

# Let's Talk About Teeth

By Leon D. Hanna, DDS & Kayla S. Mazer, DDS

## TWO MINUTES OF YOUR TIME

The Hanna & Mazer Dental Group believes that the most important part of tooth care happens at home. Brushing and flossing properly, along with regular dental checkups, can help prevent tooth decay and gum disease. Two minutes of brushing is all it takes to keep harmful plaque at bay. If the milky buildup of bacteria-laden plaque is not removed from the teeth each day with adequate brushing, it produces toxins that cause bloody gums and bad breath. In time, the bacteria in plaque will pull the gums away from the teeth to form pockets that fill with more plaque; which then causes trouble closer to the bone. The good news is that it only takes a minimum of two minutes of brushing to clean teeth properly. Yet, studies show that the typical American brushes for only 37 seconds each time. This inadequate amount of time dedicated to brushing, results in teeth that are still covered in plaque at the end of the day.

The Hanna & Mazer Dental Group provides cosmetic, functional, and preventative dental care for all ages. You can rely on us to answer all of your questions about dental treatment and procedures. We participate in many major insurance plans and accept most forms of payment. Follow us on Twitter and Facebook today to stay up to date on the latest in dental care. Feel free to visit our website [www.hannaandmazerdental.com](http://www.hannaandmazerdental.com) for additional information and give our office a call to make an appointment today!

Hanna & Mazer Dental Group  
61 Fourth Street  
Stamford, CT 06905  
P: (203) 348-3756 | F: (203) 348-8675  
[hannaandmazerdental@yahoo.com](mailto:hannaandmazerdental@yahoo.com)

*"Because Your Smile Means Everything"*