



THE CENTER FOR
HOLISTIC
DENTISTRY

David L. Lerner, DDS.

Dental Wellness Letter

Produced to improve your dental health and awareness

Fall 2009

fromthedentist

A Note From Dr. Lerner

A few articles in this edition of our newsletter speak about the early detection of oral abnormalities. Due to the increase in oral cancer in the U.S., I felt it necessary not only to bring this fact to your attention, but to inform you what we are doing to help screen for any oral abnormalities. We have recently purchased a new device (VELscope) that can detect abnormal cells before they erupt through the oral tissue and can not yet be seen by the naked eye. Also we are introducing a new perio program for our patients who have gingivitis and periodontitis. We expect great results with this new program.

I want to introduce a new staff member to you. Lizzette, a Registered Dental Hygienist, has joined our team. She will be working every other Wednesday. She has 24 years experience as a Hygienist. She will take good care of your hygiene needs.

Yours in good dental health,

Dr. David Lerner

turnthepage

Get your sizzle back!

Keep oral cancer at bay!

Healthy gums: facts & tips!

Fighting Oral Cancer

VELscope® oral cancer screening device

To further help us fight oral cancer we now have a new wellness exam technology that dramatically improves our ability to screen for oral abnormalities. Because early detection is essential for increasing the chances for successful treatment, we always check your whole mouth (tongue, lips, cheek lining, and gums). We have acquired VELscope®, a state-of-the-art, painless, non-invasive screening tool that helps us to see what we can't see with the unaided eye during your routine oral cancer checkup.

What can you expect during a VELscope examination? After conducting a thorough examination, we'll use a handheld device to shine a blue light into your mouth then examine the tissues through a special eyepiece. This technology takes advantage of your mouth's natural fluorescence which is normally invisible. Using the blue light, however, we can look for specific changes in the color or structure of your oral tissues that might be indicative of abnormal cells. It takes only about five potentially life-saving minutes.

We want all of our clients to have a bright and smiling future. Recently, more than 25% of oral cancer victims have been under age forty and have none of the known lifestyle risk factors like tobacco, alcohol

use, diabetes, or HIV. And because in its earliest, most treatable stages, oral cancer usually causes no pain or discomfort, we will perform the VELscope examination for all of our adult patients (18 years and up) every year for a nominal fee.



Dedicated to helping your smile look good, feel good, and last a long time!

4 STEPS ... In 3 minutes!

Flossing for three minutes once a day is essential to clean between your teeth and at the gumline where gum disease can take root. Choose a regular time, like bedtime, and a floss that works best for you – thick or thin, flavored or unflavored, waxed or unwaxed.

Floss each tooth thoroughly with a clean section of floss...

- Wind 18" of floss around the middle fingers of each hand. Pinch 1-2" of floss between your thumbs and index fingers.
- Use thumbs to direct floss between upper then lower teeth.
- Gently guide floss between your teeth by using a zigzag motion.
- Contour floss around the side of each tooth. Gently slide it up and down against each tooth surface and under the gumline until your teeth are "squeaky" clean.



Are You Progressing?

Why the answer just might surprise you!

Periodontal disease. The name has kind of a high falutin' ring to it. That's true of most Latin-based medical names. Believe us when we say that there's nothing grandiose about pain, bleeding, tooth loss, and bone loss due to inflammatory gum disease. This disease develops gradually over time if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria.

Periodontal disease is progressive...

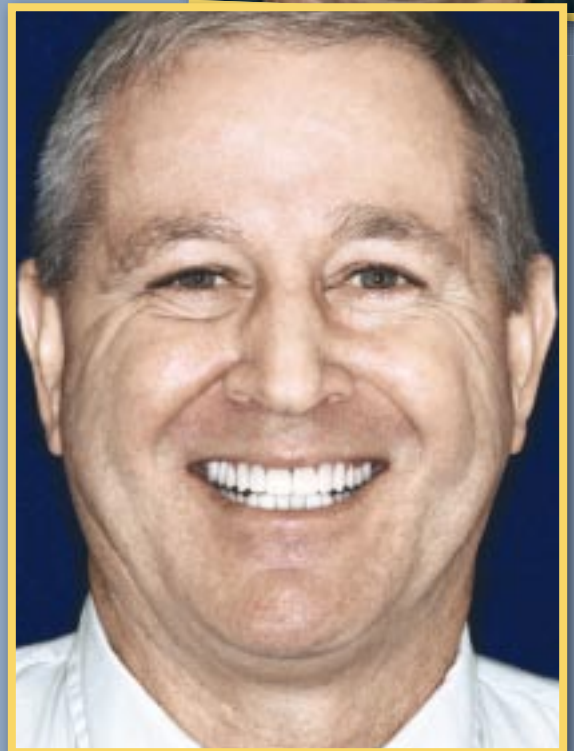
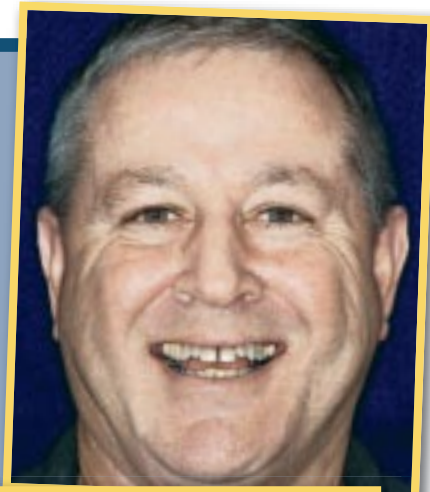
Gingivitis: Although healthy intact gums or gingivae act as a protective barrier against destructive bacteria, once damaged, they lose their effectiveness. Initially you might be symptom-free or experience mild symptoms of infection such as redness, swelling, and slight bleeding during brushing. This stage is relatively simple to treat and reverse.

