

Brush Up

with

Weinstein & Cohen



"All the teeth that are fit to fill"

Summer 2009



fromthedentists

Easy Livin'

It's summertime!

For many of us, summertime is vacation time: a chance to spend real time with our spouse and children. Family reunions, summer weddings, even a summer romance (or the memory of one!) are all a part of this great time of year.

Summer is also a time when we all relax our daily rules and routines. Children can't wait to get on that skateboard or bike, and often forget proper safety precautions. We can help you avoid chipped or broken teeth with a custom-fitted mouthguard, the best protection for active sports enthusiasts! Kids off to summer camp? Make sure you impress on them the importance of daily oral care. Just a few weeks of lazy care can really affect your child's oral health.

Have a happy, safe, and healthy summer!

Yours in good dental health,

*Dr. Marc Weinstein &
Dr. Elliot Cohen*

Check out our new website!
www.maspethdental.com

Smiling With Implants

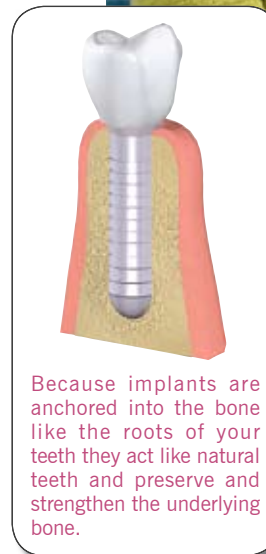
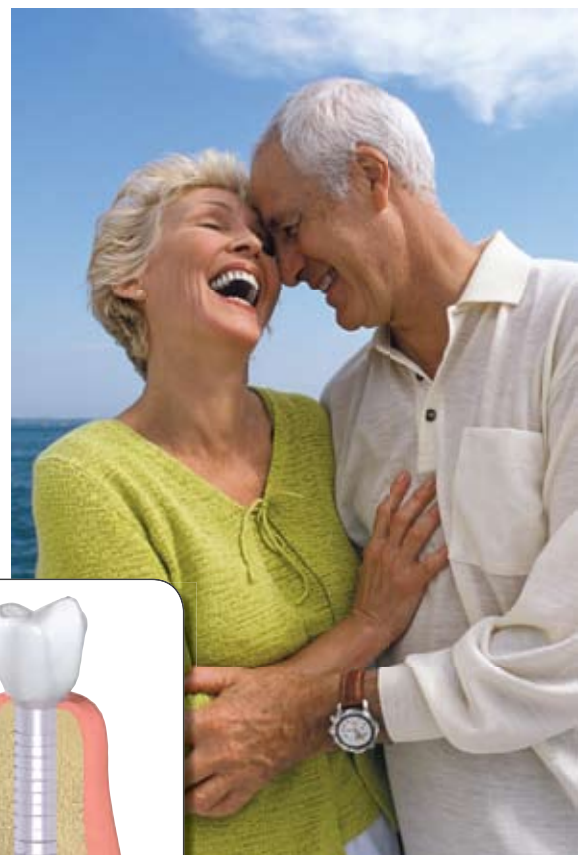
They won't know if you don't tell!

Who wouldn't want to look better, speak better, eat better ...and smile more? Dental implants are now the treatment of choice for many people who need to replace missing teeth.

Interestingly, implants are considered by many dentists to be a more conservative intervention than traditional bridges or fixed partial dentures. They require only normal brushing and flossing to maintain oral health, unlike bridges that may make cleaning awkward. Because implants are anchored into the bone like the roots of your teeth, they act like natural teeth and preserve and strengthen the underlying bone. There is no need to shape adjacent healthy teeth, and there are no plates to affect comfort and fit.

An implant has two parts: a root made of biocompatible metal, and a custom-made tooth crown which is attached to it. Most implants are made of titanium, an inert metal proven effective at fusing with living bone.

In one survey, patients who had their prosthetic appliances replaced



with implants rated them nine out of ten – second only to natural teeth, and far above the two out of ten for their prosthetics! If you're worrying about your age ... *don't!* The oldest known implant patient is 88; the youngest 15.

Call us for a consultation.

With implants, your friends won't know how you're looking so good – but you'll feel so great, you might just want to tell them!

Thank you for all your referrals. We appreciate them!

4 STEPS ... In 3 minutes!

Flossing for three minutes once a day is essential to clean between your teeth and at the gumline where gum disease can take root. Choose a regular time, like bedtime, and a floss that works best for you – thick or thin, flavored or unflavored, waxed or unwaxed.

Floss each tooth thoroughly with a clean section of floss...

- Wind 18" of floss around the middle fingers of each hand. Pinch 1-2" of floss between your thumbs and index fingers.
- Use thumbs to direct floss between upper then lower teeth.
- Gently guide floss between your teeth by using a zigzag motion.
- Contour floss around the side of each tooth. Gently slide it up and down against each tooth surface and under the gumline until your teeth are "squeaky" clean.



Are You Progressing?

Why the answer just might surprise you!

Periodontal disease. The name has kind of a high falutin' ring to it. That's true of most Latin-based medical names. Believe us when we say that there's nothing grandiose about pain, bleeding, tooth loss, and bone loss due to inflammatory gum disease. This disease develops gradually over time if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria.

