



Dr. Joseph DeFrancesco

Gums need more than mouthwash

Dear Dr. DeFrancesco: My gums are receding. I have tried changing my mouthwash and my toothpaste, but nothing seems to help.
Mrs. M.J.M.

If I were you, I would try talking to your dentist. Your gums may be receding for many reasons.

Accumulated tartar under the gums may have forced away the periodontal membrane. Removal of tartar must be done by a dentist or dental hygienist.

Brushing your teeth incorrectly may worsen the condition. Check with your dentist.

Dear Dr. DeFrancesco: Are X-rays necessary during a routine checkup?

R.T.

Your dentist depends on X-ray examinations — a necessary part of complete, comprehensive dental care — to help him diagnose and treat conditions that threaten your oral health.

Early decay, bone erosion due to gum diseases, impacted teeth, tumors and abscesses are all examples of problems that show up in X-rays.

Dear Dr. DeFrancesco: I have had all my teeth extracted and I need full dentures. Most of my friends who have dentures are unhappy because their teeth appear unnatural and false. My mouth is small and I don't want large teeth.

Ms. J.O.

Dentures should look natural. Artificial teeth are made with slight imperfections so that they appear natural; they are made in different sizes and shades.

When your dentist is ready to try the dentures in your mouth, invite a relative or friend for an opinion on the appearance of the teeth. Because the teeth are set in a wax matrix at this point, they can still be altered to please you.

Dear Dr. DeFrancesco: My child has no second tooth to push out the baby tooth. Can this tooth be retained to serve as a permanent tooth?

J.N.

Yes, this tooth can be retained and used as a permanent tooth. How long it can be kept in the mouth is anyone's guess. Many baby teeth have been used for years.

Eventually, the root will be resorbed and the tooth will fall out. This condition can be hereditary.

Dear Dr. DeFrancesco: What can children drink containing small amounts of sugar?

Mrs. A.J.

Select natural juices. Pineapple, orange, tomato and grapefruit juices are appetizing to children. Pick the unsweetened juices with no additives or coloring.

Dear Dr. DeFrancesco: Must I go to the dentist's office to have tartar removed from my teeth properly?

C.L.

Yes. Dentists and dental hygienists are the only persons who are trained to clean hard deposits of tartar, or calculus, from your teeth.

Their instruments are sharp and often have to be placed beneath the gums, so the removal of tartar could easily injure oral tissues if not done properly. You can help in one way, though. How? By brushing your teeth properly and using dental floss daily, you will cut down on future accumulations of tartar.

Dear Dr. DeFrancesco: Does the average water filter attached to the kitchen faucet remove fluoride from the water supply?

Mrs. J.D.K.

Most filters remove chlorine from the water, but leave fluorides intact.

However, the specifications of each water purifier should be checked to find out exactly how the filter works.

The writer, a retired suburban dentist, will answer questions of general interest in this column. Address them to this newspaper.

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Colonial Plymouth Invites You To Be A Part Of Our Coming Attractions!

Plymouth Community Calendar of Events Summer - Fall 1979

Every Thursday during the Summer - Band Concert Kellogg Park - Main Street - 8 p.m.

July 21 Saturday 10 am - 6 pm
"DEARIE, DO YOU REMEMBER WHEN DAY" in the OLD VILLAGE OF PLYMOUTH
• Suite #27
• Old fashioned FUN and OLD FASHIONED PRICES — bargains in Old Village stores, pony rides, clowns, balloons, dinners, lake sales, artists, plus much, much more.

Saturdays Only - July 21-October
FARMER'S MARKET in the Forest Place parking lot at Ann Arbor Trail between Forest and Harvey in Downtown Plymouth. Home grown fruits, vegetables and fresh baked goods.

August 3 & 4 Fri. & Sat.
Plymouth's Annual Sidewalk Sales
An opportunity to find some OUTSTANDING BARGAINS at all of the participating stores Friday 9-9 & Saturday 9-6.

September 6 thru September 9
ANNUAL FALL FESTIVAL in Downtown Plymouth — a variety of activities every day.
Thursday 3-10 Spaghetti Dinner
Kiwanis Club
Friday 3-10 Fish Fry
Lions Club
Saturday 12-10 Roast Beef Dinner
Plymouth Jaycees
Sunday 12-6 Chicken Rotary
Plymouth Rotary Club

Saturday Sept. 29
Apple Festival in Old Village
Apple Cider, donuts, surprises, and bargains in all the Old Village stores. 10 AM to 6 PM

Sunday, October 7 1 p.m.
Fourth Annual "Chicken Flying Contest"
This starts with a Parade at 1 p.m. in Downtown Plymouth and then the famous chicken flying contest with real winners and a celebration after with chicken dinners at the Mayflower Meeting House. You can fly a chicken too — Call 453-1540.

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Our town is quaint and unique and we have lots of fun! Won't you join us? Call the PLYMOUTH COMMUNITY CHAMBER OF COMMERCE for more information. 453-1540.