

Dr. Patelski's WORD OF MOUTH

Produced for the Patients of Dr. Richard Patelski

Summer 2005

fromthedentist

Schedule For Summer *Avoid the rush!*

With the arrival of summer, we all expect some disruption of routine in the pursuit of holiday fun. Most times this can work to your advantage. For example, we offer flexible summertime scheduling for all of our patients. In fact, we encourage you to keep up with your recall appointments... even when the dentist is on holiday!

Our dental hygienist helps keep your teeth and gums clean and healthy, and makes a general assessment of your mouth and overall health. The hygienist's key concern is the prevention of dental disease. The dentist's is the diagnosis and treatment of it. All of your x-rays and assessments are always reviewed by our entire team - including the dentist upon return from vacation.

Call for a summer appointment and avoid the back-to-school rush!

Yours in good dental health,

Dr. Richard Patelski

turnthepage

Periodontal science: a life saver

Look younger! Feel great!

Eat for a healthier mouth!

Maximize Your Benefit

Minimally invasive dentistry and your healthy future

If you've wondered why we encourage you to come and see us every three to six months, it's because we believe that cavities and oral diseases are *not* inevitable. Our team is committed to minimally invasive (MI) dentistry. This means that we are dedicated to using the least invasive procedures to create the maximum oral health benefits for you.

Of course that means using today's superior technology to remove less healthy tooth enamel than in generations past, but it means much, much more. Our team is committed to providing leading-edge dental care through ensuring:

- Adequate consultation time so that we can discuss your hopes and desires for your smile and oral health;
- Education and home care guidance to prevent gum disease and cavities;
- Regular recall examinations for the prevention of caries (decay), periodontal diseases, and other oral diseases;

■ State-of-the-art diagnostic tools, restorative materials, and precision equipment for earlier diagnosis and effective treatment plans which save more natural teeth and tooth enamel when intervention - even cosmetic intervention - is required or desired.

Your quality of life can be improved through optimal oral health. Research has linked gum disease to respiratory and cardiovascular diseases, cancers, and diabetes. With MI dentistry, many oral health concerns can someday be a thing of the past. In other words, our commitment to MI dentistry is a commitment to your healthy future!

Composite fillings look more beautiful than amalgam, and less healthy tooth is removed in order to prepare teeth.



amalgam



composite

Thank you for all your referrals - we appreciate them!



Now Read This!

New periodontal science could save your life

Some things we can't say often enough. Your oral health can affect and be affected by your overall health. How? Let's start at the beginning.

Biofilm: Plaque, the soft thin film you feel on your teeth is a *biofilm*. That's important. Scientists once thought plaque was a collection of separate, identifiable types of bacteria. Instead, it's an ecosystem. Plaque contains varied, interdependent bacterial environments and communication systems. Multiple resistances to antibiotics and antimicrobials, and your body's immune system add to the treatment challenges. *This is why you need to brush plaque away.*

Inflammation: When soft plaque builds up it hardens into tartar or calculus which causes gum inflammation. Calculus also breaks the natural seal that your gums provide against the migration of oral bacteria into your bloodstream, much like an infected splinter under the skin. *Regular flossing can prevent calculus from building up between your teeth and below the gumline.*

The Mouth/Body Connection: It could be that an infection like gum disease releases toxins into your bloodstream. Or it could keep your immune system chronically engaged. Or it could send the wrong signals to the wrong cells. *Gum disease has been definitely linked to systemic and inflammatory diseases including cardiovascular diseases, osteoarthritis, diabetes, oral cancer, lung disease, and Alzheimer's disease.*

There's another thing we can't say often enough. We know the best defense against gum disease... *Brush at least twice a day, floss once a day, and keep your regular dental appointments.*

Scientists are looking at many strategies to control oral biofilm.

These include:

- Control of nutrients
- Control of the pH balance
- Control of oxygenating agents
- Control of genetic ability to self-defend
- Interference with communication systems

Things you can do:

- Brush twice daily (at least)
- Floss once daily
- Visit us regularly
- Maintain adequate nutrition
- Avoid stress, tobacco, and teeth grinding or clenching

FACTOID

Researchers at Tufts' Bioengineering Center have solved the centuries-old riddle: how do spiders and silkworms use a watery solution to create nature's strongest fiber? The finding is expected to lead to high-strength, high-performance biomaterials for use in tissue engineering and organ repair. Great news for dentistry – a strand of spider web is stronger than steel and more elastic than rubber!