Periodontitis: This is a more advanced infection, damaging the underlying ligaments and bone. Without intervention, your gums will shrivel away and expose your tooth roots, leading eventually to tooth loss.

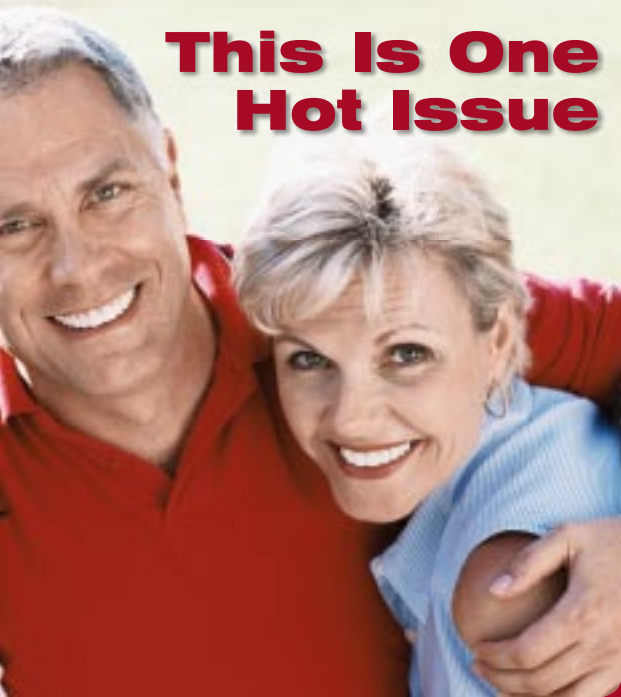
There are known risk factors for periodontal disease...

- **Tobacco consumption.**
- **Hormonal changes** during adolescence, pregnancy, mid-life.
- **Challenges to the immune system** including poor nutrition, stress, and systemic diseases like diabetes, cardiovascular disease, and arthritis.
- **Side effects from some medications.**
- **Clenching or grinding your teeth.**
- **Heredity.**
- **Barriers to good oral hygiene** include crowded teeth, ageing fillings and restorations, inconsistent home care routines, and missed recare appointments to remove plaque buildup and prevent gum disease.

Call us for an appointment – any time!



This Is One Hot Issue



Find out why you need to know about it

Scientists believe that chronic inflammation may be at the root of many debilitating illnesses. Imagine how much suffering could be relieved with a single magic-bullet solution that would cure or prevent inflammatory illnesses like heart disease, arthritis, cancers ...and gum disease.

Inflammation is your body's reaction to threatening pathogens. When the enemy has been destroyed,

inflammation should retreat until the next battle. That's called transitory inflammation. When the process stalls out and inflammation continues instead, the body attacks healthy cells in the absence of an invader. Scientists speculate that a long-running bacterial infection like gum disease can actually tip your body's balance toward chronic inflammation.

Gum disease has been associated with inflammatory diseases that include...

Osteoarthritis and **rheumatoid arthritis**

Diabetes

Cardiovascular diseases

Lung infections

Gum disease has also been associated with some **cancers**, complications of **pregnancy** and delivery, **osteoporosis**, and **kidney diseases** among other **systemic illnesses**. Monitoring of oral health is essential for everyone, but particularly if you suffer from a chronic inflammatory or systemic disease. Please keep us up to date so that we can optimize your oral care.

Practice Makes Perfect

Word to the wise!

Wise people practiced green fashion long before it became environmentally chic. Investing in classic quality pieces has always been the quintessential way to avoid unnecessary waste and expense. Same with your smile! When you invest in your oral health, two things happen. First, you avoid a lifetime of increasingly extensive and expensive dental work. And second, there's a bonus ... you can choose cosmetic procedures – dental or otherwise – with confidence.

Think about it. What is the point of cosmetically rejuvenating your face only to reveal puffy receding gums, or discolored, crooked, chipped or fractured teeth?

If you've never liked the look of your smile, or if your sizzle has aged into a sputter, we can provide cosmetic enhancements like teeth whitening, bonding, porcelain veneers, and gum sculpting. With oral health, the choice is yours.

Your healthy smile – it's sustainable – and empowering!

