

Comprehensive Dental Care
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COMPREHENSIVE
DENTAL
CARE

WORD & MOUTH

OSCAR MENENDEZ D.D.S. PalmHarborDentist.com



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Hablamos español



Dr. Menendez received the "Mastership Designation" by The Academy of General Dentistry (MAGD). Only 1% of all dentists ever earn this prestigious title.

To my Amazing Dental Family

Happy New Year! I hope you all had a wonderful holiday season!

It's hard to believe it is the new year already. 2017 just seemed to go by faster than most.

I hope you have had a year full of blessings. We certainly have. Our son and daughter are doing very well and we were fortunate to see them several times during the year. We survived Hurricane Irma with no significant damage. It was a scary event and I hope you and your family made it through safe and sound.

It was my passion to give back through volunteering as much as possible in 2017. I believe we made a positive impact on peoples lives by volunteering to provide free dental services at the Healthy Teeth Pinellas Clinic, Clearwater Community Dental Clinic, the HEP (Homeless Empowerment Program) Clinic. Also the Florida Mission of Mercy in Pensacola last March was a huge success. I am happy to be the 2018 Co-chair for the Florida Mission of Mercy coming up this March, in Ft Myers. If you'd like to volunteer or donate, please call to ask how or go to FLAMOM.Org. This event takes over 2000 volunteers to take care of 1500 patients over 2 days. Everyone is welcome, not just dental professionals. It was an honor to participate and help the less fortunate receive quality dental care at these amazing events.

I want to thank you all for being a part of my life and my practice. I am grateful for your continued trust in us to take care of you and your family. I also greatly appreciate you referring your friends and family to our office. It is our greatest compliment. We still welcome new patients.

Wishing you ALL a very healthy and happy 2018!

Yours in Dental Health,
Dr. Oscar and Team

We thank you for your referrals and welcome your friends and family.

Congratulations to our Echo Winner!

Our heartfelt congratulations to Lisa Abernethy – she was the winner of our special Holiday Giveaway. Lisa won a brand new Amazon Echo (2nd generation)! We had over 100 entries in our contest and we thank all of you that entered. Watch our Facebook page for more contests and give-aways this year. Congratulations Lisa!



Are You Suffering From Headaches or Jaw Pain?

Botox, famous for smoothing wrinkles, also gives many Americans relief from migraines and jaw pain. Botox is an FDA approved treatment for chronic migraines. The FDA says Botox injections have been shown to be effective in the prevention of debilitating migraines which cause intense pain in about 12% of Americans.

Botox is also used as a treatment for jaw pain related to TMJ disorders. Botox often eliminates headaches resulting from muscle tension, jaw tension and teeth grinding.

Certified by the American Academy of Facial Esthetics, Dr. Menendez is proud to help patients with Botox therapy. Please call us for a consultation to see if Botox can help you.

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.



How to Keep Your Smile Healthy for a Lifetime



Living in an area with a large number of retirees, I'm often asked about how they should take care of their teeth. That's a great question. With advances in medicine and an increase in longer life expectancy, the number of older people will continue to increase. It is essential that all older adults practice and maintain good oral hygiene due to the high correlation between oral health and general health.

How should you care for your teeth as you get older?

Maintaining good oral health is not only vital to your systemic health—it can keep you smiling well into retirement. Brushing at least twice a day with fluoridated toothpaste and a soft-bristle brush is as important as ever. Flossing is very important, too—it helps to remove plaque from between teeth and below the gumline that your toothbrush cannot reach.

Are you more prone to certain oral conditions as you age?

As you age, you may be more likely to develop gingivitis. Gingivitis is caused by the bacteria found in plaque that attack the gums. Symptoms of gingivitis include red, swollen gums and bleeding when you brush. If you have these symptoms, see a dentist. Gingivitis can lead to periodontal disease if problems persist. As you age, changes in salivary flow and content may further lead to gingivitis, as well as cavities. Because approximately 80 percent of all American adults suffer from some form of gingivitis, it's important to see your dentist twice a year for regular cleanings and checkups.

What are the signs of oral cancer?

Oral cancer is one of the most common cancers, with roughly 35,000 new cases reported annually in the United States. Oral cancer most often occurs in people who are older than age 40. Oral cancer can form in any part of the mouth or throat. See a dentist immediately if you notice any of the following: red or white patches on your gums or tongue, a sore that fails to heal within two weeks, bleeding in your mouth, loose teeth, problems or pain swallowing, or a lump in your neck. Your dentist should perform a head and neck exam to screen for oral cancer during routine checkups.

What can I do about dry mouth?

As you age, you may develop dry mouth. Dry mouth (xerostomia) happens when salivary glands fail to work due to disease, certain medications, or cancer treatment. The condition can make it hard to eat, swallow, taste, and speak. Drinking lots of water and avoiding sweets, tobacco, alcohol, and caffeine are some ways to fight dry mouth. Your dentist also can prescribe medications to ease the symptoms of severe dry mouth.

What else can I do to maintain good oral health?

Studies have shown that maintaining a healthy mouth may keep your body healthier and help you to avoid diabetes, heart disease, and stroke. The best way to achieve good oral health is to visit your dentist at least twice a year.



When you're sick, the last thing you may think of is your teeth. But, there are some things that you should keep in mind about your oral health the next time you are under the weather.

Avoid Dry Mouth By Staying Hydrated

Dry mouth increases cavity risk. Most colds come with a stuffy nose, which causes us to breath through our mouths. Doing so can dry out your mouth and make you more vulnerable to harmful bacteria.

Keep The Bad Stuff Off Your Teeth

Opt for sugar free medicine, especially cough drops which stay in your for an extended period of time. If you don't choose sugar free, rinse your mouth after taking a medicine.

Don't Skip Brushing

We know it's tough when you're sick, but don't skip your normal brushing routine just because you're not feeling well. Don't forget to throw away your toothbrush after you are sick - Otherwise it's a good idea to replace it every 3 months.

Team Member Spotlight

Cheryl Blakeslee
Dental Hygienist



We are so fortunate to have Cheryl on our team. This year, Cheryl is celebrating her 30th Anniversary with Dr. Menendez. Her years of dedication to her profession are exemplified by the uncompromising care she gives every day to patients.

As a periodontal therapist, Cheryl is an integral part of Dr. Menendez's periodontal program, creating health and improving well-being of patients. Her kind and gentle nature is second to none and can be seen in every procedure she administers.

Cheryl has been married to the love of her life for more than 40 years and together they have two grown sons and three wonderful grandchildren. Thank you Cheryl for your amazing patient care and for your heart of gold.

Did You Know?

Did you know that our dental hygienist Alison Otamendi is expecting a baby? Her due date for "Baby Oliver" is February 12. We are excited for her and wish her all the best as she welcomes her new little man into the world. Watch our Facebook page for photos next month.

