



## Got Teeth? a Survivors Guide: How to Keep Your Teeth or Live Without Them

By Sandra Goodman

Dog Ear Publishing. Paperback. Condition: New. 220 pages. Dimensions: 8.4in. x 5.4in. x 0.6in. Your heart beats quickly, your knuckles clench, and your palms sweat. First date Job Interview No. The receptionist just called your name and asked you to have a seat - in the DENTISTS CHAIR! Every sight, sound, and smell triggers haunting childhood memories. For those who have had unpleasant experiences in the dentists chair, the anticipation of each visit can be debilitating - and the reason why dental visits are put off until the point of no return. With over 75 of the population suffering from gum disease in varying stages, we are faced with difficult choices and sometimes - no choices: 1-12 million people each year get dentures. Periodontal disease can contribute to cardiovascular disease, diabetes, pre-term low-birth weight babies, stroke, and more. With notes and quotes from dental professionals, Section One may help you keep your teeth and improve your health. In Section Two, Sandra delivers a blunt and sometimes humorous (sure, she can laugh now!) account of her life-changing experience with periodontal disease, bone loss, and tooth loss. Her story sheds light on the stages of shock and devastation of realizing your teeth are...

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