Live Life Well

Fight oral cancer

Knowing that the *lifestyle choices* you make can affect your risk for oral cancer is an important step toward its prevention. Although people who smoke or use smokeless tobacco remain at highest risk, for the great majority of those who do not use tobacco, dietary choices and physical activity are the most important modifiable factors of cancer risk.

Here are the *American Cancer Society's* recommendations for individual choices:

1. Eat a variety of *healthful foods*, with an emphasis on plant sources.
2. Adopt a *physically active* lifestyle.
3. Maintain a *healthful weight* throughout life.
4. If you drink alcoholic beverages, *limit consumption*. Alcohol combined with tobacco increases the risk of oral cancers.

Your other most important step? Regular dental exams. Oral cancer can be caught early, even as a pre-cancer.



We are very excited to offer our patients a comfortable, easy-to-use homecare treatment for periodontal (gum) disease. Perio Protect Trays are FDA-cleared and were designed by a dentist to deliver doctor-selected medication directly to the site of the gum infection, an approach that is quite different from the systemic use of oral antibiotics.

Your patented Perio Protect Trays are similar in appearance to teeth whitening trays or a mouthguard. We will custom-fit them for your smile and prepare

them with medication that has been custom-prescribed just for you. Your Perio Protect Trays will treat your gums while you go about your normal home routines. They are light and comfortable, and as your gum health improves, you can wear the trays less frequently and for shorter periods of time.

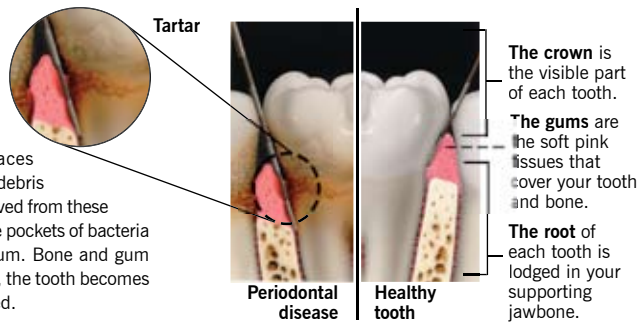
By treating the source of your periodontal disease, Perio Protect Trays can help protect you from tooth loss and unsightly recession. It may also protect your overall health as gum disease has been linked to diabetes, osteoarthritis,

and cardiovascular diseases, as well as toxemia and preterm births. As a holistic dental practice, we are excited to offer this noninvasive treatment to gum disease which can improve your overall health, taking into account the mouth/body connection.

Perio Protect helps control the bacteria that cause infection, without systemic antibiotics and often without surgery. As only a licensed Perio Protect dentist may prescribe this very effective treatment, we would like to urge you to call to arrange a consultation if you have any symptoms of gum disease including bleeding gums, puffy gums, or chronic bad breath.

Periodontal Disease vs Healthy Tooth & Gums

Gingival pockets are the small spaces between your teeth and gums where debris collects. If plaque and tartar aren't removed from these pockets, gums become inflamed and the pockets of bacteria extend deeply between the root and gum. Bone and gum tissues deteriorate and, if left untreated, the tooth becomes loose and falls out or has to be removed.



Be Sportsguard Savvy

Save your smile

Whether you're a kid or just a kid-at-heart who likes to play hard or just active in sports, you're at risk of getting hurt. Wearing a helmet for contact sports or potentially high-impact activities like biking, skate boarding, or snow boarding makes a lot of sense. But how do you protect your face and teeth? A custom-fitted mouthguard will protect you without interfering with your breathing or speech.

Wearing one may guard you against or reduce the effects of...

- chipped, fractured, or knocked-out teeth;
- injuries to your lips, cheeks, and gums, even if you wear a dental appliance like braces, or dentures;
- jaw fractures;
- concussions.

Phone us for an appointment and opt for maximum protection!



office information

David L. Lerner, D.D.S., P.C.
The Center For Holistic Dentistry
 2649 Strang Boulevard
 Suite 201
 Yorktown Heights, NY 10598-2938

Office Hours

Monday 10:00 am – 6:00 pm
 Tuesday 8:00 am – 5:00 pm
 Wednesday 8:00 am – 5:00 pm
 Thursday 9:00 am – 6:00 pm

Contact Information

Office (914) 245-4041
 Fax (914) 245-6063
 Email drdave@holisticdentist.com
 Web site www.holisticdentist.com

Office Staff

Deirdre Receptionist
 Jayne, Lizzette Hygienists
 Mark Dental Assistant
 Chris Dental Assistant
 Marisa Office Manager



Don't Lose Sleep! Children & Apnea

Sleep apnea is a condition in which breathing stops repeatedly for several seconds during sleep. It's more common among children and youth than you might think, affecting up to 3% of children who snore loudly and regularly, plus others who don't snore at all, but are noisy breathers.

During the day, children and teenagers with sleep apnea may:

- have difficulty waking up;
- experience headaches;
- feel cranky and quarrelsome;
- daydream or fall asleep;
- breathe through the mouth;
- have difficulty with schooling or socializing.

Once tonsils, allergies, or other medical problems have been ruled out by your physician as the cause of snoring or noisy breathing, please call us for a consultation. A simple dental appliance could be the ideal therapy.