

ASK THE EXPERTS

Your family's medical questions answered by local experts



Flossing Sensitive Teeth

Teresa Cody, DDS

C & C Dental
17003 S.W. Fwy., #100
281-815-4193
candcortho.com
See ad on page 23

The more I floss, the more sensitive my gums become. Why would this be, and how can I prevent this from happening in the future?

You most likely need to get your teeth professionally cleaned by a hygienist. If you have tartar, or calculus, near or under the gums, they will stay irritated no matter how much you floss. The body reacts to the tartar as if it were a foreign substance. Thereby, the gums swell, bleed, and remain inflamed until the tartar is scraped off the teeth. If left long enough, the bone dissolves, and there is a chance of tooth loss.



Postpartum Depression

Aashish Shah, MD

Vice President and Medical Director
for Community Health Choice

What do you recommend to moms who think they may be experiencing postpartum depression?

The most important thing is to recognize that something might not be right. Never minimize or dismiss the feelings you're feeling. Talk to somebody and get help. The period of time after having a child is always stressful. Sleep cycles get disrupted and our physiology, psychology, and family structures get tested. Postpartum depression affects 10% to 15% of mothers within the first year after giving birth. While feeling blue after you deliver is normal, depression is not and requires help. Postpartum depression is a type of depression typically seen during the first four to six weeks after delivering a baby, but it can occur months after.



Adult Braces

Dr. Scott Huang

Scott & Jane Orthodontics
5418 Hwy. 6, #215, Missouri City
832-539-6388
scottandjane.com
See ad on page 84

As an adult, I am thinking about getting braces, but I'm unsure about doing so. What are the different types of braces available for adults these days?

Dental technology has brought us to an exciting time with regard to dental braces. 1) Metal braces are the most common type of braces and are more comfortable today than ever before. With metal braces, you have the option of adding colored elastics (rubber bands) for a more unique and colorful smile. 2) Self-ligating braces are made from the same materials as traditional metal braces. However, self-ligating braces do not require the use of elastics, meaning fewer appointments and less friction is being placed on the tooth. 3) Ceramic braces are made of clear materials and are therefore less visible on your teeth than metal braces. It is a popular choice for adult patients who have cosmetic concerns. While they are visually less prominent, they do require more attention to oral hygiene as ceramic braces are larger and more brittle than their metal counterparts. 4) Lingual braces are hidden behind the teeth and are therefore "invisible" when you smile. 5) Invisalign is a series of invisible, removable, and comfortable acrylic trays that straighten your teeth like braces. Not only are the aligners invisible, they are removable, so you can eat and drink what you want while in treatment.

Special thanks to our panel of Sugar Land Magazine experts Teresa Cody, DDS, Dr. Scott Huang, and Aashish Shah, MD.