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Did you know?

Oral Piercing can do more than just change your looks. We may not think that a simple procedure like piercing could cause problems but it can. Our mouth is a growing ground for bacteria, creating the ideal place for infection to start. If infection isn't enough to worry about, consider these additional complications:

1. Damage to teeth and gums from biting the barbells or playing with the balls with your teeth. You just might scratch or crack your teeth, resulting in the need for fillings, crowns or root

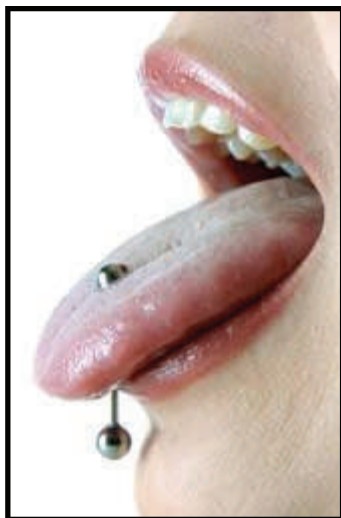
canals.

2. Nerve damage can make your tongue feel numb or even change your sense of taste.
3. Excessive drooling and difficulty pronouncing words correctly. Need we say more?
4. Radiographs may have interference from the jewelry, reducing your dentist's ability to correctly diagnose serious conditions in your mouth.
5. Allergic reaction to the metal.
6. Damage to your tongue's blood vessels can cause serious blood loss.
7. Transmission of blood

born disease such as Hepatitis B, C, D and G is a possible factor to consider.

8. Endocarditis. This is very serious risk of oral piercing. Endocarditis is the inflammation of the heart valves or tissues from bacteria entering the bloodstream through the piercing site in the mouth and traveling to the heart.

The American Dental Association and your entire dental team oppose the practice of piercing in or around your mouth. If you already have piercings, we encourage you to remove them.



Anxiety & Phobia

Do you suffer from dental anxiety or phobia? Someone with dental anxiety will become uneasy when it's time for their appointment. They may experience exaggerated or unfounded fears relating to dental treatment. Most people can cope with this type of anxiety. A phobia is a more serious condition associated with intense fear or sense of dread. Symptoms of dental phobia may include trouble sleeping prior to a dental appointment, the thought of going to the dentist causes crying or makes you physically ill, difficulty breathing and headache. The effects of a dental phobia are numerous.

Physical effects: Gum disease, early tooth loss, painful conditions such as cavities or cracked teeth, poorer overall health and decreased life expectancy.

Emotional side affects: Some people may begin to smile less frequently or talk with their mouths partly closed to hide discolored or damaged teeth. It is likely that their self-esteem will diminish, affecting their personal and professional life.

The most important step in reducing anxiety and managing phobia is to discuss how you feel with us. Once we know what the issues are, we will be able to work with you to find solutions. Such as:

Pain Relief. There are several methods used in our practice to com-

pletely diminish pain. **Topical anesthetics** are applied with a Q-tip to numb an area prior to an injection of a local anesthetic. We are careful to place a strong topical anesthetic exactly where the injection site is. This is very effective in numbing the surface tissue. We use an anesthetic that has no additives which eliminates tissue sensitivity normally associated with this additive. The key to painless injection is to administer the anesthetic very slowly, this eliminates trauma and pain. With proper technique the whole process of numbing and restoring teeth should be painless. **Oral conscious sedation** is a sedative prescribed by your dentist and taken prior to your appointment, however it is imperative that you have someone drive you to and from your appointment.

Gain Control. There are a few things you can do to give yourself a sense of control. Discuss with us whether or not you prefer to complete treatment in a few short appointments or just one. You may want us to explain exactly what is happening at each stage of treatment or you may not want to know at all. Let us know what you prefer. Agree to a hand signal to alert us that you need to stop – maybe you need to take a break, rinse your mouth or for any other reason.

You may also want to listen to music. We have a large selection of music to choose from or you can bring your own music device.

Remember, we have many options to help you overcome anxiety and reduce the effects of dental phobia so be sure to discuss with us any concerns or fears you may be experiencing.

Antibiotic Update

American Heart Association New Antibiotic Guidelines

Based on an increasing amount of scientific evidence the American Heart Association has changed their recommendation for taking antibiotics prior to dental treatment. In the past this was done with the belief that antibiotics would prevent infective endocarditis. Infective endocarditis is an infection of the heart's inner lining or valves, which is a result of bacteria entering the bloodstream and traveling to the heart.

