

COLUMN

Is my gum recession from brushing too hard?

When I hear this from patients, it truly saddens me. Gum recession is NOT caused by brushing your teeth too hard. It is because of an unbalanced and/or misaligned bite. It is caused by uneven pressures on teeth, leading to stress on the surrounding gums and bone. I know that a lot of you may have been told that you are brushing too hard, and this may be frustrating to read, but unfortunately most dentists are only trained to diagnose



Dentally Speaking

by Jeffrey S. Haddad D.D.S.

Misaligned teeth can also cause gum recession, leading to sensitivity and bone loss. This is a mechanical problem with forces on the tooth that cause torque and improper pressures which makes the gum tissue pull away from the tooth. This can happen with just one or two teeth in the mouth, which is why “toothbrush abrasion” is not plausible. (We aren’t just brushing hard on one tooth.)

So how do we know if you have “bite disease”? The diagnosis of malocclusion is not always obvious because many people have the appearance of a “good” or “healthy” bite and have no major symptoms.

Using technology, we can digitally measure a person’s bite showing actual pressures on each tooth in real time. This data also shows us exact percentages of forces on every tooth in the mouth, so if there are imbalances, we can easily identify them. People’s bites change many times throughout life especially with dental work, so identifying any imbalances and monitoring these changes is very important to the stability and health of the mouth.

An unbalanced bite can lead to many issues in the mouth including gum recession, tooth wear, tooth fractures, and tooth loss. With advances in digital technology, we can identify these imbalances with precise

adjustments or even rebuild a person’s bite to where it once was. If you are noticing changes in your gums, tooth wear, or if your bite just feels off, having an evaluation with a dentist who is an expert in bite disease could

give you the level of health and stability you deserve. *Jeffrey S. Haddad, DDS of Rochester Advanced Dentistry, completed his dental education at the University of Michigan in 2001. Dr. Haddad is a fellow of the presti-*

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He lectures nationally on cosmetic dentistry, TMJ and sleep disorders and dental implants. For more information, visit www.rochesteradvanceddentistry.com.

Goodison Cider Mill: A Tradition Rooted in Michigan’s Fall Season

For over 100 years, Goodison Cider Mill has been more than just a stop along Orion Road — it’s been a tradition, a gathering place, and a taste of Michigan’s fall heritage. Nestled in the heart of Oakland Township, the red-and-white mill began as a simple fruit stand and has since become a place where generations return year after year for the same comforts: fresh cider, warm donuts, and a timeless autumn experience since 1965.

What started with Lloyd and Marion Blankenburg’s roadside stand soon grew into a full cider mill. They pressed cider with a wooden press purchased from a neighboring orchard — a piece of equipment that, remarkably, is still in use today. In 1978, Tom and Ruth Barkham carried the mill forward, adding stainless steel tanks while preserving its hands-on charm. Since 1991, current owner Robert Steinheiser has proudly continued the legacy, keeping the cider-making tradition alive for more than three decades.

“I’ve owned the mill longer than anyone before me,” Steinheiser says. “What keeps me going is the community. People stop in just to say, ‘We love this place, we’re so glad you’re here.’ That’s what makes it worthwhile.”

Goodison still presses its cider in small 70-gallon batches, the old-fashioned way, using locally grown apples from Oakland and Macomb counties. Each batch is crafted from a blend of in-season apples, often including varieties such as Macintosh, Honeycrisp, Golden Delicious, and Gala. Unlike the heat-based pasteurization used by large commercial producers, the mill relies on a UV-light process that keeps the

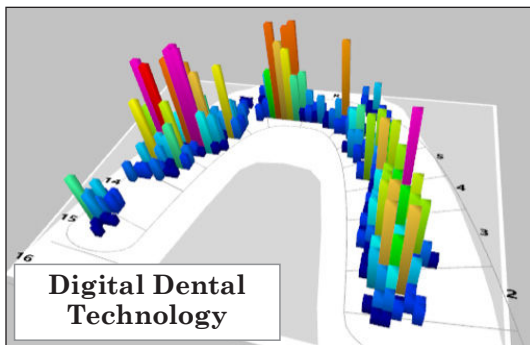
cider safe while preserving its crisp, fresh flavor. Their patented Cider-Sure machine delivers a precise UV dosage to meet safety and quality standards without altering the taste or character of the cider. “At the heart of it, we’re simply grinding fresh apples and pressing the juice,” Steinheiser says with a smile. “It’s a straightforward process — and that’s what makes it so good.”

Beyond cider, Goodison is known for its “world famous” pistachio nut bread, along with pumpkin bread, homemade caramel apples, fresh-baked pies, apple dumplings, jams, and candy. Donuts are a

highlight too, from the classic apple cinnamon to frosted blueberry, frosted cherry, frosted salted caramel, and pumpkin. In September, the mill bursts with colorful mums, while October brings pumpkins of all sizes. Sundays often feature live music and balloon twisting for kids, weather permitting, which adds a festive touch to an already lively weekend.

Walking through the mill is like stepping into a piece of Michigan history. Newspaper clippings on the wall tell the story of decades past, while the familiar aroma of cider and baked goods fills the air. It’s a place where tradition meets community, whether you’re picking up a jug of cider on the way home from work or bringing out-of-town guests for their first Michigan cider mill experience.

Goodison Cider Mill is open daily from 9 a.m. to 6 p.m. through the end of November, then weekends in December with Christmas Eve as the final day of the season. It remains a beloved part of autumn in Oakland County — a place where cider, donuts, and community spirit come together every fall.



Digital Dental Technology

“tooth disease” and “gum disease.” With advanced training and technology, we are educated to diagnose and treat “bite disease.”

What happens if you don’t correct a bad bite? There are a few different things that can happen if you maintain a bad bite for your entire life. Number one is tooth wear. If your bite doesn’t come together properly, what ends up happening is your teeth can wear and sometimes in an asymmetric or an accelerated fashion. This type of wear can cause many problems, including aesthetic issues, and other functional issues as well as fractures or tooth loss. If you are a clencher or grinder, this can further escalate this problem.



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