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Medical Expert

DR. STEVEN BRANBERG  
DFW DENTAL IMPLANT CENTER

CREATING HEALTHY AND  
BEAUTIFUL SMILES WITH  
IMPLANT, COSMETIC AND  
RESTORATIVE DENTISTRY



The DFW Dental Implant Center understands that when it comes to your dental care—credentials matter. Dr. Steven Branberg is a Prosthodontist with a surgical background in implant dentistry. Prosthodontists spend another three years after dental school specializing in large scale cases—specifically implant dentistry. Dr. Branberg uses his extensive training to ensure predictable results he knows his patients will love.

#### THE TRUTH ABOUT DRY MOUTH

Dry mouth might seem more like a pesky inconvenience than a symptom of a more serious health issue, but there's saliva in your mouth for a reason. Dry mouth (*xerostomia*) is a condition that occurs when your body doesn't produce enough saliva. It can seem minor, albeit uncomfortable and bothersome, but it can seriously impact your oral health. Individuals with dry mouth are three times more likely to get cavities than someone with normal salivary flow. However, if you are suffering from dry mouth, you are hardly alone. Dry mouth affects 1-in-4 adults. In fact, it is the leading cause of cavities in adults over 50. This is because your saliva is alkaline, and therefore keeps the acids in the foods you eat from corroding your teeth. While cavities are a nuisance to deal with, gum disease is the bigger concern. And some research suggests the systemic inflammation that results from periodontal disease may raise your risks for heart disease and stroke. For all of these reasons, dry mouth is a critical condition that can lead to several other issues if left untreated. Dr. Steven Branberg of the DFW Dental Implant Center in Colleyville explains the common causes of dry mouth and how you take control of it and get back to enjoying your palate.

# DFW DENTAL IMPLANT CENTER

LEAVE YOUR DRY MOUTH IN THE DUST WITH DR. BRANBERG'S PROTOCOL FOR A HEALTHY AND BEAUTIFUL SMILE

The DFW Dental Implant Center specializes in permanent dental implants, single tooth implants, bridges and crowns, bone grafting, same day tooth replacement and denture services. However, their services go well beyond dental implants and also include Teeth Whitening, Porcelain Veneers, Tooth-colored Fillings, Crowns and Bridges and routine cleanings. The feature sedation dentistry for patients who may feel anxious having their dental work done. All of this in a comfortable environment with an inviting office staff.

**THE CAUSES OF DRY MOUTH** Medications are the number one cause. And more than 500 medications, including over-the-counter and commonly prescribed medications, can cause dry mouth. One study found that taking multiple medications may increase your risk by 40%. This includes gastrointestinal and blood pressure meds, decongestants and anti-depressants. Cancer treatments also commonly lead to dry mouth. Another cause is aging. Just like our skin drying out, so can our mouths. As we age, our salivary glands do, too. And if you short-change your body in the hydration department, it will struggle to make sufficient saliva. Breathing issues can also be a culprit in drying out your mouth. Problems with your sinuses or nasal septum—can make it hard to breathe through your nose. In turn, you breathe heavily in and out through your mouth and excess air dries up saliva more quickly than it can be produced.

**SENSATIONAL SALIVA** So what is the big deal? Why does "spit" cause all these nagging issues? Saliva does more than just keep your mouth moist. It plays an important role in your overall oral health. It protects your teeth from decay by providing high levels of calcium, fluoride and phosphate ions. Saliva also keeps bacteria in your mouth under control and can prevent infections and bad breath. It aids digestion, assists in speaking and swallowing, maintains oral pH balance in your mouth and helps protect soft tissues in your mouth. Most importantly, it cleans and washes away food from teeth and gums—keeping cavities and gum disease at bay.

#### KNOW THE WARNING SIGNS OF A DRY MOUTH

Dry mouth symptoms can vary from person to person. You might not even notice it until it is too late. Common symptoms include:

- Dryness in the mouth
- Difficulty swallowing or eating dry foods
- Problems wearing dentures and speaking
- A sticky feeling in the mouth
- Bad breath and/or chapped lips
- Waking up at night feeling thirsty



#### DR. B'S DRY MOUTH PROTOCOL

Patients with dry mouth are at a high risk for root surface cavities, gingivitis, infections and more. Depending on the severity—rampant tooth decay can occur in just 2-3 years. Early diagnosis and prevention are imperative to protect teeth. Dr. B's Dry Mouth Protocol helps people suffering from dry mouth keep their teeth.

#### ■ Receive Routine Dental Exams and Teeth Cleanings

Have a dental exam every 3 months, plus a cleaning and fluoride varnish application.

#### ■ Practice Good Oral Hygiene

Brush with a toothpaste high in fluoride (*Prevident 5000* or *Sensodyne*) at least 3x per day. Floss at least 1x a day and use an alcohol-free mouth rinse (*Biotène Dry Mouth Oral Rinse*) at least 1x per day.

#### ■ Drink Plenty of Water

Water keeps you hydrated and can temporarily relieve the dry feeling in your mouth. Divide your weight by 2 to know how much to drink.

#### ■ Have Sugarless Gum or Lozenges with Xylitol

Xylitol is a sugar alcohol that kills bacteria that causes tooth decay—and helps create saliva.

#### ■ Try Over-the-Counter

Try rinsing with 1 tbsp. of Biotène Dry Mouth Oral Rinse for 30 seconds in the morning, using Biotène Moisturizing Spray after lunch, and placing ½ inch of Biotène Oralbalance Moisturizing Gel on your tongue and spreading it around before going to bed

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