



Holbrook Smiles



Produced for the patients of
Richard H. Chanin, D.D.S.
&
Greg B. Cinski, D.M.D., LLP

Holbrook Professional Center
900 Main Street
Holbrook, NY 11741

Winter 2011

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Mon. 8:30 a.m.-5:30 p.m.
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Wed. 8:30 a.m.-5:30 p.m.
Thurs. 1:00 p.m.-8:00 p.m.
(optional morning hours available)
Fri. 8:30 a.m.-5:30 p.m.
Sat. 8:30 a.m.-12:30 p.m.

**Appointment and
Emergency Phone:**
(631) 981-5600

Web site:
www.holbrooksmiles.com

Happy New Year!



From all of us to all of you...

*We wish you a happy, healthy,
and prosperous 2011!*

Thank you for all your referrals. We appreciate them!

What does your smile say about you?

A smile can say a lot about a person. An inviting grin can suggest a warm and friendly personality, but dental professionals can see even more in your smile. The eyes may be the windows to the soul, but the mouth is full of clues to a patient's health.

The fact that teeth are susceptible to cavities is no mystery, but diseases such as diabetes and osteoporosis can also manifest themselves in the mouth. According to at least one study, more than 60 percent of baby boomers exhibit symptoms in their mouths that may be related to a systemic health problem. These same patients were completely unaware that they might be facing such a health issue.

Regular dental checkups can bring these initial warning signs of serious disease to light. For instance, jaw pain has been linked to heart disease, and gum disease can be an early sign of diabetes. Dental professionals are trained to be alert to these signals and to make the appropriate referrals when symptoms warrant.



The dangers of bleeding gums

So your gums bleed a little when you brush...everyone's do, right?

Nope, that's not the case. Pink, healthy gums should be the norm.

When flossing, brushing, or eating causes your gums to bleed, it should be a cause for concern. The blood that you see around your gums and in the sink when you rinse is a sign of bacterial infection caused by gingivitis, one of the first signs of periodontal disease.

Periodontal, or gum, disease can ravage the mouth. Left untreated, bacteria invade pockets beneath the gum line. Eventually, the bacteria break down the structures that hold teeth in place, causing the teeth to loosen and fall out.

Of course, losing teeth can affect your speech, eating habits, and your smile, but that may not be the worst result of periodontal disease. Expectant mothers who suffer from periodontal disease may give birth to low-birthweight babies. Other serious medical conditions linked to gum disease include diabetes, osteoporosis, heart disease, and respiratory disease.

One theory about these connections involves the bacteria that cause gum disease to travel from the mouth to other areas of the body. More than 80 percent of heart attack patients have been found to have some form of periodontal disease.

To battle periodontal disease in its earliest stages, treat it like the serious issue it is. Brushing after each meal and flossing well daily are good places to start. Call your dentist for an appointment and discuss this issue. A thorough examination should reveal the extent of the problem and help to determine an effective treatment plan.

Fortunately for those who suffer from periodontal disease, a variety of conservative treatments are available. The simplest is diligent home care, which may form the first line of defense. Mouth rinses and antibiotics combined with deep cleanings may also be recommended. Laser treatments are sometimes utilized as well. Surgery is becoming a last resort.

Bleeding gums are usually the first sign of periodontal disease. The good news is, if the problem is treated quickly and aggressively, it can often be controlled to avoid tooth loss and more dire consequences.



Anatomy of a cavity

Many of us have had at least one cavity, but some youngsters have never had any. Tooth decay is one of the most common ailments known to mankind, but few people truly understand how cavities get a foothold in a tooth. Take this quiz to see how much you really know about how cavities form.

Please choose the best answer.

1.

Bacteria found in the mouth live...

- a. between teeth, on the gums, and on the tongue
- b. in colonies
- c. happily
- d. both a and b

2.

Bacteria that's not removed will...

- a. produce acid
- b. multiply and grow
- c. attach themselves to the teeth
- d. all of the above

3.

Sugar...

- a. gives the bacteria energy
- b. causes them to multiply more quickly
- c. helps bacteria to adhere to teeth
- d. all of the above

4.

The enamel is...

- a. the outer covering of the tooth
- b. very hard
- c. susceptible to penetration by acids
- d. all of the above

5.

Plaque is made up of...