Arm Yourself! Brush ... Floss ... And Dine!

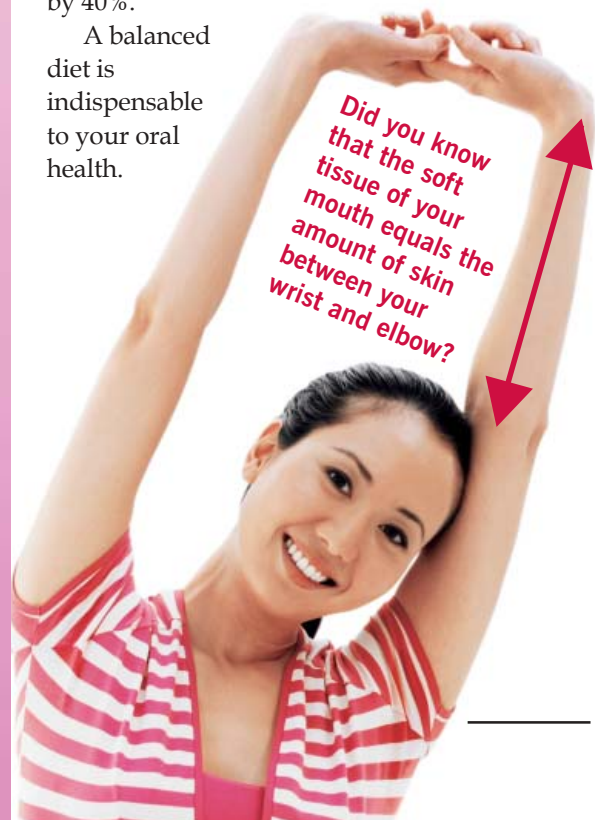
Did you know that the soft tissue of your mouth equals the amount of skin between your wrist and elbow? Maintenance is no small thing. You already know about bacteria and the importance of regular care. Don't underestimate the importance of nutrition.

Adequate nutrition is essential to maintain your body's immune response and to keep intact the protective barrier provided by gum tissue. These cells regenerate every 3-7 days, so diet deficiencies can show up quickly through inflammation and bleeding.

Collagen, the main protein of connective tissue, is the main component of the periodontal ligament. It is also responsible for skin elasticity. Research suggests that even short-term fasting can reduce collagen production by 40%.

A balanced diet is indispensable to your oral health.

Did you know that the soft tissue of your mouth equals the amount of skin between your wrist and elbow?



Perio Primer

Defend yourself against gum diseases

The term *periodontal disease* is something of a misnomer. It actually encompasses *several* diseases of the periodontium.

What makes up the periodontium?

- **Gum (gingiva):** a protective barrier that keeps out harmful bacteria. Healthy gums are pink, firm, and securely attached.
- **Sulcus:** the crevice between the gum and the tooth.
- **Cementum:** the surface of the root.
- **Connective tissue and ligaments:** attach gums to teeth and bone.
- **Bone:** support for teeth and connective tissues.

How do periodontal diseases start?

Oral bacteria build up, especially around the **sulcus** to form a soft biofilm called plaque that can harden into cement-like tartar or calculus. Calculus damages the **gingiva** and causes inflammation which can progress.

What are the two most common periodontal diseases?

GINGIVITIS is inflammation that affect the gums. The chronic form affects about 90% of the population and is characterized by tender, red, swollen gums that bleed easily and can cause bad breath. Early treatment is effective, and without it, gingivitis can worsen.

PERIODONTITIS shares the same symptoms as gingivitis but damages the **bone** and **connective tissue**, leading to tooth loss. It can expose the **cementum**. Chronic periodontitis is most common. Other forms tend to be age-, hormone-, or disease-related. Some may progress unusually quickly.

What about treatment?

Prevention through proper oral hygiene habits at home and regular dental visits is best. In addition, we have many effective interventions to treat periodontal diseases should they develop.

RSVP

Ask us about oral cancer

Smoking and drinking alcohol are the leading causes of oral cancers. Now there's a new kind of cocktail to die for. Tobacco smoke combined with your own saliva has been called a recipe for cancer of the lip, mouth, tongue, gums, larynx, and pharynx.

Healthy saliva contains antioxidants which afford some protection against cancer. Once exposed to cigarette smoke, saliva loses the antioxidant advantage. Not only that, it transforms itself from a harmless benefactor into a toxic predator that actually aids in the destruction of oral tissue.

