, of interest to

#### Restoration
- Amalgam fillings (aging)
- Amalgam fillings (pro or con)
- Bonding
- Bridge restorations
- Broken fillings
- Broken teeth
- Cavity diagnosis
- Cavity prevention
- CEREC restorations
- Chipped teeth
- Composite fillings
- Cracked teeth
- Crowded teeth
- Crown restorations
- Decay (causes)
- Decay (types of repairs)
- Dentures (maintain/care)
- Dentures (new)
- Dentures (types)
- Facial injuries
- Filling replacement
- Filling, What’s in a
- Fillings (amalgam vs. composite)
- I have a cavity?!
- Implant secured dentures
- Implants
- Implants, Mini
- Inlays/onlays

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### Dental Topics

1. **Hygiene**
   - Brush well for a healthy heart
   - Brushing (dangers)
   - Brushing (importance)
   - Brushing (how to)
   - Brushing and braces
   - Charting system
   - Cleanings, frequency of
   - Deep cleanings
   - Floss history
   - Flossing for healthy gums
   - Flossing How-to
   - History of cleaning teeth
   - How often
   - Hygiene through the ages
   - Hygiene tips (general)
   - Plaque and tartar control
   - Probing (how/why)
   - Professional dental cleanings
   - Prophy (simple)
   - Rinses (general)
   - Root planing
   - Scaling
   - Soft tissue management ppm.
   - Spring cleaning
   - Toothbrush facts
   - Toothbrush, how to choose
   - Toothbrush, when to change
   - Toothpaste (how much)
   - Toothpaste (selecting)

2. **General Info**
   - Air abrasion advantages
   - Anatomy of a tooth
   - Battle for good dental health
   - Beat the rush
   - Before you go on vacation…
   - But I’m not in any pain
   - Care in dental
   - Cowards, cater to
   - Dental dictionary
   - Dental do’s & don’ts
   - Dental fact or fiction
   - Dental health and digestion
   - Dental Q&A
   - Dentistry (education)
   - Dentistry (history)
   - Development of teeth
   - Don’t give teeth the brushoff
   - Emergencies, what to do
   - Exams (frequency)
   - Exams (general)
   - Exams (importance)
   - Exams (what we do)
   - Fear (general)
   - Fear (steps to help)
   - Fen/Phen (premed/dangers)
   - Fluoride (pro or con)
   - Fluoride (importance)
   - Fluoride treatments/supplements
   - Guide to tooth care
   - Healthy mouth, healthy body
   - Healthy teeth and gums
   - Help for migraine sufferers (NTI-tss)
   - How well do you know your teeth
   - Identifying teeth
   - Impacted teeth
   - Invest in your teeth
   - It’s more than checking teeth
   - Lifetime, keep your teeth
   - Medication complications
   - Morning breath
   - Mouth
   - Nervousness at the dentist
   - New Year’s resolutions
   - No-nonsense tooth guide
   - Oral symptoms, whole health
   - Permanent (secondary) teeth
   - Perio fibers
   - Piercing, oral (dangers)
   - Plaque and tartar
   - Potential problem developing
   - Prevention
   - Premedication (new rules)
   - Premedication (why needed)
   - Protecting your enamel
   - Recall appointments (how often)
   - Roots of dentistry
   - Saliva
   - Sedation dentistry (non-IV)
   - Sensitive/tender gums
   - Sensitive teeth
   - Smoking (dangers)
   - Smokeless tobacco
   - Sports dentistry
   - Symptoms
   - Taste and smell
   - Tastebuds
   - Teeth (both sets)
   - Teeth types
   - Tips on dental care
   - Tongue
   - Toothache causes
   - Toothache, don’t ignore
   - Tooth, birth of
   - Tooth extraction
   - Tooth/gum pain
   - Toothy tips
   - Video tour of your mouth
   - Warning signs
   - Whole health & dental care
   - Wisdom teeth extraction

3. **Nutrition/Diet**
   - Apple-a-day for whiter teeth
   - Biting hard/cold substances
   - Building blocks for teeth
   - Calcium, sources of
   - Candy & sweets (dangers)
   - Carbohydrates (dangers)
   - Chewing gum (sugarless)
   - Chewing, How-to
   - DDS System for weight loss
   - Eating right
   - Fish oil
   - Foods to avoid
   - Good foods for healthy teeth
   - Lunch, pack a healthy
   - Milk (nursing bottle)
   - pH balance important
   - Recipes
   - Salads (good & bad)
   - Saliva (role in dental health)
   - Sipping, snacking and tooth decay
   - Snacks (good & bad)
   - Soft drink dangers
   - Spicy foods
   - Sports drinks
   - Sugars and teeth
   - Vitamin C and oral protection
   - Vitamins and minerals
   - Watch what you eat
   - Water (benefits)
   - What are you drinking?

4. **Quiz/tests**
   - Mirror Mirror dental check
   - Nutrition IQ
   - Oral Health IQ
   - Symptoms quiz (general)
   - Symptoms quiz (perio)
   - Tasty trivia
   - Testing tooth wisdom
   - TMJ symptoms checklist
   - Whole health warnings

5. **Office**
   - Appointment breaking
   - Care Enough to Share program
   - Continuing education
   - Dental insurance (filing)
   - Dental insurance (general)
   - Dental insurance (how it works)
   - Dental insurance (types accepted)
   - Financing options
   - End of the year reminder
   - Managed care
   - Maximize your insurance
   - Office policies
   - Office report card
   - Patient news
   - Patient testimonial
   - Premedication (update)
   - Privacy protection
   - Record (update)
   - Referral (contest)
   - Referral (list)
   - Referral (program)
   - Referral (thanks)
   - Rescheduling appointments
   - Staff intro
   - Staff news
   - Sterilization (importance)
   - Sterilization (procedures)

6. **Dental Facts/Filler**
   - Anthropology and teeth
   - Beavers’ teeth
   - Beautifying smiles through the ages
   - Brushing stats
   - Buckle up
   - By George (Washington’s dentures)
   - By the skin of your teeth
   - Canine teeth
   - Continuation
   - Dentures
   - Development of teeth
   - Dental health and digestion
   - Dental insurance (filing)
   - Dental insurance (general)
   - Dental insurance (how it works)
   - Dental insurance (types accepted)
   - Financing options
   - End of the year reminder
   - Managed care
   - Maximize your insurance
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**more topics**

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Dental Topics  continued

___ Chewing gum (history)
___ Chinese dentist’s tower of teeth
___ Dental museum
___ Don Quixote, DDS
___ Eyetooth
___ Facts (miscellaneous)
___ False teeth
___ Fossil teeth
___ Horse age (by teeth)
___ I’ll eat my hat
___ Narwhale
___ Nature’s toothbrush
___ Nile bird
___ One if by land (Paul Revere)
___ Roots of dentistry
___ Sharks’ teeth
___ Tiny mammoths
___ Toothbrush facts
___ Toothpicks
___ Toothy Trio
___ What does it take to be a dentist?
___ When did dentistry begin
___ Yawns (myths)

Custom Topics
___ Provide a description below

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