

# The Pearly Post Newsletter



Produced to improve your dental health and awareness

Winter 2008

## fromthedentist

### Thinking It Through Editorial choices

Before I put pen to paper to include my note to you in this edition, I thought, "If I had to choose just one topic to highlight to

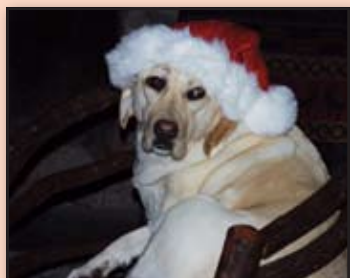


ensure my patients understand it and can act upon it, what would it be? What is it that affects not only their dental health, but indeed their overall health?" The answer is on page 3! Please ensure you read *Make the Connection*. Gum disease really is a very important health issue that affects about 75% of adults. It can be effectively managed, and it's important to me that I am able to communicate this to you.

I am very proud to be bringing this important information to you. I hope you enjoy and are benefiting from our commitment to your overall health and dental education.

*Yours in good dental health,*

*Dr. Kevin P. Hickey*



## The Next Generation

### Cerec 3D™ smile restoration technology

We're very proud to offer you *Cerec 3D™*, the latest generation of *Cerec™*, the world's most advanced dental restoration system. With it we can manufacture lifelike porcelain crowns, veneers, inlays/onlays, and fillings right here in our office. Previously, these types of tooth reconstruction required at least two or three appointments. Now, entire procedures take place in only one office visit.

Cerec 3D uses Computer Aided Design/Computer Aided Manufacturing (CAD/CAM) technology that allows us to obtain a full 360° perspective of your mouth, take an accurate three-dimensional picture of the damaged tooth, then transfer it to a color computer screen. No more impression goop!

Our ability to design your restoration

is optimized by the realistic 3D CAD program images. The CAM program accurately and precisely mills the restoration while we monitor the process. Our final step is to bond your finished restoration in place. All in one visit ... without temporaries!

The strong ceramic material is matched to your tooth color, translucent like natural enamel, and biocompatible. Because it is unaffected by heat and cold, you'll be able to enjoy hot and cold treats without sensitivity.

No goop ... no temporaries... no metal ... no waiting. Cerec 3D is completely reliable. Worldwide over six million Cerec restorations have been placed: that's one every twenty seconds for nearly twenty years.

Cerec 3D could transform your smile! Please call for a consultation.



*We work to keep your smile!*



## Unhinged By Pain? Could be TMD!

Your *temporomandibular joints* – the two joints that are located in front of your ears and that hinge your jaws – are quite impressive. They can move side-to-side, back-and-forth, and up and down ... all at the same time! They get a lot of use every time you bite, chew, speak, swallow ... or grind your teeth.

Jaw clenching, teeth grinding, or an improper bite can contribute to teeth and gum pain as well as discomfort like popping, clicking, jaw tenderness, and headaches.

*Temporomandibular Joint Disorder (TMD)* is the official name for a host of symptoms that arise in part because of the proximity of these joints to many nerves, muscles, connective tissues, and ligaments.

Experiencing signs of TMD? Dentistry may have a solution.

# Uncommonly Adaptable

## Incredible implants offer flexible smile solutions

Dental implants have proven themselves time and time again since they were invented in 1952. In the beginning, many people associated them with space-age technology and considered them out of reach for ordinary people. Today, an implant can be used to immediately replace a tooth lost by a young athlete, for example. This is without a doubt the best way to minimize bone loss, the shifting of teeth, and the emotional trauma associated with an altered appearance. Dental implants look natural, can help maintain a more youthful appearance, and they are so versatile that they can be used in combination with other restorative techniques – at any age!

### Here are some of the ways that dentistry can improve your smile using dental implants.

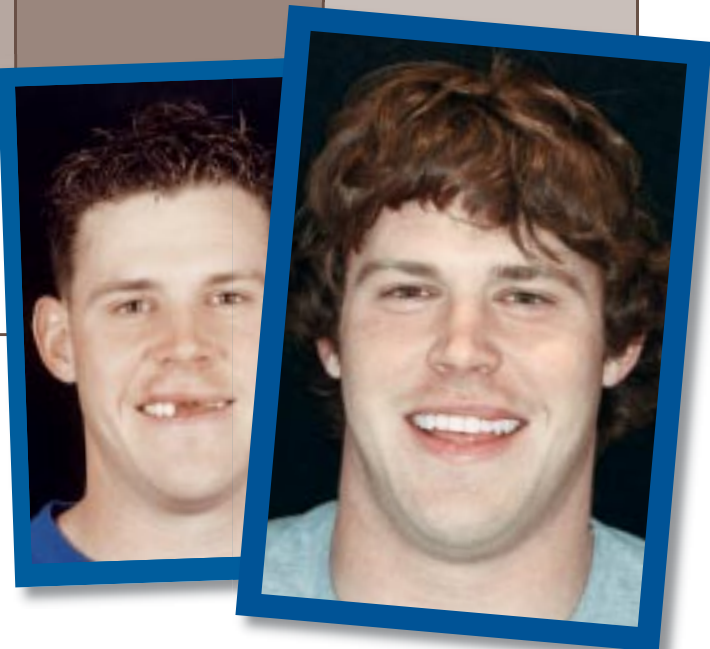
Individual implants can replace one or more missing teeth. Because it's created just for you, we can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile.