Early symptoms are painless. Early detection works. You can fight oral cancer by quitting smoking, reducing alcohol consumption, conducting regular self-examinations, and keeping your regular dental appointments. We are trained to detect the signs and symptoms of oral cancer, and we'll be happy to answer your questions. No invitation required.

Go Cosmetic!

You can look younger and feel great!

One of the great benefits of good periodontal health is the way it lets you take advantage of cosmetic dentistry! Your teeth can be rejuvenated and gaps, chips, crowding, and the shape of your teeth can be corrected ... without surgery or braces.

Like pink, healthy gums, cosmetic dental procedures like **teeth whitening** can help you to look younger. **Veneers** and **bonding** can restore a youthful appearance by filling out fine liplines and by concealing tooth discoloration and gaps. **Tooth-colored fillings** of composite or porcelain look like natural teeth enamel, and **crowns, bridges, and dental implants** can restore even a seriously damaged smile! A subtle change like **gum recontouring** can dramatically improve the balance of your smile ... your face ... and your outlook.

Enjoy your oral health. *Go cosmetic!*

Before
& After





Grow Healthy

Gardening has dental benefits

Thirty minutes of moderate daily exercise such as gardening can help your oral health! How? Exercise lowers blood pressure and cholesterol levels, helps prevent diabetes and heart disease, and prevents or slows osteoporosis. These diseases have all been linked to periodontal (gum) disease.

Here are some great benefits of gardening

☀ **Sunlight** helps the body manufacture vitamin D, essential for healthy bones.

☀ **Weight-bearing exercise** protects against osteoporosis and can increase flexibility, strengthen joints, and reduce stress.

☀ **Burning calories** helps maintain weight. On average, half an hour of raking leaves burns approximately 160 calories ... power-mowing burns approximately 180 calories ... turning a compost pile is

good for about 250 calories ... and double-digging soil nets about 350 calories!

☀ **Learning new skills** helps you to stay mentally alert and build your self-esteem.

☀ **Experiencing tranquility** from working outside in the sunlight amidst the colors, sounds, smells of your garden reduces stress.

☀ **Enjoying other people** and sharing your hobby with friends and family is enjoyable and rewarding.

Summer Tooth Tips

- Stay away from starchy foods like chips and crackers – they can be just as bad for your teeth as sweets.
- Drink plain tea without sugar. It helps cut down on plaque and cavities.
- Brush after every meal or at least twice a day.
- Choose healthy foods like cheese and crunchy vegetables.
- Use a fluoride toothpaste.
- If you can't brush after every meal, try chewing on a piece of sugarless gum or biting into a carrot or apple.
- Go for brushes with soft nylon bristles and a flat surface.
- Replace your brush about every three months.
- Use a mouthguard if you play contact sports.
- Floss every day.
- See your dentist regularly!

office information

Richard E. Patelski, DDS
5145 Washington Street
Downers Grove, IL 60515-5069

Office Hours

Monday	8:00 am	–	4:00 pm
Tuesday	9:00 am	–	7:00 pm
Wednesday	closed		
Thursday	11:00 am	–	7:00 pm
Friday	9:00 am	–	5:00 pm
Saturday	8:00 am	–	12:00 pm

Contact Info

Office	(630) 968-0098
Fax	(630) 968-2791
Emergency	(630) 660-3825
Web site	www.downersgrovesmiles.com

Office Staff

Charlene	Office Manager
Katherine	Office Personnel
Mary, Sarah	Dental Hygienists
Michelle, Suzi, Christine	Dental Assistants

Check out our web site!



DISCOVER



Listen Up!!

Listen up ... we're about to announce the grand prize winner of Dr. Rick's "Teddy Bear" club raffle. The *list* of names entered over the *last* three months has grown very *long*. *Let* us now see whose name will join that *list* of *lucky* winners.

Listen up ... upon hearing her name, *lovely Lily Stanicek leaps* into the winner's circle where *Lily* is greeted by her grand prize *Lila the Llama*. In the background, we can hear *Lily's* brother *Luc* cheering her on.

Congratulations!! *Lily*, may you and *Lila live a lively life* full of fun and *laughter*.

The furry critter hanging around Dr. Rick's office, know as man's best friend, may become yours. Don't delay the back to school check-up and a chance to enter your name to the list of lucky winners.



Lily and Lila the Llama