



Jackson Creek Dental Group
Smiles for Life

Ron M. Ask, D.D.S.
Craig A. Kinzer, D.D.S.
Dwight D. Simpson, D.D.S.
Leon Roda III, D.D.S.
Jerhet R. Ask, D.D.S.

Routine Hygiene Keeps the Doctor Away

We at Jackson Creek Dental Group have a **strong commitment** to provide the patient with the utmost and **optimal dental care** available. You've heard the saying, "Prevention is the best medicine." Our goal is to see your mouth healthy and to help you be an integral part of keeping it that way. Your role in caring for your mouth is significant! We can repair teeth that have been neglected in some way, though our desire is to educate you, so you don't need repair, through routine preventive care. Jackson Creek Dental Group, actually, wants to see you spend less. The hygiene habits you have, at home, greatly improve the prevention of disease, such as decay and periodontal disease. Unfortunately, there are many contributing factors to decay and periodontal disease besides how well you brush and floss. The best way to prevent disease is through routine hygiene care.

Do you have routine oil changes for your car? What will happen if you don't? Do you think it is more expensive to have routine oil changes or replace the engine and drive train? Your dental health is much the same. In a car, there is wear and tear that occurs despite how careful you drive or how faithful you are about checking your fluid levels. There are environmental factors, such as dust, traffic congestion, and temperature changes that increase the wear and tear on your car's engine.

Your dental health is, also affected by environmental factors. There are dietary factors, such as processed foods, high acidity foods, and high sugar foods; there are medications, that decrease salivary flow and increase oral acidity; and there are involuntary functional habits, such as grinding and clenching, which all have significant effects on decay rates. Smoking has a significant effect on the rate of periodontal disease. While this is a controllable factor, there are many systemic factors you may not be able to, such as genetics, diabetes, heart disease, and autoimmune disorders. Routine care through regularly scheduled hygiene visits and exams allow us to detect and monitor these factors. By controlling these issues, we can help you prevent more expensive procedures, such as crowns, root canals, and periodontal surgeries.

If you are concerned about the rising cost of care, the most cost effective approach is through routine hygiene care. Help us help you, by scheduling for hygiene today.

Advanced Comprehensive Dentistry & Orthodontics

100 French Bar Road • Suite 101 • Jackson, CA 95642 • Phone (209) 223-2712 • FAX (209) 223-2719
www.JacksonCreekDental.com