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Did you know?

May is National Arthritis Awareness Month and American Stroke Month

Rheumatoid Arthritis

For those of you who suffer from a type of severe rheumatoid arthritis, or know someone who does, there may be some relief from the signs and symptoms of rheumatoid arthritis by treating periodontal disease when present. Researchers from the Case Western Reserve University School of Dental Medicine and University Hospitals of Cleveland reported on this new intervention for arthritis in the *Journal of Periodontology*. Gum disease tends to be prevalent in

rheumatoid arthritis patients. Both inflammatory diseases involve toxins from bacterial infection that cause inflammation, which destroys the soft and hard tissues. The research showed that after 6 weeks of periodontal therapy, there was improvement in disease severity and level of an inflammation marker in the participants of the study.

The link between our oral health and our overall health is becoming more evident as study after study connects

them. We should consider our dental team an important part of our regular health maintenance and an effective preventative action to minimize the risk of serious diseases. If we can reduce our risks or symptoms of diseases by maintaining good oral health, why wouldn't we? As with all things, it is much easier (and less expensive) to prevent than to treat. Your oral health may just be one of your best investments.

Stroke

This is the perfect time to discuss the increased risk diabetics face for ischemic stroke caused by premature atherosclerosis of the cervical portion of the carotid artery (located in the soft tissue of the neck). Studies show that individuals with type I and II diabetes age 50 and older have a 28.5% - 37.5% risk of developing these lesions, while an individual of similar age who does not have the disease has a 5% chance.

Atherosclerosis is a condition in which fatty material collects along the walls of arteries. This fatty material thickens, hardens (forms calcium deposits), and may eventually block the arteries. Fibers can shed, plug the small arteries in the brain and cause an ischemic stroke. Typically there are no symptoms and often times it is your dentist who is the first to notice an atherosclerotic lesion in the carotid artery if it appears on a panoramic radiograph. Unfortunately these lesions are not always visible but when they are, your dentist will be able to advise you of

their existence and refer you to a physician for confirmation of the presence and extent of the atherosclerotic disease. Your physician will then discuss how you can control your risk factors and possibly the surgical removal of the atheroma to reduce the possibility of a fatal (and nonfatal) ischemic stroke.

Keep in mind these lesions can occur in other arteries of the body and cause heart attacks, which is referred to as coronary artery disease. Whether it is a stroke or heart attack depends on what area of the body that the artery feeds.



Arrows on panoramic radiograph point to calcified carotid artery atheromas.

Consider this

Recently, one of our patients shared with us a very personal story. Her name is Pam Hurt and she is the recipient of a donor kidney. She shared with us that she had been on dialysis for 13 years until November of '09 at which time a donor kidney was found for her. Today she is feeling great and enjoying life! There aren't sufficient words to convey what the gift of life means to the recipients and their loved ones.

There are currently over 100,000 people waiting for a transplant. In 2009 there were only 14,631 donors. Don't assume that you aren't a candidate because of your age or a health condition, your organs and/or tissue will be tested at the time of need for vitality. If you would like to learn more about organ and tissue donation go to www.OrganDonor.Gov



Just Quit it! Please

May 31st is World No Tobacco Day. There are numerous reasons to quit, you already know them. You, being healthy, is important to all those who love you. That's the #1 reason.

So... ↓



Fundraiser



It's time for the annual fundraiser for the Women's Shelter Program. Each year our office volunteers to participate in the Restore a Smile; Restore a Life fundraiser in which tooth whitening is offered at a reduced price to our patients (and their friends). 100% of the fee, \$195, is donated to the Women's Shelter Program.

These donations make it possible for the Women's Shelter Program to continue to provide to women, children and men who are victims of domestic violence the following services: Safe Shelter, Counseling for children, teens and adults, and Legal Services

If you would like to support this essential community service AND get a nice white smile, please call our office at **541-0550**. The teeth whitening process takes two appointments; one to make the



impressions for your custom trays and the second to check the fit of the trays and receive bleaching material.

Remember, the Restore a Smile; Restore a Life fundraiser is open to anyone interested in the teeth whitening service so tell everyone you know, they don't have to be a patient of ours to participate.

Women's Shelter Program Mission Statement

The Women's Shelter Program is committed to recognizing and responding to our community's need for comprehensive multicultural domestic violence and child abuse services. We understand that domestic violence and child abuse, in their fullest scope, impacts primary victims, family members, society, and future generations. With this in mind, it is our goal to stop the cycle of violence by providing crisis intervention, emergency shelter, advocacy, treatment, prevention and education.

Across: 1. Transparent, 6. Invisible, 9. Tobacco, 10. Recipient
Down: 2. Atherosclerosis, 3. Whitening, 4. Prevention, 5. Rheumatoid, 7. Ischemic, 8. Kidney

Service in the Spotlight



Invisalign® is an attractive alternative to traditional braces with brackets. Invisalign® can be used to treat several dental and orthodontic issues.

- Crowding: Not enough room for the teeth
- Spacing: Spaces between teeth
- Overbite: Protruding upper teeth
- Underbite: Protruding lower teeth
- Deep Bite: Upper front teeth hide lower
- Open Bite: Back teeth are together but space is present between the front teeth

Aside from the cosmetic benefit of a perfect smile are the hygienic benefits.