Periodontal disease is progressive...

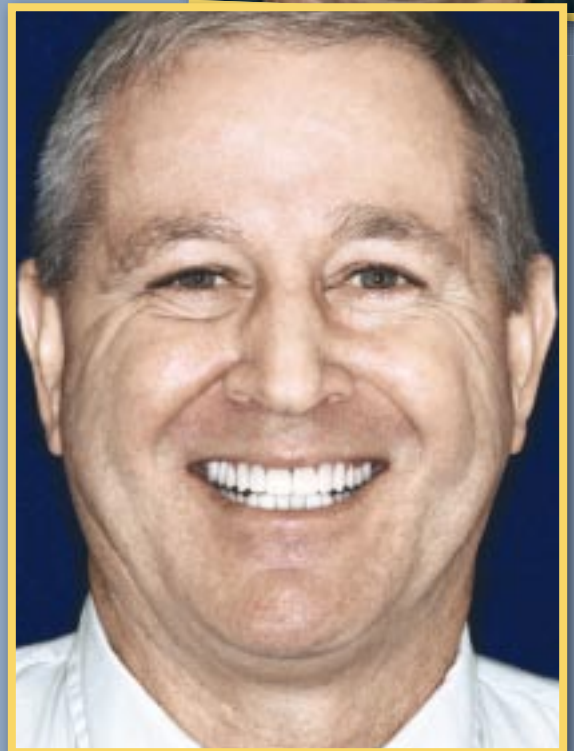
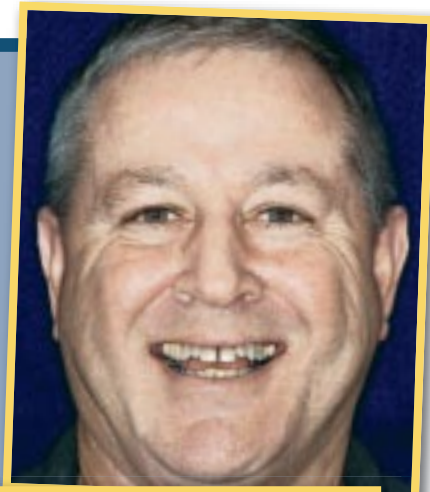
Gingivitis: Although healthy intact gums or gingivae act as a protective barrier against destructive bacteria, once damaged, they lose their effectiveness. Initially you might be symptom-free or experience mild symptoms of infection such as redness, swelling, and slight bleeding during brushing. This stage is relatively simple to treat and reverse.

Periodontitis: This is a more advanced infection, damaging the underlying ligaments and bone. Without intervention, your gums will shrivel away and expose your tooth roots, leading eventually to tooth loss.

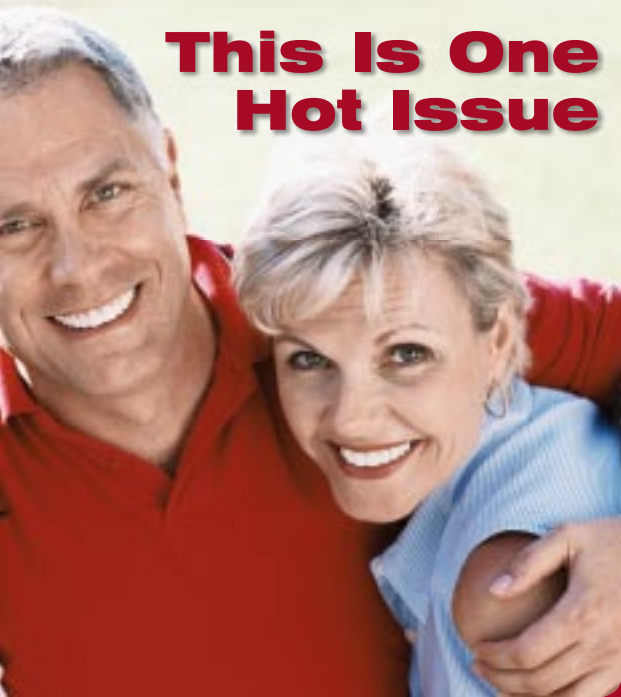
There are known risk factors for periodontal disease...

- **Tobacco consumption.**
- **Hormonal changes** during adolescence, pregnancy, mid-life.
- **Challenges to the immune system** including poor nutrition, stress, and systemic diseases like diabetes, cardiovascular disease, and arthritis.
- **Side effects from some medications.**
- **Clenching or grinding your teeth.**
- **Heredity.**
- **Barriers to good oral hygiene** include crowded teeth, ageing fillings and restorations, inconsistent home care routines, and missed recare appointments to remove plaque buildup and prevent gum disease.

Call us for an appointment – any time!



This Is One Hot Issue



Find out why you need to know about it

Scientists believe that chronic inflammation may be at the root of many debilitating illnesses. Imagine how much suffering could be relieved with a single magic-bullet solution that would cure or prevent inflammatory illnesses like heart disease, arthritis, cancers ...and gum disease.

