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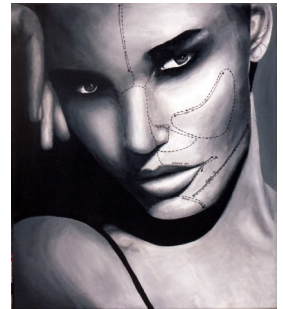
Perfect your Smile

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The New Face-Lift

In a recent issue of *Harper's Bazaar*, two new anti-aging techniques were identified which may help sidestep the scalpel. When doctors realized that facial volume was the key to looking younger, the focus moved from traditional face-lifts to injectables. The ability to make early incremental changes (and stay looking good) revolutionized the industry. Well, get ready for another seismic shift. The answer to staying youthful could now lie with your own fat and teeth....



Most of us are familiar with the gradual, unpleasant results of volume loss: sunken cheeks, a droopy mouth, thin lips. Deteriorating collagen and fat aren't the only causes, some of facial aging is caused by your teeth. With age, teeth wear down and the jaw recedes, shortening the distance from nose to chin. Thus, the face appears more hollow because it's literally collapsing. So if you've simply been reaching for injectables, STOP. The current anti-aging thinking among doctors is to first address these fundamental structural changes. In other words, sometimes you should consult your dentist first.

THE DENTAL FACE – LIFT

With this procedure, dentists are applying veneers (wafer – thin pieces of porcelain) to upper and lower teeth to help boost the cheeks, plump lips, and restore facial volume. Building out the outer sides of the teeth widens the arch and lifts the cheeks. Slightly lengthening the top front teeth with veneers can also make lips appear fuller and lift the corners of the mouth by subtly pushing the lips back up and out. The result is a more youthful face with three-dimensional quality, and minimal maintenance.

If it sounds unlikely that veneers could fill out your face without making it look bulky or horsey, don't worry. With this procedure, each veneer is sculpted individually to flatter your face, as opposed to creating the standard Chiclets you may have seen in the past. Small Changes have a big effect. Adding one millimeter to the surface of the back teeth translates into three millimeters in the front of the mouth which can instantly take years off your appearance. But choose an expert wisely. Consult with a legitimate specialist like Dr. Gielincki to determine if you are a candidate for this type of treatment.

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Can this Tooth be Saved?

The accidental loss of a tooth is a serious situation that can successfully be resolved if we act quickly. Dental avulsion usually occurs after a horizontal shock which displaces the tooth completely out of the socket. According to the National Center for Health Statistics, about 5 million teeth are accidentally avulsed in the United States each year.

Every tooth is connected to surrounding bone by the periodontal ligament (PDL). The tooth and surrounding cementum, bone, and gingiva receive nourishment from the blood supply through this ligament. If the tooth can be replanted quickly, it often will remain vital.

Following such an accident, dentists recommend these instructions in order to increase chances of survival for the avulsed tooth.



- A tooth that is out, and its structure is maintained without any major fracture, must be re-implanted in its socket within 60 minutes for best chance of survival.
- The best therapeutic option is to re-implant the tooth at the site where the accident occurred within a few minutes. The tooth should be placed in the socket by an adult, either by the person who lost his or her tooth, or by another adult. If the tooth is in its exact position, so that it does not move when the person is closing the teeth together, the process has the best chance for success.
- If the tooth is dirty, it is important that the patient cleans it with his own saliva by putting it in his mouth. The tooth should then be removed from the mouth and the patient should spit all blood and dirt. While spitting hard, you can remove the blood clot that could have formed in the socket, which can make the re-implantation of the tooth easier. When the tooth is clean enough, it should be quickly put in the socket. A quick reinsertion improves the chances for success.

If the tooth cannot be repositioned in its place for one reason or another, then it should be transported to the dentist as soon as possible. Here are some ways to transport the tooth:



- The tooth should be cleaned with saliva as described above. The person who had the accident must then keep the tooth in his or her mouth, either under the tongue or between the cheek and back teeth, of course without chewing on it.
- After cleaning with saliva, the tooth can also be put in a saline solution (water and salt). Half-teaspoon of salt must be mixed in a cup of water. Take the tooth in the saline solution to the dentist as soon as possible.
- After cleaning with saliva, the tooth can also be placed in a cup of fresh milk, preferably at room temperature. Any fat content is suitable. The patient and the tooth in milk should be taken to a dental office as soon as possible.

All replanted teeth need to be monitored. Clinical and radiographic interpretation will be required once a week for the first month; again at 3, 6, and 12 months; and yearly afterward. These examinations will help determine whether or not the tooth will need additional treatment.