If you have a number of adjacent teeth missing, implants can be used in combination with a bridge. Both restorations are so natural looking, they're virtually undetectable.

Implants can be used to secure specially modified dentures to improve your appearance and your ability to eat and speak with comfort.

*One of today's many dental implant options could provide the dental solution you're looking for!*

## Set A Great Example



### Quit today!

Did you know that exposing your child to cigarette smoke could cause cavities or delay development of their permanent teeth? Or that chewing tobacco can cause oral cancer? If you quit smoking or using tobacco, you will also reduce your risk for cavities, gum diseases, tooth loss, emphysema, all cancers, and heart attack and stroke.

Tobacco users actually cost others, as well. Second-hand smoke is harmful and health care costs families and governments. Every cigar or cigarette represents hard-earned money going up in smoke ... and along with it, opportunities for other pleasures and experiences.

Nicotine is very addictive but you can kick it ... and you'll smell great, look younger, and smile more too! And you won't be the only one to benefit: most smokers start very young, so you can set a great example.

# MAKE THE Connection

PARTICIPATE IN YOUR ORAL & GENERAL HEALTH!

► **No one knows everything about gum disease and the way in which it affects your general health.** Debate and research about the precise dynamics of this interrelationship will likely continue for a long time to come. It's not clear whether there is a cause-and-effect relationship or even whether the true culprit is bacteria or inflammation or a mechanism we don't yet understand. Fortunately, you don't have to know *everything* to know a good thing when you hear it.

► **For instance, it's good to know that when you take care of your oral health, you are making a positive contribution to your overall health and well-being.** How can this be? Researchers have established links between gum disease and other ailments, and because periodontal disease can be prevented, treated, and in some cases, even reversed, you can participate actively in managing your oral health and therefore your general health.

► **Prevention (a good home care routine and regular dental visits) is your best strategy because gum disease has no symptoms in the earliest stages.** It occurs when plaque (bacterial film) builds up. By the time you experience symptoms like discomfort, bleeding, and bad breath, you will already have damaged your gums and possibly even supporting ligaments and bone. Without intervention, you could experience bone and tooth loss.



Untreated periodontal disease



Regained perio health plus veneers

Here are some links that have been demonstrated between oral health and overall health.

**Pulmonary Infection:** Harmful bacteria from gum infections has been linked with pneumonia, bronchitis, emphysema, & chronic obstructive pulmonary disease.

**Osteoporosis:** Women with osteoporosis may be at higher risk for gum disease & people with gum disease may be at a higher risk of underlying osteoporosis.

**Diabetes:** People with diabetes are more susceptible to gum disease which in turn can make it more difficult to control blood sugar.

**Heart Disease & Stroke:** People with gum disease are almost twice as likely to suffer coronary artery disease as those without gum disease.

**Oral Cancer:** An association has been found between serious periodontal disease & pre-cancerous lesions & oral tumors.

**Pregnancy:** Periodontal disease during pregnancy has been linked with toxemia, pre-term delivery, & babies with lower birth weights.

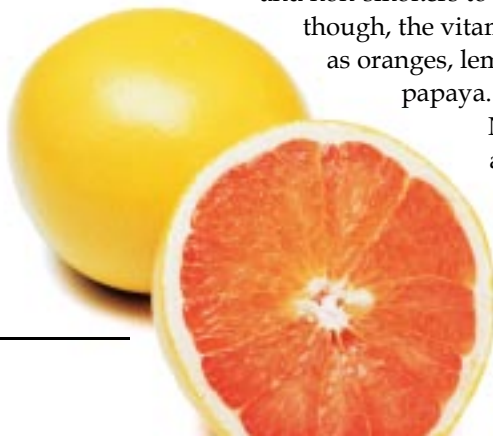
## Diverse & Abundant!

### Put the "C" in cuisine!

Do you enjoy the idea of belonging to an elite group? Well, along with a fruit-eating bat, a species of trout, apes, guinea pigs, and the red-vented bulbul bird, humans are among the few species that cannot synthesize their own vitamin C! Your gums need vitamin C to stay pink and healthy and to give you nice-smelling breath and a youthful appearance.

How do you get enough vitamin C? Well, you could eat two grapefruits a day like the participants in one study. The increased vitamin C helped both smokers and non-smokers to improve their periodontal health. Thankfully, though, the vitamin is abundantly available in foods as diverse as oranges, lemons, spinach, potatoes, kohlrabi, guava, and papaya.

Now, get ready to smile – because humans are special in another way! Only we humans cook. So you can get vitamin C whether you're dining vegetarian or nouvelle cuisine, Chinese, Kosher, Italian-American-Mexican, or Indian curry takeout!



