

Sele-Dent, Inc.



Promoting Access to Private Professional Dental Care

Fall 2008
Volume I

Welcome To The First Sele-Dent, Inc. Newsletter

Sele-Dent, Inc. prides itself on outstanding service, but also education. In an effort to better serve and educate our clients, friends, as well as colleagues, we have begun a semi-annual newsletter. This first edition spotlights three Sele-Dent, Inc. participating providers with articles all pertaining to the topic of overall health. Maintaining and promoting a healthy lifestyle is the primary goal of developing this newsletter. Each edition will have interesting articles and explanations of new

dental technology regarding dental care and health. We hope you enjoy this first edition. If you have any questions or comments, you may reach us at seledent@aol.com

Thanks to all our friends and clients for many years of trust and support.

Sincerely,
Anne M. Maloney, President

Are You At Risk

A connection has been documented between oral bacteria and systemic diseases. The medical journals and the news media have reported these findings on multiple occasions. I will try to demystify the intricate relationship that exists and provide clinical options to reduce your personal risk factors.

Everyone has bacteria in their mouth, both good and bad. When the level of bacteria and the resulting chemistry (bacterial waste product) is released, the gum tissue becomes inflamed. You might hear terms in a dental office such as gingivitis or periodontal disease. A cellular level response involves production of proinflammatory chemicals, cytokines, inflammatory mediators and a host of other actions that all lead to the same point, bleeding gums. This is the entry point of the bacteria and the chemicals that have now been implicated in these disease processes. The body's response to these events is quantified by many factors, one of which is C-reactive protein. The testing for CRP indicates the level of inflammation your body is undergoing from multiple factors.

An elevated C-reactive protein score indicates the body is under an inflammatory attack. This increase in CRP increases risks associated with stroke, heart attack and vascular disease.

In addition, insulin resistance (sugar control) with diabetics, is a problematic issue with severe periodontal patients.

Periodontal disease has been proven to increase circulating CRP. Patients with bleeding, inflamed gum tissues should be treated with a protocol that reduces the bacteria and disrupts the disease process.

There are many treatments available to conservatively identify and treat periodontal disease. Your dental provider can reduce your risk of a multitude of medical problems that are now approaching epi-

demic proportions. If you are under treatment for heart disease, hyper-tension, stroke prevention or diabetes, a thorough periodontal screening can decrease the risks associated with these medical conditions.

Reducing your medical risk by increasing your periodontal awareness will ultimately save lives and decrease medical costs.

Dr. Richard J. Klein has been practicing on Long Island since 1980. After graduation from New York University College of Dentistry he began his advanced implant training with the world famous Dr. Carl Misch, at the Misch Implant Institute at Pittsburgh Medical and Dental Center. Dr. Klein continued his training in dental implants and advanced prosthetics at M.I.I. and achieved the recognition of Misch Fellow, Diplomate of the International College of Oral Implantologists, and Diplomate of the American Society of Osseointegration. Additionally, he is licensed in Sedation dentistry to assist in the treatment and patient management of advanced dental issues and phobic adults.

With his focus on the Oral-Systemic connection, Dr. Klein had been utilizing both hard and soft tissue lasers to improve treatment outcomes for periodontal, diabetic, cardiac and orthopedic surgical patients.

For more information on the Oral-Systemic Connection, please call Dr. Richard J. Klein (631) 360-8000.



Smoking and Periodontal Disease

by Mara Rosenberg, DDS

My mother doesn't have legs like Cindy Crawford, therefore I don't either. If someone in your family has high blood pressure, there's a good chance you will too. There are many things about our bodies we can't change. We do, however, have full control over our lifestyle choices. It's no secret that smoking is bad for you. It causes numerous cancers, respiratory diseases and can worsen many other health problems. What many people don't know is how smoking can affect your gums and jawbones, your periodontal health. According to a study published in the Journal of Periodontology, it may be responsible for almost half of the cases of periodontal disease in adults!

The American Dental Association defines periodontal disease as "an infection of the tissues that support your teeth. Your gum tissue is not attached to the teeth as high as it may seem. There is a very shallow v-shaped crevice called a sulcus between the tooth and gums. Periodontal diseases are caused by plaque bacteria that attack just below the gum line in the sulcus. There, they cause the attachment of the tooth and its supporting tissues to break down. As the tissues are damaged, the sulcus develops into a pocket: Generally, the more severe the disease, the greater the depth of the pocket." When teeth lose their bone support, they can become infected, loose and eventually fall out.

Nicotine causes blood vessels to vasoconstrict, or narrow. This has several effects on the tissues that support your teeth. First, it reduces the clinical signs of gum inflammation, a precursor to periodontal disease. This can make it more difficult for your dentist to diagnose periodontal problems during the early and easily treatable stages. Second, there is a fluid in the sulcus called gingival crevicular fluid, or GCF. This fluid bathes the sulcus with nutrients and your body's natural defenses against bacteria. When blood vessels constrict, the

amount of GCF flowing through the sulcus decreases. This means that your body can't properly fight bacteria living in the sulcus and they continue to multiply, destroying gums and bone support. Several studies comparing the GCF of smokers to non-smokers found that smokers have less fluid in their sulci.