Scientists have found no compelling evidence that taking an antibiotic prior to dental treatment

prevents infective endocarditis in patients who are at risk of developing a heart infection. On a daily basis our hearts are exposed to bacteria found in our mouths which can enter the bloodstream during common daily activities such as brushing and flossing. The new guidelines are based on a comprehensive review of this scientific evidence.

People who no longer need to take a preventive antibiotic include those with bicuspid valve disease, calcified aortic stenosis, mitral valve prolapse, rheumatic heart disease or some congenital heart conditions such as atrial septal defect, ventricular septal defect, and hypertrophic cardiomyopathy.

Preventive antibiotics are still



recommended for patients who have the greatest danger of a bad outcome if they develop bacterial endocarditis. The American Heart Association continues to recommend preventive antibiotics for patients with the following conditions:

- * Artificial heart valves
- * History of Infective Endocarditis
- * Specific congenital heart conditions including,
 - a completely repaired congenital heart defect with prosthetic material or device, whether placed by surgery or by catheter intervention, during the first six months following the procedure
 - any repaired congenital heart defect with residual defect at the site or adjacent to the site of a prosthetic patch or a prosthetic device
 - A cardiac transplantation that develops a problem in a heart valve.

Patients with any of these serious conditions should check with their cardiologist prior to any dental procedures, including teeth cleaning.

The American Heart Association emphasizes maintaining optimal oral health by practicing daily oral hygiene to minimize the risk of

Life is a great big canvas; throw all the paint on it you can.

Danny Kaye, entertainer



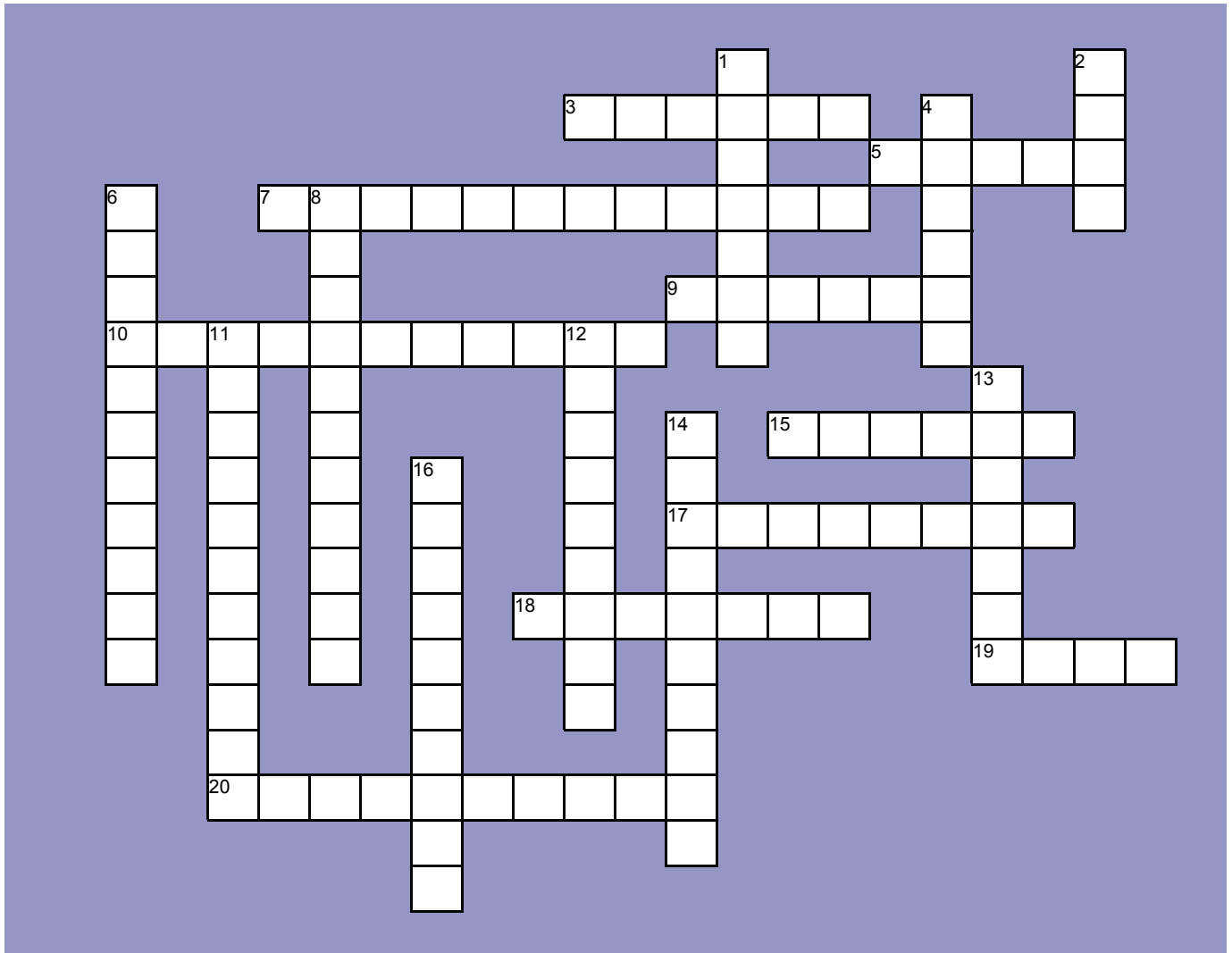
New Patients Welcome!