# What Do They Do?

## Why we rely on our Dental Assistants

Dental Assistants are an essential part of our professional oral health care team and we'd like to take this opportunity to let you know some of the skills these highly trained technicians possess.

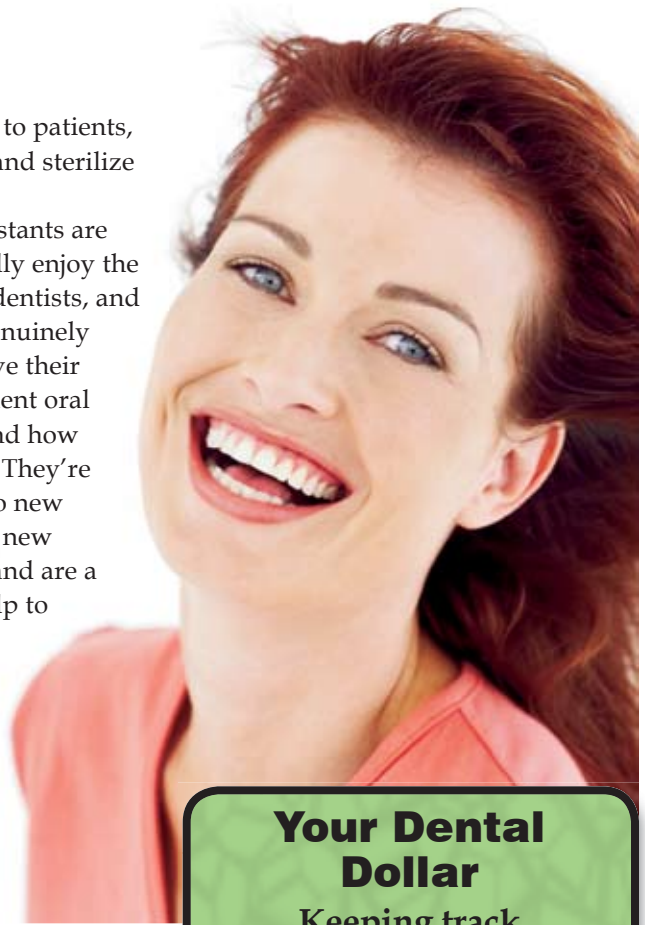
Dental assistants prepare patients for treatment and examination, assist dentists during procedures, and perform a wide variety of supportive dental procedures. For example, they take impressions for diagnostic purposes, place and remove post extraction dressings, and remove sutures. They operate x-ray equipment, place sealants, and perform polishing and fluoride applications after scaling.

Dental Assistants also help dentists and dental hygienists in charting oral lesions, existing restorations, and missing teeth, help with cementing or removing crowns and bands. They also provide routine and

postoperative instructions to patients, maintain patient records, and sterilize instruments and utensils.

Invariably, Dental Assistants are "people persons" who really enjoy the interaction with patients, dentists, and our practice team. They genuinely want to help people achieve their goals of a lifetime of excellent oral health and truly understand how important those goals are. They're also people who can rise to new challenges every day with new patients, new challenges, and are a never-ending source of help to find original solutions.

The long and short of it is, we couldn't run a practice without our Dental Assistants, and we're grateful we have such talented professionals on our team!



### office information

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Manlius, NY 13104-9780

#### Office Hours

Monday 12:00 pm – 7:00 pm  
Tuesday 8:00 am – 5:00 pm  
Wednesday 8:00 am – 5:00 pm  
Thursday 8:00 am – 5:00 pm

#### Contact Information

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Web site [www.manliustoothdoc.com](http://www.manliustoothdoc.com)  
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#### Office Staff

Cindy.....Dental Assistant  
Debbie..... Receptionist  
Lynda ..... Hygienist

### Digital X-Rays

#### What are they?

The 100th anniversary of the use of dental radiographs, or x-rays, has already come and gone! And in this century, digital technology is quickly changing the way we use x-rays. We now have *Dixis®* Digital Radiography!

While digital x-rays still require a patient to "pose" for a picture, the process and result are dramatically different. Instead of film, a highly sensitive electronic receptor is inserted into your mouth. An electronic image is captured instantaneously and stored on a computer's database. These digital x-rays give us a clear, high-resolution view of teeth, bone, root, and tissue; all while using up to 60% less radiation than traditional x-rays.

This new technology is just one more tool we can use to provide you with the best and most efficient dental care possible.

### Your Dental Dollar Keeping track

We know how important it is to keep track of household expenses. We also work on a budget, and do our best to keep costs down. Here's where your dental dollar goes...

- Practice overhead, including the rent or mortgage payments, utilities, and insurance.
- As technology is changing all the time, constant equipment upgrades, new instruments, new materials, and other supplies are required.
- Sterilization is a large expense. All dental instruments are cleaned and then sterilized after each patient's visit. Disinfecting procedures are used on all surfaces and fixed equipment, and all waterlines are sterilized on a regular basis.
- And of course, salaries are paid to our team members.

But the real bottom line is *your* dental health, and in our practice, we all are working hard to achieve that goal!