No matter how periodontal disease is treated, early diagnosis and your body's ability to heal are crucial for treatment success. Almost 80-90% of treatment failures occur in smokers. Fibroblasts are an important cell in periodontal healing. They produce collagen, the building block for tooth-supporting structures. Science shows that fibroblasts actually take in nicotine, which inhibits their ability to function properly. These cells can no longer perform their job of attaching the gums to your teeth.

No matter how good their oral hygiene is, current smokers are about four times more likely to have periodontal disease than people who never smoked. **[Scary fact: A pack-a-day habit costs smokers, on average, two teeth every ten years!]** According to data from the Centers for Disease Control and Prevention, only about 20% of people over age 65 who have never smoked are toothless, while a huge 41.3% of daily smokers over age 65 are toothless.

The good news: Quitting smoking now can greatly reduce your risk of periodontal disease. Even reducing the amount you smoke helps. One study found that smokers down to half a pack per day had only three times the risk of gum disease compared to six times in people who smoked a pack and a half per day. Eleven years after quitting smoking, the likelihood of developing periodontal disease is not significantly different from that of non-smokers. Your dentist can help you quit. At your next check-up, make sure you are evaluated for periodontal disease, especially if you smoke!



Dr. Mara Rosenberg (Dr. "Mara") graduated from the New York University College of Dentistry. She is a member of the American Academy of Cosmetic Dentistry and is certified in Invisalign, hard and soft tissue lasers, and Lumineers. In 2007, she was chosen as the expert Dentist on a panel of health professionals addressing the Business and Labor Coalition of New York (BALCONY) Forum in Albany, NY. You can find a link to her presentation below. In 2008, Dr. Mara was inducted as a lifetime member into the Cambridge Who's Who Honors Registry of Executives, Professionals and Entrepreneurs. She is a senior dentist and cofounder of IllustraDENT. To serve her community, Dr. Mara has donated her time and skill by visiting public schools and even traveled to Nicaragua to provide dentistry to an impoverished town. In her free time, you can find her upside-down in yoga, skiing, or cooking for her family. Dr. Mara's offices are located in Yonkers, NY at (914) 779-4858 and White Plains at (914) 997-0566.

Link to Balcony forum report: http://www.balconyny.org/old_site/ForumReport.html

Who Cares About Straight Teeth

by Dr. David Sukoff

Straight teeth help you to effectively bite, chew, and speak. Straight teeth contribute to healthy teeth and gums. Properly aligned teeth and jaws may alleviate or prevent physical health problems. Teeth that work better also tend to look better. An attractive smile is a pleasant "side effect" of orthodontic treatment.

An attractive smile is a wonderful asset. It contributes to self-esteem, self-confidence and self-image important qualities at every age. A pleasing appearance is a vital component of self-confidence. A person's self-esteem often improves as orthodontic treatment brings the teeth, lips, and face into proportion. In this way, orthodontic treatment can benefit social and career success, as well as improve a person's general attitude toward life.

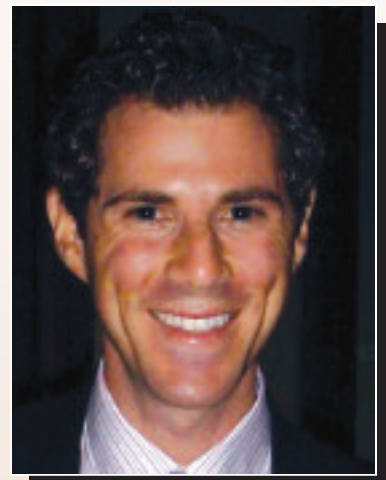
You may be surprised to learn that straight teeth are less prone to decay, gum disease and injury. Straight teeth collect less plaque, a colorless, sticky film composed of bacteria, food and saliva. Decay results when the bacteria in plaque feed on carbohydrates (sugar and starch) we eat or drink to produce acids that can cause cavities. Plaque can also increase the risk for periodontal (gum) disease. When teeth are properly aligned, and less plaque collects, these risks decline. And when teeth are properly aligned it is easier to keep teeth clean. As for injuries to teeth, protruding upper teeth are more likely to be broken in an accident. When repositioned and aligned with other teeth, these teeth are most probably going to be at a decreased risk for fracture.

Untreated orthodontic problems may become worse. They may lead to tooth decay, gum disease, destruction of the bone that holds teeth in place, and chewing and digestive difficulties. Orthodontic problems can cause abnormal wear of tooth surfaces, inefficient chewing function, excessive stress on gum tissue and the bone that supports the teeth, or misalignment of the jaw joints, sometimes leading to chronic headaches or pain in the face or neck.

Orthodontic treatment to correct a problem early may be less costly than the restorative dental care required to treat more serious problems that can develop in later years.