The New Face-Lift Continued

STEM-CELL REJUVENATION

If teeth are the framework of your face, then collagen, fat and muscle are the siding. One supports the other. So if you're building a dream team to tackle volume loss, consider someone who specializes in another hot face-plumping procedure: stem-cell fat transfer. This promising technology is revamping traditional fat transfer, but it's in its early stages and still not widely performed. How it works: A doctor takes fat from your lower abdomen or inner thigh and processes it, separating the stem cells from the fat and ostensibly concentrating them. When these cells are put into syringes and then injected into the muscles and fatty layer under the skin, the stem cells are thought to enhance the fat's longevity and regenerate skin.



Some doctors believe you really get a twofold benefit: the fat gives you instant volume, and the stem cells boost collagen production. This is a relatively new technique, approved by the FDA in January 2010. Doctors have also noticed the improvements in skin texture and color as welcome side effects to the procedure. Long term side effects are still unknown, and this leaves some doctors with a wait and see attitude. Utilizing your own adult stem cells in a regenerative way is the new frontier of cosmetic surgery. The bottom line; new techniques promise you'll look younger without the risk of scares or a frozen, stretched face.

Text written by Wendy Scmid BAZAAR

Today's Options for Denture Wearers

The U.S. population of the "baby boom generation" is tackling issues about aging, the focus is not so much about how to accept an aging body passively, but rather, how to preserve health, strength, and vitality, no matter what a person's age. According to the National Health and Nutrition Survey 51% of Americans ages 55 to 64 currently have full or partial removable dentures. We want you to maintain healthy teeth throughout your life. But if tooth loss requires dentures, we have several attractive options for you.

Types of dentures

- **Immediate dentures** are placed immediately after removing any remaining teeth. These have the added benefit that you have the look and use of teeth while your mouth heals, making your transition to dentures more subtle. However, your jawbone and gums will gradually shrink after teeth are removed, requiring frequent trips to your prosthodontist to maintain an optimal fit of the new teeth.
- **Conventional full dentures** replace all of your upper and/or lower teeth. They are custom-crafted and fitted over a series of appointments to ensure an excellent fit and natural look.
- **Overdentures** look like conventional full dentures. However, overdentures fit over dental implants or a few specially prepared remaining teeth. Overdentures are more secure and feel more natural than conventional dentures. Also, the implants or remaining teeth provide stimulation that can help preserve the bone in your jaw.
- **Partial dentures** may be a good choice when you have lost several teeth but still have some remaining. Partials help to prevent your existing teeth from shifting. In turn, the remaining teeth support the dentures and help take the impact of biting and chewing. This reduces the pressure on other parts of your jaw. A clasps is uses to attach the partial to your remaining teeth, while precision partial dentures have special attachments that make the clasps less visible.

Alternatives to dentures

Other options to consider are bridges (sometimes called fixed partial dentures) or dental implants (which are artificial roots surgically placed below your gumline to provide an invisible and secure fit). We will work with you to determine the best solution for your needs.

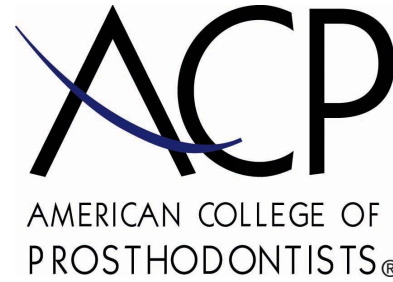
Keep in mind, the best alternative is to not need dentures at all. With consistent and regular dental care, you may be able to preserve all your healthy teeth, so that you can keep them throughout your lifetime.

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Doesn't Your Smile Deserve a Specialist?



Dedicated to the Highest Standards of Care in
the Restoration and Replacement of Teeth.

Cinnamon



Say *Cinnamomum*. That's the genus the sweet, aromatic spice cinnamon belongs to. One of the earliest known and most sought after spices, it has been credited with creating the momentum to discover America. Researchers now credit cinnamon with the ability to do much more than that! With no known risks and virtually no calories, cinnamon can:

Inhibit disagreeable mouth odors by destroying sulphuric bacteria.

Help the body to use insulin more efficiently, reducing the risk of type 2 diabetes which has been linked to periodontal disease.

Cut blood sugar levels by as much as 20-30% to help prevent complications that can be aggravated by periodontal disease.

Reduce total cholesterol, bad cholesterol, and triglycerides that can affect cardiovascular health.

This Holiday Season do yourself a flavor, and spice up your diet with some cinnamon!



Meet the Staff

Stacey Gant is the newest addition to our team! She is replacing our former hygienist, Carol Lewis. Carol retired after 4 1/2 years of service at Dr. Gielincki's office. Carol developed rheumatoid arthritis in her hands which made it very difficult for her to continue to work.



Stacey originates from Sumter, South Carolina, where she was born and raised. She has 13 year old twin girls and is active in her church.

At your next visit to Dr. Gielincki's office please welcome Stacey to our team!