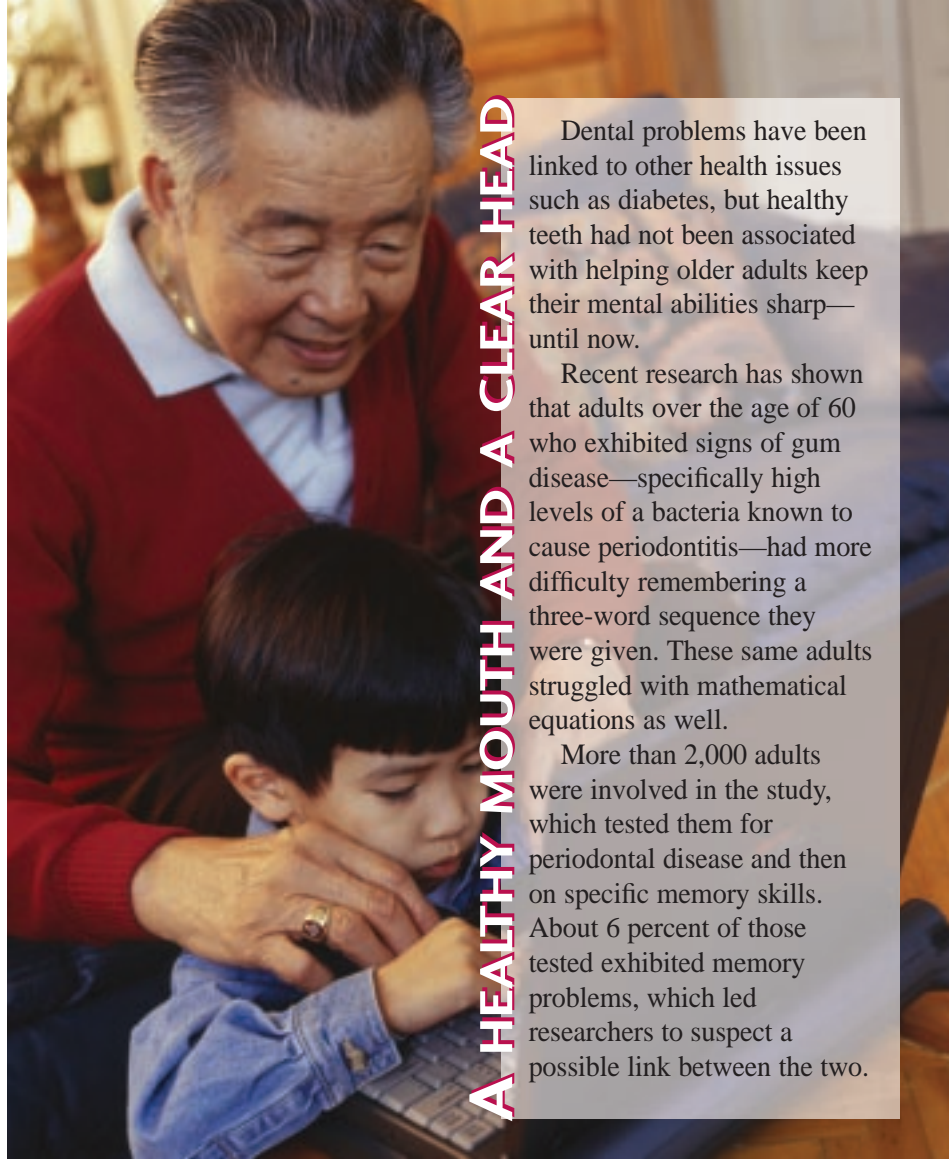
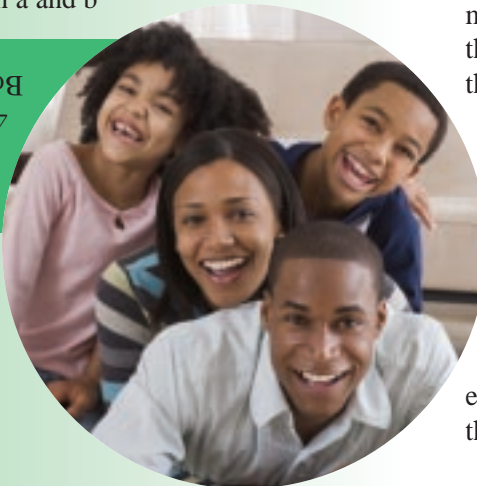
- a. sugar
- b. bacteria and proteins found naturally in the mouth
- c. debris that isn't brushed or flossed away
- d. none of the above

BONUS QUESTION

As enamel is bathed in acid...

- a. the surface of the tooth weakens
- b. tiny holes appear
- c. gums recede
- d. both a and b

Answers:
1. d; 2. d; 3. d;
4. d; 5. b
Bonus: d



A HEALTHY MOUTH AND A CLEAR HEAD

Dental problems have been linked to other health issues such as diabetes, but healthy teeth had not been associated with helping older adults keep their mental abilities sharp—until now.

Recent research has shown that adults over the age of 60 who exhibited signs of gum disease—specifically high levels of a bacteria known to cause periodontitis—had more difficulty remembering a three-word sequence they were given. These same adults struggled with mathematical equations as well.

More than 2,000 adults were involved in the study, which tested them for periodontal disease and then on specific memory skills. About 6 percent of those tested exhibited memory problems, which led researchers to suspect a possible link between the two.