Healthier Gums: Properly positioned teeth are easier to brush and floss than teeth that are crowded, crooked, or spaced too far apart.

Easier Cleanings: With maintenance of good oral hygiene, the chances of having plaque retention, tooth decay, or periodontal disease can be reduced.

Decrease Risk of Abnormal Wear: Properly aligned teeth can be less stressful on the supporting bone jaw joints and reduce wear on enamel.

Invisalign® aligners are clear - making them virtually invisible. They're removable – you can take them out when eating meals so you don't have to worry about what you eat damaging an orthodontic appliance.

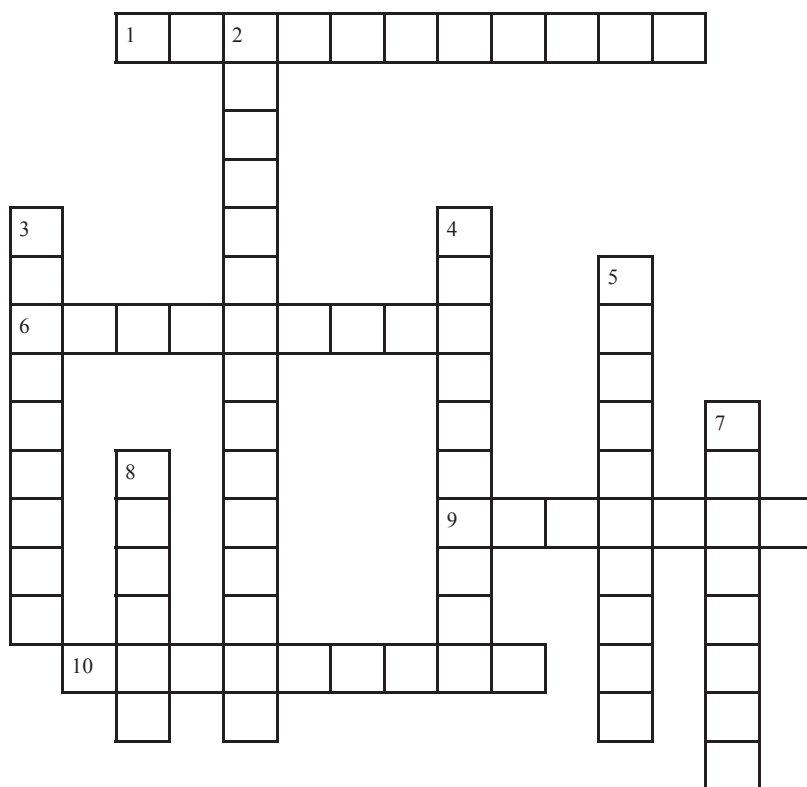
They're comfortable – the aligners are made from a lightweight plastic formed specifically to your mouth.

Invisalign® aligners are a great alternative for teens as well. The aligners can be removed while your teen is playing sports or an instrument – no more sores and torn gums. Sometimes teens can feel self-conscious about wearing traditional braces but with Invisalign® aligners that concern can be forgotten. No worries about school pictures, Prom, or any other activity because no one will even know the aligners are being worn. Confidence is a beautiful thing!



Clear. Transparent. Removable.

Braces? No. Invisalign? Yes!



Across

1. Clear
6. Invisalign® aligner
9. Stop use on May 31
10. Someone who receives an organ donation

Down

2. Condition in which fatty material collects on artery walls
3. Fundraiser for Women's Shelter
4. Usually costs less than treatment
5. Type of Arthritis
7. Type of Stroke
8. An organ that can be donated



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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.

JOINING THE ELECTRONIC AGE

We are pleased to announce that we have begun to send our newsletter electronically. If you haven't done so yet, please visit our web site and go to the "contact us" page where you can send us an e-mail with your e-mail address.

AND...

Believe it or not, we are blogging and tweeting too! Who ever would have guessed? Please visit and/or follow us at:

www.slosmiles.com (web site)
www.slosmilesinfo.com (blog)

From our blog site you can join us on Twitter by clicking the blue T icon and follow the directions.

All Under One Roof

Leopold, Murphy and Main DDS is much more than your General Dentist. We offer the following services and home care products:

- Cosmetic Dentistry
- Digital X-Rays
- Endodontics
- Invisalign
- Implants
- Laser Surgery
- Night Guards
- Oral Cancer Screening
- Oral Sedation
- OralDNA Lab Tests

- Periodontal Maintenance
 - Sealants– Children & Adults
 - Sulcular (Gum) Laser Decontamination
 - Veneers
 - Whitening
 - Thieves Toothpaste and Mouthwash
 - TheraSol
 - MI Paste and Dry Mouth Gel
 - Bleach Refill Kits
 - Cold and Canker sore medication
 - CariFree Treatment & Maintenance Kits
- Home care products:
- Oral-B Triumph
 - Oxyfresh Toothpaste, Rinse and Soothing Gel
 - Oxycare 3000 and Waterpik Ultra Oral Irrigators

