

incidentals

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Office Additions

By: Lynsey Stapleton

There have been a few additions to the office that we wanted to highlight in the newsletter. There has been an addition to the staff.

April will be providing the front office with a little administrative support a few hours a day. You will hear her voice on the other end of the line when she calls to remind you of your appointments for the next day.

April comes to us with a medical and administrative background and is a native to Traverse City. She attended Traverse City West High School and plans to continue her education at Northwestern Michigan College in the summer, where she plans to further pursue her medical interests.

When she isn't working here or at the hospital she is taking road trips on her motorcycle, and spending time outdoors enjoying Northern Michigan sights. She also is an excellent vocalist.

Another exciting addition to the office has been the addition of a coffee cart. The cart offers hot water for tea, gourmet coffee, and purified water. Patients and their guests are welcome to have a cup while they wait.

Let us know if you have any suggestions for the cart.

A Publication from the office of James Reznich, DDS

When bad things happen to good dental work: loose crowns

By: James Reznich

Almost everyone who has had a tooth crowned has had a crown come loose. Usually, they were simply minding their own business, nibbling a single strand of overcooked spaghetti, when out of the blue a 'bolder' shows up in their mouth. The tongue's quick damage assessment verifies that they're going to pieces.

There are several causes of crown loosening including cement wash out, decay creeping underneath, or the stress and strain of grinding or clenching. The happiest case is usually caused by a Sugar Baby, a Stork's Chocolate Reisen, or a JuJu Bead. Very simply if the margins (where the edge of the crown meets the tooth) are intact, it can be recemented. If there is minimal decay that does not affect the seal, again the area of decay is restored with the cement that holds the crown in place.

If decay compromises the marginal areal of seal, it is possible though not advisable to recement the crown and use the cement as a filling material. This is OK for an interim, but replacing the crown sooner rather than later is best.

Finally, first aid for a lost crown includes cleaning the goop out under hot water; (plug the drain) and give it a good scrub with your toothbrush. It should fit like a jigsaw puzzle piece, and if it is properly in position the bite should be totally unchanged. (If it hits too soon in the bite, there is either debris in the crown or around the exposed tooth, back to brushing with warm water. Temporarily recement with about 1/2 split pea sized drop of toothpaste and seek care ASAP. Bacteria can start decay within days; no good ever came of loose dental work.





Antibiotic prior to Dental treatment

By: Audrey Kalis

For patients who are getting any joint replaced, make sure you ask your orthopedic surgeon if you need antibiotic prior to ANY dental treatment.

The guidelines for joint replacement used to be, for the first two years after a joint is replaced, antibiotics prior to dental procedures were required. Those guidelines have changed to any person that has a joint replacement needs antibiotics prior to dental procedures for a lifetime. Please ask your physician if you need antibiotics prior to dental treatment if have had prior history of taking antibiotics for joint replacement.

Patients who have joint replacement surgery are at risk for developing infections of the implanted joints. Bacteria can travel through the bloodstream and attach to implanted joints. Once bacteria have found implanted joints, the body's immune defense has a difficult time fighting the infection. Therefore, it is critical to avoid situations that can cause bacteria to enter the bloodstream. If these situations are necessary, as is the case with dental work, then antibiotic treatment should be given.

You may need preventative antibiotics if

- you had a joint replacement.
- you've had previous infections in your artificial joint.
- artificial heart valves
- certain specific, serious congenital (present at birth) heart conditions.
- a cardiac transplant which develops a problem in a heart valve

Systemic diseases that may require antibiotic pretreatment

- Malnourishment
- Hemophilia
- HIV
- Insulin-Dependent Diabetes
- History of prior or present malignancies

These dental procedures have a high risk of bleeding or producing high levels of bacteria in your blood:

- all dental extractions
- all periodontal procedures
- dental implant placement
- root canals
- regular dental cleanings

One of these antibiotics may be prescribed for you

- If you are not allergic to penicillin: 2000mg amoxicillin, 1 hour prior to dental visit.
- If you are allergic to penicillin: 600mg of clyndamycin, 1 hour prior to dental visit.

Important: If you have had a heart attack or a joint replacement, you should not have any dental work for 6 months after these incidents. If you are going to have any major surgery your physician may want you to have a dental cleaning and any other dental treatment to be

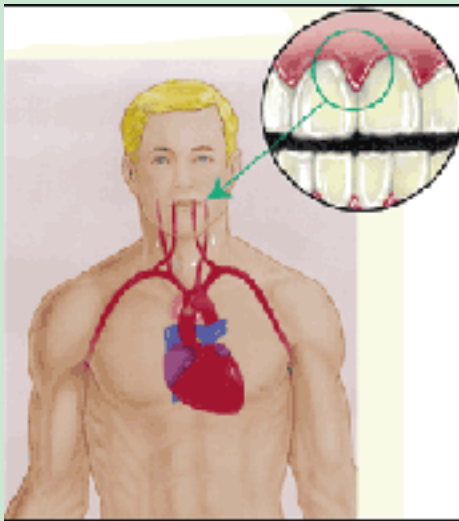
complete prior to having surgery. In any of these instances ask your physician before scheduling any dental treatment.

Periodontal disease related to heart disease

By: Audrey Kalis

Periodontal (gum) diseases, is a serious infection that, left untreated, can lead to tooth loss. The word periodontal literally means "around the tooth." Periodontal disease is a chronic bacterial infection that affects the gums and bone supporting the teeth. Periodontal disease can affect one tooth or many teeth. It begins when the bacteria in plaque (the sticky, white film that constantly forms on your teeth) causes the gums to be inflamed.