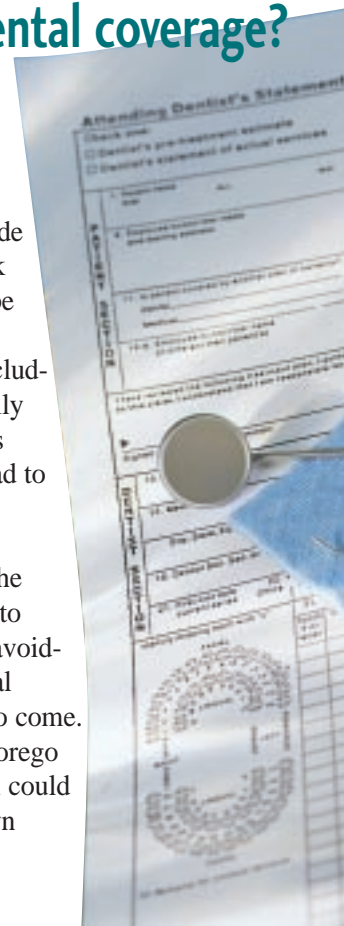
Should you hold on to your dental coverage?

As employers increasingly look for ways to curb costs, many are asking employees to pay a larger percentage of the monthly dental premium. Many employees struggle to decide whether this is a smart move for them. Unfortunately, most people who decide against paying for dental insurance usually don't seek the preventive dental care they need. The result can be disastrous for their teeth and their wallets.

Dental insurance that provides preventive care, including checkups every six months, can often save a family money in the long run. Problems such as tiny cavities that are allowed to grow and fester can eventually lead to the need for expensive crowns or, worse, tooth loss.

Having regular preventive checkups can mean avoiding the ravages of gum disease and keeping the teeth that allow you to speak and eat efficiently into your old age. For children, prevention can mean avoiding cavities entirely while learning the good dental habits that can help keep them smiling for years to come.

Consider the costs before deciding whether to forego dental insurance. A few dollars worth of prevention could easily save you many dollars in restorative work down the road.

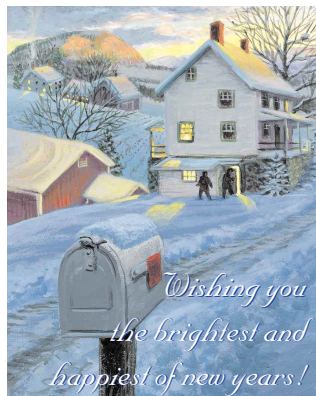


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*Here's your
dental newsletter!*

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The information included in this newsletter is not intended as a substitute for dental advice. For your specific situation, please consult our office.

DEXIS™ Digital X-Ray Because we care!

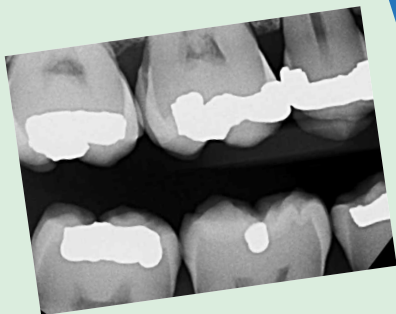
We are happy to announce that our practice now uses a DEXIS Digital X-ray System.

Why?

- DEXIS Digital X-rays reduce patient radiation exposure by 50–75 percent compared to film.
- The DEXIS Digital Sensor is much more comfortable in your mouth than film.
- DEXIS Digital X-rays eliminate

the need for the chemicals used to develop film, which benefits our environment.

- The digital images are displayed instantly and clearly on a computer monitor and can be enhanced to highlight specific conditions or areas, therefore improving our diagnostic ability.
- The enlarged image promotes understanding for our patients so they can truly comprehend the state of their dental health, discuss treatment goals and options, and begin treatment with confidence.
- Patients no longer have to wait while films are developed, and they can even take an image home to show family or friends.
- The best benefit is that the time saved using digital X-rays allows us more time with our patients!



The best dental care

To enable us to provide the best dental care for our patients, we believe it is imperative to stay up-to-speed with dental advancements in technology. We recently implemented our Dexis™ Digital X-Ray system and now would like to introduce our Discus NV MicroLaser (soft-tissue laser). Please read below for more information on our new technology. If you have any further questions regarding our new technology, please feel free to contact us.

In a pen-sized package, the NV MicroLaser delivers the full power and capabilities of much larger desktop soft-tissue lasers. Completely self-contained, and weighing only 1.9 ounces, the NV MicroLaser's innovative, all-in-one, wire-free, handheld design gives **Drs. Chanin and Cinski** extraordinary freedom in the office and operator. From cuspid exposures to treatment of hyperplasia, the NV MicroLaser's custom presettings and disposable fiber tips make it extremely easy to use. One of the advantages of lasers is that they are fairly pain-free. Many procedures can be performed using only topical anesthetics.



The NV MicroLaser can be used for:

- 1.) Gingivectomy/gingivoplasty
- 2.) Frenectomies
- 3.) Excision and biopsies
- 4.) Gingival troughing
- 5.) Aphthous ulcer treatment—while not a surgical treatment, it provides a biostimulatory desensitization, which reduces pain and promotes healing
- 6.) Sulcular debridement of diseased epithelial lining
- 7.) Abscess drainage
- 8.) Soft-tissue crown lengthening
- 9.) Teeth whitening