



SUNITA MERRIMAN, DDS

GENERAL AND AESTHETIC ENHANCING DENTISTRY

IMPROVING THE LIVES OF OUR PATIENTS

It's Not Just A "Cleaning"

Prevention, Oral Cancer Screening and the "Link"

Prevention serves as a lifestyle pattern for total health, not the least of which is dental health. Prevention in dentistry leads to improved long-term oral health and reduced dental costs. It encourages a bright smile, fresh breath, and an overall good feeling of personal security. Prevention is your insurance policy toward a healthier and pain free lifestyle.

Today, research is revealing a strong the link between oral disease and your general health. Heart disease, the incidence of a stroke, diabetes, low birth weight of infants and other conditions are associated with oral disease. This link is what Dr. Merriman and her team focuses on when evaluating your gums in addition to all the other local conditions they are checking for.

When you keep your appointment with your hygienist, the following benefits will result:

1. Our dental hygienist will customize a personal home and preventive maintenance program for you, and inform you of those dental products that are appropriate for your individual needs. You will be instructed in the proper methods of tooth brushing, flossing, and using adjunctive dental health devices.
2. Your entire mouth will be thoroughly and carefully examined by Dr. Merriman and her hygienist for gum disease, growths, lesions, and any abnormalities that might affect your general health.
3. Any necessary x-rays or other indicated diagnostic tools will be used to detect dental disease.
4. Your teeth will be cleaned and polished to remove plaque and tartar both above and below the gum line, eliminating bacteria that lead to cavities, bad breath, and gum disease.
5. Fluoride will be applied to your teeth to prevent decay and root sensitivity/root cavities.
6. Sealants can be easily applied to the chewing surfaces of children and adult teeth to protect against future decay.

Dental disease is a silent invader, presenting itself in various forms (puffy, bleeding gums, cavities, oral cancer, abscesses). Although your mouth may appear to be in good health at this time, stresses, body changes, life changes, medications, illness, and age can tax your immune system. Maintaining regular re-care appointments with your dental hygienist and follow-ups with your dentist offers you the assurance that any problems regarding your oral care will be addressed immediately.

Please visit Dr. Merriman's blog at www.DentalChronicles.com for more information.

229 Charles Street Westfield, NJ 07090

Phone: 908.389.0222 Fax: 908.389.0223

www.DoctorMerriman.com

email: Info@doctormerriman.com