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Leopold, Murphy and Main DDS
 THE ART OF DENTISTRY

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Did you know?

Mouthguards first came into general use in the sport of boxing in the 1920s, but their application in other sports did not follow until the 1960s.

When it comes to sports-related dental injuries, it's all about prevention — and that revolves largely around protective equipment. To prevent dental injuries, there are two essential pieces of equipment — headgear and mouthguards, both of which help distribute the forces of impact, thereby reducing the risk of severe injury. Mouthguards are by far the best equipment for protecting both the teeth and mouth in contact sports — when they are used. For many sports, like football, it's an obvious need.

Its important to note that injuries happen to athletes of all ages and level of skill, from the 7 year old soccer player to the professional bicyclist to the 60 year old community league baseball player.

As a rule of thumb, mouthguards should be used when the sport involves a ball, stick, puck, physical contact with another player or high speeds. And, they should be used not only during games or events, but also during practice.

All mouthguards are not alike. Each offer a different level of protection. The preferred type is the custom-fit mouthguard. This requires a visit to a dentist who makes precise models of the teeth upon which the guard is made, either by the dentist or a dental laboratory. Not only does this produce the best fit and highest level of protection for the athlete, but

The ADA recommends mouthguards for the following sports:

- | | | |
|-----------------|-------------|----------------|
| Skiing | Football | Skateboarding |
| Gymnastics | Volleyball | Martial Arts |
| Water Polo | Racquetball | Basketball |
| Rugby | Boxing | Skydiving |
| Discus/Shot put | Soccer | Handball |
| Squash | Ice Hockey | Weight Lifting |
| Lacrosse | Wrestling | Surfing |
| | | Bicycling |



custom-fit mouthguards also accommodate other comfort features, including a more natural airflow for easier breathing.

In the event of an injury, its important to know the appropriate treatment course to take:

Immediate — within 5 minutes of the injury: If a permanent tooth is totally knocked out it requires immediate treatment by cleaning and re-implanting the tooth back into its original position to have any hope of saving the tooth long-term. Knocked out baby (primary) teeth are not reimplanted for fear of damage to underlying permanent teeth.

Urgent — within 6 hours of the injury: If a permanent or primary tooth is still in the mouth but has been moved from its original position, it is considered an acute injury and should be treated within 6 hours.

Less urgent — within 12 hours of the injury: If a permanent or primary tooth is broken or chipped but has not shifted from its original position, the injury is classified as less urgent. You still need to see a dentist for an exam; however, you generally can wait up to 12 hours before possible irreversible damage occurs.

Won't you please, help us help them?

In 1906, German physician Alois Alzheimer, a pioneer in linking symptoms to microscopic brain changes, describes the haunting case of Auguste D., a patient who had profound memory loss, unfounded suspicions about her family, and other worsening psychological changes. In her brain at autopsy, he saw dramatic shrinkage and abnormal deposits in and around nerve cells.

Alzheimer's disease is a progressive brain disorder that damages and eventually destroys brain cells, leading to loss of memory, thinking and other brain functions. Alzheimer's is not a part of normal aging, but results from a complex pattern of abnormal changes. It usually develops slowly and gradually gets worse as more brain cells wither and die. Ultimately, Alzheimer's is fatal, and currently, there is no cure.

The Alzheimer's Association has been involved in every major advancement in Alzheimer's research since the 1980's and is a leader in the global fight for a world without Alzheimer's. The Alzheimer's Association is the leading, global voluntary health organization in Alzheimer's care and support, and the largest private, nonprofit funder of Alzheimer's research with 70% of their total annual expenses going to care, support, research, awareness and advocacy activities.

Leopold, Murphy and Main DDS are proud to join The Alzheimer's Association in their fight to find a cure and will be walking in the **October 15th Walk to End Alzheimer's**. The event takes place at Laguna Lake from 10am – 1pm.



**October 15th 10am—1pm
Laguna Lake, SLO**

Join our team OR Donate at:
<http://2011WalkToEndAlz.kintera.org/slo/leopoldandmurphydds>

SPEED IS RELATIVE

A snail got a job as a door-to-door salesman of vacuum cleaners. With his sales manager watching from the car to oversee his first day, the snail was just crawling up to the first house on his route when he was overtaken by two turtles also selling vacuumms.

Before the snail could get to the door, the turtles rang the bell, delivered their pitch to the lady of the house, demonstrated the vacuum cleaner, made the sale, and left.

The snail's sales manager called out from the car, "What happened?"

The snail replied, "How should I know? It all happened so fast."

Adapted from the ComedyHome website



**L, M&M Patients raised \$7,699
for the Women's Shelter of SLO**

The total amount raised
by all participants was

\$18,634

Obstructive Sleep Apnea

Can you imagine waking up 20-50 times a night? That is what happens to a person with Obstructive Sleep Apnea (OSA). Apnea is defined as a cessation of breath for 10 seconds or longer. This medical disorder can only be diagnosed by a sleep specialist in a sleep center. Symptoms include: daytime sleepiness, loud snoring, witnessed breathing interruptions or awakening due to gasping or choking.

OSA is a serious disorder that not only can make a person feel exhausted, fatigued, have memory problems, feel depressed and/or have headaches but affects the brain and cardiovascular system as well. When the brain function and/or the heart become severely "oxygen-strained", then stroke, heart attack or even fatality can occur. OSA isn't just an adult condition, children can also have this



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disorder and display similar symptoms. Sometimes children are diagnosed incorrectly as having Attention Deficit Hyperactivity Disorder. If your child displays OSA symptoms, speak to the pediatrician or dentist.

The percent of people with OSA also have:

Coronary Heart Disease – 34%

Congestive Heart Failure – 34%

Hypertension – 40-50%

Erectile dysfunction – 50%

Renal Disease - 50%

Diabetes – 65%

Fibromyalgia – 80%

Nocturnal Strokes - 84%

When a person is diagnosed with OSA, the sleep specialist will most likely prescribe a CPAP machine to aid in breathing during sleep. However, some mild to moderate cases may be alleviated with a dental appliance. If you suspect you have OSA or have been told you have a mild to moderate case, please do not hesitate to speak to your dentist about it. We can either help you get in to see a sleep specialist and if appropriate, we can have an appliance made for you. OSA is very serious and needs to be controlled as soon as possible.

Young Musicians Take Note

It's the beginning of another school year and for some that means joining or returning to the school band. Playing a musical instrument has been proven to help nourish, cultivate and increase intelligence in children. But did you ever stop and think about all the bacteria, mold and yeast that are lurking in the mouthpiece, internal chambers and case of those borrowed or rented instruments?

According to a study published in the March/April 2011 issue of *General Dentistry* a total of 117 different sites were tested on 13 previously played instruments of a high school band. Six of the instruments had been played within a week of testing, while seven hadn't been touched in about one month. The instruments produced 442 different bacteria, many of which were species of *Staphylococcus*, which can cause staph infections. Additionally, 58 molds and 19 yeasts were identified.

Instruments should be cleaned after each use, not just the mouthpiece but the entire instrument, inside and out. Cleaning cloths and solutions made specifically for musical instruments should be used to thoroughly clean and protect the instrument. Another easy way to protect the student from transmission of bacteria is to not share the instrument with other students.

Playing an instrument is a wonderful thing that can bring a lifetime of joy. Just be sure to make it "good, clean, fun!"





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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 its 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/ CBCT
- 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

Home care products:

- Oral-B Triumph
- Oxyfresh 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
- CariFree Treatment & Maintenance Kits