Inflammation is your body's reaction to threatening pathogens. When the enemy has been destroyed,

inflammation should retreat until the next battle. That's called transitory inflammation. When the process stalls out and inflammation continues instead, the body attacks healthy cells in the absence of an invader. Scientists speculate that a long-running bacterial infection like gum disease can actually tip your body's balance toward chronic inflammation.

Gum disease has been associated with inflammatory diseases that include...

Osteoarthritis and **rheumatoid arthritis**

Diabetes

Cardiovascular diseases

Lung infections

Gum disease has also been associated with some **cancers**, complications of **pregnancy** and delivery, **osteoporosis**, and **kidney diseases** among other **systemic illnesses**. Monitoring of oral health is essential for everyone, but particularly if you suffer from a chronic inflammatory or systemic disease. Please keep us up to date so that we can optimize your oral care.

Practice Makes Perfect

Word to the wise!

Wise people practiced green fashion long before it became environmentally chic. Investing in classic quality pieces has always been the quintessential way to avoid unnecessary waste and expense. Same with your smile! When you invest in your oral health, two things happen. First, you avoid a lifetime of increasingly extensive and expensive dental work. And second, there's a bonus ... you can choose cosmetic procedures – dental or otherwise – with confidence.

Think about it. What is the point of cosmetically rejuvenating your face only to reveal puffy receding gums, or discolored, crooked, chipped or fractured teeth?

If you've never liked the look of your smile, or if your sizzle has aged into a sputter, we can provide cosmetic enhancements like teeth whitening, bonding, porcelain veneers, and gum sculpting. With oral health, the choice is yours.

Your healthy smile – it's sustainable – and empowering!

Live Life Well

Fight oral cancer

Knowing that the *lifestyle choices* you make can affect your risk for oral cancer is an important step toward its prevention. Although people who smoke or use smokeless tobacco remain at highest risk, for the great majority of those who do not use tobacco, dietary choices and physical activity are the most important modifiable factors of cancer risk.

Here are the *American Cancer Society's* recommendations for individual choices:

1. Eat a variety of *healthful foods*, with an emphasis on plant sources.
2. Adopt a *physically active* lifestyle.
3. Maintain a *healthful weight* throughout life.
4. If you drink alcoholic beverages, *limit consumption*. Alcohol combined with tobacco increases the risk of oral cancers.

Your other most important step? Regular dental exams. Oral cancer can be caught early, even as a pre-cancer.



Pick Your Preference

Prevention – always the number one choice!

Please call and book your appointment. An ounce of prevention really is worth a pound of cure.

Intellectually, most people understand how important it is to have their oral health checked regularly, and to follow through with recommended home care and follow-up treatments. Taking action is sometimes another matter. Let us help you with simple, non-surgical, preventive approaches that will save time, money ... and your smile.



Welcome!
Please join us in welcoming Dr. Scopu!
We are pleased to announce Dr. Ana Scopu will be joining our staff. She is highly qualified in all areas of dentistry and will be on the panel of numerous insurance plans.

Start with the basics...
We can provide you with a thorough assessment, cleaning, and instruction for your home care regimen. By preventing dental plaque and tartar from accumulating, your risk of tooth decay and gum disease decrease dramatically. Research has linked gum disease with chronic conditions like heart disease and stroke, diabetes, osteoporosis, respiratory diseases, and complications of pregnancy.

Boost your buffer...
Bolster the natural protection that your own saliva provides. We can apply fluoride in-office and prescribe fluoride gels, mouthrinses, drops, or tablets for home use to keep your teeth strong and resistant to problems like these...

- **Demineralization** or the loss of essential minerals from tooth enamel can be prevented, denying access to cavity-causing bacteria.
- **Decay around roots and existing fillings** can be blocked and early-forming cavities can even be reversed.
- **Tooth sensitivity**, usually due to receding gums, can be relieved.
- **Tender gums** that bleed can be relieved in early gum disease and re-infection can be inhibited in more advanced stages.

office information

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Theresa, Tayisha Dental Assistants

Dr. Weinstein will be awarded a Fellowship in the International Congress of Implant Dentistry



We Welcome New Patients

Our practice wants you to refer us to your family, friends and colleagues. Did you know that the highest compliment you can give us is referring our practice to people you care about? Yes, your trust means the world to us, and fuels our commitment to raise the bar even higher on providing you and yours with excellent dental care. *Trust in those who have earned your trust and earn their trust in return.* We live by this motto and ask you to spread the word!



COOL CLEAR WATER

Drinking water has become very trendy. In some shops, entire aisles are dedicated to bottled water. But tap or well water from a good source is just as good for you ... and for your mouth.

Water is essential to maintain your oral and overall health. On average, human body weight is 50-75% water – or about 10-12 gallons. The specific percentage varies for each individual.

Drinking water:

- won't stain your teeth;
- is an effective rinse when there's no time to brush or floss;
- is essential in saliva production, neutralizing tooth-attacking acids and protecting teeth and gums from cavity-causing bacteria;
- prevents *xerostomia* (dry mouth) which can interfere with speaking, eating, chewing, and swallowing;
- maintains your mouth's pH balance to fight enamel erosion.