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Leopold, Murphy and Main DDS
 THE ART OF DENTISTRY

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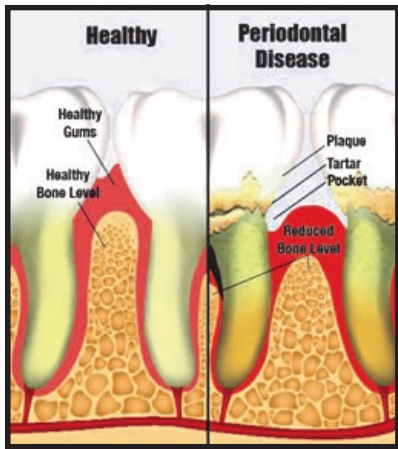
Did you know?

Did you know there is a difference between a routine cleaning (Prophy or Prophylaxis) and Periodontal Maintenance? At first glance they may appear to be the same but in reality they are very different.

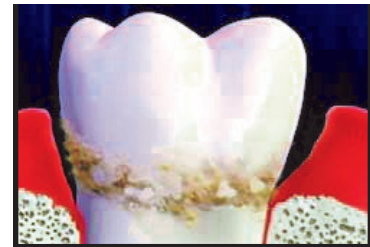
A prophylaxis consists of removing plaque, calculus and stains from the teeth, above the gum line, to prevent cavities and gum disease. These appointments are performed once or twice a year.

Periodontal Maintenance is performed when a patient has been diagnosed with Periodontal Disease and has usually gone through the Scaling and Root Planing process. Periodontal Maintenance is required because these patients need deeper cleaning because they have

pockets, spaces between the teeth and gums, deeper than those found in a person with healthy gums. These pockets collect plaque bacteria and are difficult to clean. Periodontal Maintenance removes plaque and calculus from above and below the gum line. These appointments continue at varying intervals determined by the clinical evaluation.



Notice the pockets where plaque is difficult to remove and the calculus buildup in the image on the right.



Calculus build-up below gum line

Water Irrigation

Over the past 10 years, health-care researchers have studied the relationship between gum (periodontal) disease and diseases that affect the whole body (systemic disease).

We all know someone, perhaps even ourselves, who refuse to floss or have difficulty flossing correctly. One way to help prevent or reduce gum disease is to use a dental water jet. Research shows that adding a dental water jet to brushing and flossing was up to 93% more effective at improving gum health than brushing and flossing alone. Other benefits of water jets are that they:

1. remove bacteria in hard to reach places.
2. clean below the gum line.
3. massage and stimulate gum tissue.
4. easily clean around braces, crowns, bridges, veneers and implants.
5. safe to use with mouthwash.
6. leaves your mouth feeling clean and refreshed.

Over 50 clinical studies have found a significant reduction in bleeding sites, gingivitis, and inflammation when a water jet is added to a regular oral hygiene routine. We recommend the use of a water jet to patients with braces, crowns, bridges, veneers, or implants for greater plaque removal and healthier tissues around these appliances. It is also a vital tool for patients who have diabetes, are pregnant, have heart conditions or people who smoke to keep their gums as healthy as possible.

We carry a few types of water jets at our office for you to purchase at a discounted price. Ask your hygienist or doctor about the many benefits one could provide for your particular needs.



OxyCare 3000



Waterpik Ultra

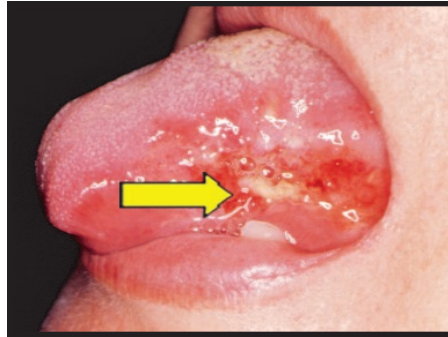
Oral Cancer

www.oralcancer.org



We all know about the risks, symptoms and diagnostic tests for cervical, colon, prostate, breast and skin cancers, but there is another deadly cancer to be aware of: Oral Cancer. Every year in the U.S., approximately **46,000** people are diagnosed with oral or throat cancer and about **50%** of those people **will not survive** more than 5 years due to late detection. As with most cancers, early detection dramatically increases your chance for survival.

Quick and painless annual screenings are a key part of early detection. Your doctor will visually examine your entire oral cavity and under your chin and neck. Then he will use a special light to illuminate any suspicious tissue. If there is an area of concern your doctor will use a small brush to collect cells from that area and send them to a lab for examination.



2. Any sore which does not heal within 14 days.
3. Hoarseness that lasts for a prolonged period of time.

Early Signs

1. Red and/or white discolorations of the soft tissues of the mouth.

Advanced Signs

1. A sensation that something is stuck in your throat.

2. Numbness in the oral region.
3. Difficulty in moving the jaw or tongue.
4. Difficulty in swallowing.
5. Ear pain that occurs on one side only.
6. A sore under a denture, which even after adjustment of the denture, still does not heal.
7. A lump or thickening that develops in the mouth, lips or on the neck.

