

# Dentistry at Wyntre Brooke

www.jstooth.com

717-747-0115

## “If you don’t have your health.....”

In the past few years we have spent a great deal of energy, time, and educational hours on continuing to advance the hygiene aspect of our practice. The result of this has been an increasing awareness of our patients to their periodontal health and how it relates to their general well being. Today, more and more patients are seen that are on many medications, have had cardiac surgeries, or are suffering from diabetes.

Because of these factors I thought it was important to review with you the health concerns periodontal disease is associated with.

### Your Health and Periodontal Disease

Periodontal disease, or gum disease, affects 75% of adults over 35. Important research is showing a strong correlation between your oral health and your general health. There is evidence that gum disease contributes to respiratory disease and osteoporosis, so your oral health should be top priority.

### Heart Disease and Stroke

People with gum disease are almost two times more likely to suffer from coronary artery disease as those with healthy gums. The American Heart Association reports that 85% of heart patients have gum disease. It seems the oral bacteria find their way into the blood stream and contribute to the thickening of the walls of the arteries.

### Diabetes

Diabetics are more likely to have gum disease due to lowered resistance, and the presence of bacteria in gum disease makes it harder for the diabetic to control his blood sugar/insulin levels.

### Premature Birth

This connection is statistically clear, pregnant women who have gum disease may be as much as **seven** times more likely to have a baby too early and too small. It is possible that the presence of gum disease increases the levels of certain biological fluids that induce labor. It is important that pregnant women or those considering pregnancy be examined by a dentist for periodontal disease.

### Prosthetic Joints and Heart Murmurs

For those patients with prosthetic joints that have been placed within two years, you must be premedicated with antibiotics prior to most dental treatment including hygiene visits. Also those patients with mitral valve prolapse must be premedicated. Please check with your physician if you have any question regarding this. If you need to be premedicated and are not, it results in rescheduling and delays in your care.

When we consider the average person only brushes for 37 seconds and doesn’t floss regularly, are you slowly contributing to major health consequences? Gum disease is preventable and treatable, don’t wait for your body to tell you it is in trouble!

## Mini Dental Implants...

### Small Wonders, Good Idea!

In a previous newsletter we presented some information on Mini Dental Implants for use under existing dentures. We have been extremely pleased with the results of this treatment. Patients have been thrilled with the ease of placement, minimal discomfort, and instant retention achieved. This is a procedure that truly can improve the quality of life for those with loose, moveable dentures.

If you, or someone you know, is having problems with chronic soreness and loose dentures perhaps they are a candidate for Mini’s. An examination, x-ray, and medical history update are essential prior to scheduling. More information about mini’s is available on our website or by going directly to imtec.com.

We still work extensively with conventional implants, but where economics, time, surgery, or health are issues, this may be a good alternative.



# Smile Power!

Cosmetic dentistry continues to be a strong focus of our practice. The entire staff has dedicated a great deal of time to keeping abreast of this very demanding and rewarding discipline. From whitening, to bonding to ceramic crowns and veneers, we have the expertise to provide you with a smile to be proud of.

The ceramics are just the icing on the cake, however. Before any treatment can be done the tissues must be healthy and symmetrical. Recent research now links the bacteria found in gum disease to have a strong correlation to heart disease, low birth weight babies, and lung disease. Our hygienists are aware of these factors and are checking for tissue health

through xrays, probe readings, homecare regimens, etc. Due to the increased awareness of health issues we also monitor blood pressure and look for any swelling in lymph nodes. It all fits together to create the "picture" of health.... A healthy you, healthy tissues, a beautiful Smile.



Beautiful smile enhancement with veneers.

If a new smile is something you have thought about, wondered about, or dreamed about, ask at your next visit to see photos of treatment that has been completed, or you can see some examples on our website.

Some of our staff have had smile

enhancement procedures themselves and will be more than happy to discuss any aspect of treatment with you.

## Our Team

J. S. Johnessee, DDS

Lisa Grothouse

Tina Fetrow

Barbara Johnessee

Melanie Harrold, EFDA

Karen Fritz

Mindy Smith

Yvonne Combs, RDH

Anita Messner, RDH

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## This and That!!

After the last newsletter and the article about **Maya**, I have been so very heartened by your many comments, your concerns, and well wishes. I am very happy to report to you that Maya is doing great, is almost two and beginning to act like it! She is just so much fun to be with, and is exploring new things. If you would like to know more about CDLS you can look up cdlsusa.org on the internet. Thank you to all!!

### A Scavenger Hunt !!

Go to our website, [jstooth.com](http://jstooth.com) and browse around to find the answers to the following questions.

1. How much radiation is needed for a digital x-ray?
2. How long must you wait before a mini implant can retain a denture?

3. What is Melanie's unusual hobby?

Submit your answers by clicking on the email icon on the website. Be sure to have your answers in by March 31, 2005 and we will have a drawing and a PRIZE!

Good Luck! Enjoy the rest of the site while you are there!!

What we think, or what we know, or what we believe is, in the end, of little consequence. The only consequence is what we do.

John Rushin

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