There are different stages of periodontal disease, Gingivitis, Early periodontal disease, moderate periodontal disease and Advanced periodontal disease. Bacterial plaque builds up all day long, any kind of sugars you eat throughout the day (cookies, crackers, milk, fruit, juice etc.) sit on your teeth, gums, and other tissues, the bacteria are constantly feeding off these sugars and producing plaque (the white, sticky stuff on your teeth), if not brushed off your teeth or pulled out from in between your teeth with dental floss, these bacteria will migrate down below the gum line within 12 hours, causing inflammation and bleeding in your gums. There is a collar of gum around each tooth that is not attached to the tooth, it should be anywhere from 1-3mm, anything more than a



3mm pocket is the beginning stages of gum disease. With this in mind, if you go away for a weekend and forget your dental floss, on Monday you start flossing again and your gums bleed, this is because for a couple days' bacteria has been migrating below the gum line and causing inflammation.

If food debris, bacteria and plaque are sitting below the gum line for a long period of time your bone starts to break down, the more the bone breaks down the harder it is for you to take care of your teeth at home. When you have not been, effectively, brushing your teeth, or not getting in between your teeth with dental floss for a long period of time, everything that holds your tooth in (bone, ligaments, and gums) all start to aggressively breakdown.



There are many "outside" factors that may contribute to Periodontal disease, but keep in mind that poor home care is where the disease starts. Contributing factors:

- Smoking/Tobacco Use: One of the most significant risk factors in the aggression and progression of periodontal disease.
- Poor nutrition and Obesity: A diet low in important nutrients can compromise the body's immune system and make it harder for the body to fight infections
- Systemic diseases: Diseases that interfere with the body's immune system may worsen the condition of the gums.

Several theories exist to explain the link between periodontal disease and heart disease. One theory is that oral bacteria can affect the heart when they enter the blood stream, attaching to the fatty plaques in the coronary arteries contributing to clot formation. Coronary artery disease is characterized by a thickening of the walls of the coronary arteries due to the build up of fatty proteins. Blood clots can obstruct normal blood flow, restricting the amount of nutrients and oxygen required for the heart to function properly. This may lead to heart attacks.

Another possibility is that the inflammation caused by periodontal disease increases plaque build up, which may contribute to swelling of the arteries.

Researchers have found that people with periodontal disease are almost twice as likely to suffer from coronary artery disease as those without periodontal disease.

Periodontal disease can also exacerbate existing heart conditions; Patients at risk for infective endocarditis may require antibiotics prior to dental procedures. Your periodontist and cardiologist will be able to determine if your heart condition requires use of antibiotics prior to dental procedures.

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Implant Offering

By: James Reznich

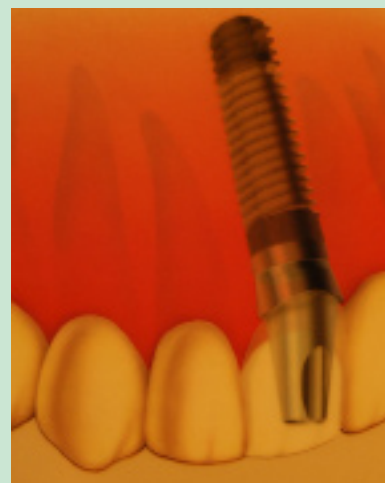
As many of you know (and now have experienced), I've spent the last couple years studying and pursuing dental implant placement in my office (as opposed to referring the surgical aspect out and providing implant restorations only). This allows us to simplify treatment as well as make improving your dental health more affordable.

Dental implants are essentially small screws that when placed in contact with jaw bone mimic the roots of your teeth, both attaching restorations to the jaws (like teeth) and stimulating the bone keeping it stable. If you have experienced tooth loss in the past you know that once a tooth is removed, the jaw bones shrink over time. One of the biggest advantages of an implant is that because the jawbone is again required to work, and bone shrinkage stops.

Did you know that if you and your spouse are healthy at age 54 years there is a 50% chance that you will both live to be 94 years old. The addition of implants to help maintain your bone will help you not only live longer, but allow you to enjoy life more. Consider for a moment the long term effects of tooth and bone loss; shifting teeth that are harder to clean, an uneven bite and difficulty chewing, problems with the muscles and joints, less and less support for stabilizing dentures, more and more goop required to hold dentures in place, lower plates pinching nerves and muscle attachments are too sore to chew, etc. (I could go on).

We recently made a special offer to denture wearers in our practice, and likewise I invite you explore the possibility of replacing teeth or securing partial or complete dentures with dental implants. As a patient of record, we are currently offering implant placement at significantly reduced rates. Understand that there are many options, from replacing a single tooth without grafting, to restoring your dentition with permanently fixed replacement teeth, and each patient must be considered individually. Individual implants are regularly \$1800 apiece. For surgeries scheduled through February 2010, we'll place the first implant for \$1500. To increase stability or replace removable dental work, add additional implants at \$1000 apiece. Wow! What a deal!

If you're curious but shy you could email me your questions at james@james-reznichdds.com or check out my practice Facebook page (James Reznich, DDS-PC). I'll also be presenting dental implant and restorative lectures in my office from time to time and for various groups around town. Keep an eye on the practice page or subscribe to our eNewsletter 'Incidentals', by calling the office and speaking with Lynsey: 231 947 3530.



Office Visitors

By: Lynsey Stapleton

On January 14th we had five brave visitors come to the back window of the office. The bird feeders have brought many animals to the backyard. We are accustomed to the chipmunks, squirrels and birds that come our way to greet our patients. The winter has brought mostly the squirrels though.

On that fine day five deer came right up to the feeders and got up close and personal with the staff and two lucky patients. It was hard not to stop and stare. So we did for a while. They stayed for quite a while and let us marvel at the sight. What a great surprise for the afternoon.