The greatest compliment any of our patients could give us is to refer a family member or friend to our practice. When our patients refer us we know we are on the right track. Our passion for dentistry and genuine concern for our patients is shining through. Our reward is new patients that are just as wonderful as the ones who referred them to our practice.

Answers

- | | |
|--|--|
| Down
1. Maxilla
2. Pulp
4. Tarter
6. Prophylaxis
8. Endodontics
11. Root Planing
12. Emergency
13. Sealant
14. Gum Disease
16. Invisalign | Across
3. Palate
5. Canal
7. Resin Filling
9. Plaque
10. Perio Pocket
15. Caries
17. Mandible
18. Incisor
19. TMJD
20. Gingivitis |
|--|--|

DENTAL TERMS



ACROSS

- 3 Roof of the mouth
- 5 The narrow chamber inside the tooth's root
- 7 An artificial filling used to restore teeth. Also called a composite filling
- 9 A sticky, colorless substance that covers the teeth after sleep or periods between brushing
- 10 pocket that forms when the gums detach from the side of the tooth
- 15 Another term for decay
- 17 The lower jaw
- 18 Front teeth with cutting edges; located on the sides near the front
- 19 Temporomandibular joint disorder. Health problems related to the jaw joint just in front of the ear
- 20 A minor disease of the gums caused by plaque

DOWN

- 1 The upper jaw
- 2 The inner tissues of the tooth
- 4 A hardened substance (also called calculus) that sticks to the tooth's surface
- 6 The act of cleaning the teeth
- 8 A form of dentistry that addresses problems affecting the tooth's root or nerve
- 11 Scraping or cleansing of teeth to remove heavy buildup of tarter below the gum line
- 12 A knocked out tooth or bitten tongue
- 13 A synthetic material placed on the tooth's surface that protects the enamel and chewing surfaces
- 14 An infection of the gum tissues. Also called periodontal disease
- 16 The invisible way to straighten your teeth without braces



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Mission Statement

Our mission is to deliver quality, comfortable dental care to you, our patient. We are committed to treating you in a respectful compassionate, and timely fashion. We will strive daily to educate you on the importance of your oral health and it's implications as it relates to your body as a whole. Our goal is that when you leave our office, you will feel good about your dental experience.

Green Goal

Our goal is to produce a paperless newsletter. With your help we can get there faster.

In the "contact us" page of our web site you can send us your e-mail address and we will add it to your file. As we get a large enough database of e-mail addresses we will begin to send the newsletter electronically.

This newsletter is for you. If there is a dental topic you are interested in **please** let us know. Simply visit our "contact us" page on the web site to send us an e-mail.

www.slosmiles.com

All Under One Roof

You may be one of those fortunate people who seem to only require the routine cleaning and exam. However, there may come a time when you need something more than preventative treatment or would just like to spruce up your smile. Some of the services we provide are:

- Endodontics
- Invisalign
- Night Guard
- Oral Sedation
- Veneers
- Sealants

- Sulcular Laser Decontamination
- Periodontal Maintenance
- Whitening
- Laser Surgery
- Thieves Mouthwash and Toothpaste
- TheraSol
- MI Paste and Dry Mouth Gel
- Bleach Refill Kits

We also stock several items for your continued care at home:

- Oral-B Triumph
- OxyCare 3000 and Via-jet Oral Irrigators
- Oxyfresh Toothpaste, Rinse and Soothing Gel



No one will notice you are wearing the Invisalign aligner.



We are pleased to announce that Drs Leopold, Murphy and Main are joining the Healthy Living professionals on KSBY.com Look for us there soon.