Dr. Sukoff is a Sele-Dent Inc. participating provider located in Merrick, Long Island, (516) 868-3131.

Dr. David Sukoff is a board certified specialist in orthodontics and has received diplomate status by the American Board of Orthodontics. Dr. Sukoff received his Bachelor of Science degree from American University and completed his dental training at NYU College of Dentistry graduating with high honors. He received multiple awards and honors, including the National Dental Honor society. Following a General Practice Residency at North Shore University Hospital in Manhasset, NY, Dr. Sukoff continued his post-graduate studies at New York University College of Dentistry where he completed his residency in Orthodontics and Dentofacial Orthopedics. While at NYU he was a clinical instructor in invisalign® and restorative dentistry. His commitment to research on improving orthodontic treatment for both children and adults by assessing growth and skeletal maturation has led him to win research awards and present his findings at local meetings. Dr. Sukoff is an active member of the American Association of Orthodontists, The American Board of Orthodontics, the American Dental Association, the New York State Dental Association, The Northeastern Society of Orthodontists and the Nassau County Dental Society.



www.sele-dent.com
1-800-520-3368 (DENT)

Ms. Anne M. Maloney, President • Mr. Paul Dratel, Vice President

Health Facts

Pancreatic Cancer

A new study from Harvard has linked periodontal disease to pancreatic cancer. One possible reason for the link between gum disease and pancreatic cancer could be that individuals with periodontal disease have elevated serum levels of systemic inflammation, such as C-reactive protein, and these may somehow contribute to the promotion of cancer cells. This finding is of significance as it may provide some new insights into the mechanism of this highly fatal disease. The research article can be found in the Journal of the National Cancer Institute, Jan 2007.

Pregnant Women

Pregnant women who have periodontal disease may be seven times more likely to have a baby that is born too early and too small. Periodontal disease is an infection and all infections are cause for concern during pregnancy because they pose a risk to the health of the baby. If you are thinking about becoming pregnant, be sure to include an evaluation with a dentist as part of your prenatal care.

Something Fun and Interesting, Check Out Your Trivia. . . Dentists in Cinema. . .

The Fair Dentist
An Accidental Dentist
Cupid in the Dental Parlor (The Dentist)
Laffing Gas
Avenging Dentist
Kaiser's New Dentist
The Dentist
The Dippy Dentist
The Nervy Dentist
The White Wings
Greed
Dentist
Heart of New York
The Hell Below
Merry Old Soul
Mind Reader
The One Sunday Afternoon
Buddy the Dentist
Man Who Knew Too Much
The Stamboul Quest
Bordertown
All American Toothache
Awful Tooth
(The Little Rascals)
Dark Command
All The World's a Stooge
The Dark Strawberry Blonde
The Wacky Wabbit
Can't Hardly Wait
(The Three Stooges) The Great Moment
My Darling Clementine
One Sunday Afternoon
Paleface
The Fat Man
The Tooth Will Out
(3 Stooges) Son of Paleface
Oh! My aching' Tooth (Abbott and Costello)
Gunfight at the OK Corral
Bells Are Ringing
Dentist in the Chair
The Dentist on the Job (Get On With It)
The Great Imposter

The Secret Partner
It's a Mad Mad Mad Mad World
Day Dream
Kiss Me, Stupid
Rudolph the Red-Nosed Reindeer
Hour of the Gun
Shakiest Gun in the West
The Cactus Flower
Husbands
Moonshine War
Diamonds Are Forever
Burglars
Cinderella Liberty
Marathon Man
Pink Panther Strikes Again,
Sgt. Pepper's Lonely Hearts
Club Band
10
The In-Laws
The Four Seasons
Reds
Jack and the Dentist's Daughter
Compromising Positions
Little Shop of Horrors
Running on Empty
Eversmile, New Jersey
Misadventures of Margaret
The Undertaker's Wedding,
Honeymoon in Vegas Bob's Birthday
The Coneheads
Tombstone
City Slickers II: The Legend of Curly's Gold
Serial Mom
Wyatt Earp
Houseguest
The Dentist
Schizopolis
That Thing You Do
Waiting for Guffman
A Life Less Ordinary
Fraudian Dentist
Decay

Dentist 2
The Housekeeper
Lethal Weapon 4
Looking for Lola
Anywhere But Here
The Debtors
On Edge
Springtime in Hell
The Story of Us
Cast Away
The Whole Nine Yards
The Campfire Stories
Novocaine
Pearl Harbor
Rudolph the Red-Nosed Reindeer and
The Island of Misfit Toys
Sidewalks of New York
Punch Drunk Love
Secret Lives of Dentists
The Snow Dogs
The Swedish Dentist
Final Destination 2
Finding Nemo
Agent Cody Banks 2:
Destination London
Employee of the Month
Melinda and Melinda
Whole Ten Yards,
The Charlie and the Chocolate Factory
The Man
Thumbsucker
Wild Hogs
Reign Over Me