Risk Factors you can control

1. Tobacco use in any form. Tobacco is the #1 contributor.
2. Alcohol in excess. More than 15 alcoholic drinks in a week is considered excessive.
3. The combined use of tobacco and alcohol significantly increases the risk for oral cancer, more than either by itself.
4. Excessive unprotected sun exposure. Use at least SPF 30 sunblock on your lips.
5. Low intake of fruits and vegetables. There are many protective nutrients in them.

Risk Factors not in your control

1. Age. Older individuals have a less effective immune system.
2. HPV viral infection. HPV is the same virus that causes more than 95% of all cervical cancer.
3. Race, ethnicity, and economics. This has more to do with socio-economic factors rather than biology.
4. Recurrence. Previous head and neck cancer patients have a higher risk.
5. Gender. Men get oral cancer more often than women, however this is not related to biology but lifestyle choices.

Make sure to have an oral exam annually or more frequently if needed. It could save your life.

FYI - In addition to an annual visual oral cancer screening, we recommend the use of the Velescope for anyone who has EVER smoked or used chewing tobacco. It's important to know that your dental insurance most likely will not cover this service however we feel it is an extremely important addition to your screening since lesions may be difficult to see with the naked eye. Our fees for the use of the Velescope are:

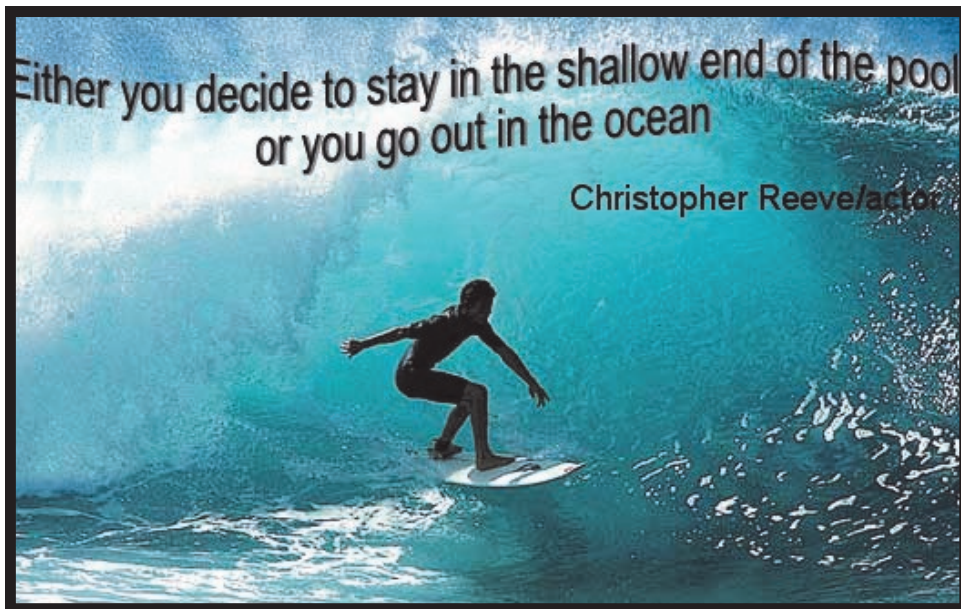
\$35 single spot check \$65 full mouth check \$45 brush biopsy

The Velescope is a special light that illuminates cancerous lesions.

Have you heard the news?
Leopold, Murphy and Main
are ALWAYS accepting new patients!

P S S W Y Y A S P Y K R A Y W T K Z E E U Q A L P
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ALCOHOL
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DIABETES
FLOSS
FRUITS
GENDER
HYGIENIST
INFLAMMA-
TION
LIFESTYLE
MAINTENANCE
ORAL CANCER
PERIODONTAL
PLAQUE
POCKETS
PREGNANCY
PROPHY
SCREENING
SORE
STROKE
SUNBLOCK
TOBACCO
TOOTHBRUSH
VEGETABLES
VELESCOPE
WATER JET



FACTOID

The number of work hours adults lose **every year** due to oral health problems or dental visits, according to the Centers for Disease Control and Prevention...

164 MILLION



Have you seen our commercials or checked us out on the Healthy Living section at KSBY.com yet?



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The Art of Dentistry

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.

E-MAIL

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.

www.slosmiles.com



No one will notice you are wearing the Invisalign aligner.

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 in addition to General Dentistry are:

- Cosmetic Dentistry
- Digital X-Rays
- Endodontics
- Invisalign
- Implants

- Laser Surgery
- Night Guards
- Oral Sedation
- Periodontal Maintenance
- Sealants- Children & Adults
- Sulcular (Gum) Laser Decontamination
- Veneers
- Whitening
- Oral-B Triumph
- OxyCare 3000 and Waterpik Ultra Oral Irrigators
- Oxyfresh Toothpaste, Rinse and Soothing Gel
- Thieves Toothpaste and Mouthwash
- TheraSol
- MI Paste and Dry Mouth Gel
- Bleach Refill Kits
- Cold and Canker sore medication

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