

# Dental *focus*

## Holistic dentistry for total health

*Why porcelain is my number one choice for restoring decayed, chipped, or damaged teeth.*

## Composite Fillings: For Small Restorations Only

Composite resin (“white”) fillings are one option for restoring minimally-damaged teeth. They can also be used to reshape teeth or fill in gaps between teeth. Composite resins are tooth-colored restorations made of an acrylic plastic material combined with glass or quartz fillers.

The advantages of using composite resin fillings are that they are non-metallic (i.e., no danger of oral galvanism), that they are aesthetic – virtually blending in with the tooth, and that very little tooth structure must be removed when the dentist prepares the tooth.

ite resins, however. This is why I only recommend them for very small restorations, like when decay is first detected in a tooth. In fact, if not for the fact that composites require the least tooth drilling of any dental restoration, I would suggest using porcelain inlays or onlays to restore all decayed, chipped, or damaged teeth. But since my first goal is to save as much natural tooth enamel as possible, I do not generally advise cutting more of the tooth simply to make room for an inlay or onlay.

First, due to their plastic content, resin fillings shrink and dilate in response to

There are some drawbacks to compos-

*...continued on Page 2*



## Get a Bright, White Smile for Valentine's Day!

Valentine's Day is fast approaching. Why not dazzle your date with a pearly white smile? Our office offers the Zoom whitening system, which is fast, safe, and effective. We have a special price for February, so call our office today to make an appointment.



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## Did you know that the toothbrushes we give out used to be yogurt cups?

Preserve toothbrushes – the ones we give out at every cleaning appointment – are made from recycled yogurt cups. Plus, when you recycle them, they can have a second life as plastic lumber for park benches and decks. **So don't forget to recycle your toothbrush!**

You can bring your toothbrush to our office during your next cleaning appointment for recycling, or you can drop off your used



toothbrushes at the nearest Whole Foods store. (Many towns and cities will not recycle the #5 plastic with regular curbside recycling.) It's an easy way to minimize your impact on the environment, and it's just another part of our commitment to being a green, sustainable office.



### From Our Kitchen to Yours...

Treat your Valentine to a delicious raw chocolate shake, courtesy of Dr. Garcia. It is sure to satisfy any sweet tooth at the end of a romantic dinner.

#### Raw Chocolate Shake

4 raw organic eggs  
2 cups raw milk  
2 tablespoons raw cocoa powder  
2 teaspoons organic vanilla  
Stevia extract powder, to taste



Blend ingredients together until creamy. Serve in two tall dessert glasses, and garnish with sliced strawberries.



## Vitamin D Helps Protect the Health of Your Teeth and Bones

In this winter weather, it's sometimes hard to get outside and get all the sunshine we need. This means that our vitamin D levels can drop below normal levels (and many Americans are already deficient in vitamin D). Vitamin D helps the body absorb calcium and keep the teeth and bones healthy. Deficiencies can lead to rickets and osteoporosis, and lack of vitamin D can also put you at higher risk for periodontal disease and tooth decay.

Now is the time to supplement your body with this essential nutrient. Increase your vitamin D intake by taking high-quality supplements or by eating Vitamin D rich foods like butter, cream, milk, eggs, and fish (such as sardines and oysters). Raw, of course! Eating your food raw helps preserve its nutritional integrity. Raw foods are able to transfer more of their nutrients to your body, while cooking can deplete nutrients and produce harmful byproducts.

We are now confirming appointments a week in advance, for your scheduling convenience, to avoid any late cancellation fees.

## Composite Resin Fillings: Potential for Plastics Toxicity in the Mouth

*Continued from Page 1...*

different temperatures, such as when you drink hot or cold liquids or chew ice. This can affect the seal between the filling and the tooth and allow bacteria to leak under the material, which can cause tooth sensitivity and decay. Second, composites are not as biocompatible as porcelain inlays and onlays. Ceramics such as porcelain are chemically inert and are unlikely to react with your tissues and cells. However, the plastic polymers in dental composites are cause for concern, because plastics can potentially impact our health.

Dental composites typically contain compounds that are derived from bisphenol A (BPA), such as bisphenol A glycidyl methacrylate (bis-GMA) and bisphenol A dimethacrylate (bis-DMA). BPA is a synthetic chemical used in the manufacture of many plastic products, including plastic

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***Dental composites typically contain BPA derivatives. BPA is a chemical that mimics the body's natural hormones, disrupting the function of the endocrine system.***

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water and baby bottles, food packaging, and compact disks. Though its purpose is to harden plastics, it is one of many man-made chemicals classified as an "endocrine disruptor." This means that BPA alters the function of the endocrine system by mimicking the role of the body's natural hormones. Specifically, BPA is an environmental estrogen: a synthetic substance that functions in a similar way to estrogen when absorbed into the human body.

There is growing concern that BPA (and all other environmental estrogens) is detrimental to your health. BPA has been shown to

affect reproduction and brain development in animal studies. In humans, it has been identified as a possible cause of breast and uterine cancer, prostate cancer, decreased testosterone levels, and developmental effects in children. And because of this potential toxicity, I only use composite resin fillings in a very small number of cases.

Ultimately, no material is a perfect substitute for your tooth enamel. We must preserve our natural teeth by eating well, cleaning them properly, and making good choices for our total body health. When a tooth is damaged or decayed, the best I can do is repair it with a material that helps support – not damage – your health. That's why I will only consider using composites if the restoration is minimal. Otherwise, I highly recommend restoring your teeth with porcelain inlays and onlays, which are the most biocompatible restoration materials available today.

The best compliment our patients can give us is a referral of their friends and family. ~ Dr. Garcia & Staff