

# DENTAL INSIGHTS



SPRING 2008

A Newsletter from the Office of Dr. Paul P. Binon & Staff

## LEAD IN DENTAL CROWNS

**Because** the creation of dental crowns is very labor intensive, some large commercial laboratories outsource their work to China. The current market share of outsourced crown and bridge work is estimated around 20%. The way it works: the dentist shapes the teeth and takes a mold of the jaw and teeth and sends it to the dental laboratory to make the prosthesis (crown/ bridge/ veneer etc.). Directions are given by the dentist as to how to make it and what materials to use. The dentist chooses the dental laboratory that they send their work to and they range in quality and price just like any other sector of a free market economy. In order to save money the dentist may choose to send his/her work to a very inexpensive lab or the commercial lab may reduce their production costs by shipping out their work to places like China, the Philippines, Mexico, India and other lower cost markets.

A recent investigative report ( completed in Cleveland) indicated that crowns that came from China contained 210 PPM of lead in the porcelain part of the crowns. The international allowable standard is only 90 PPM! Some 7 million plus crowns in the USA come from foreign labs. The lab is supposed to tell the dentist where the crown comes from and the lab is also supposed to register with the FDA. That does not always happen. Some large corporate alphabet soup type dental offices (HMO, PPO etc.) frequently use foreign trained dentists and offshore labs to reduce operational costs. Problem as a consumer is you never know what you get and if it meets high standards. The majority of dentist and US dental laboratories are quality oriented.

**You don't need a referral to be seen in our office.**

Our office has its own laboratory and its own certified dental technician. We use **ONLY** noble metals in crowns, bridges and prosthesis fabricated in house. We will be glad to show you the material content of the prosthesis that is made in our lab. We don't cut corners and only use the best materials. For removable prosthesis we use gold, titanium or vitalium. And yes we do send out some work. We use high quality specialized labs that process sophisticated crowns such as zirconia (non metal / all ceramic crowns) that are located here in the USA where I know the technicians personally. Same is true for the completely removable prosthesis. You will never find any toxic materials in crowns / bridges or any prosthesis that we place in your mouth.



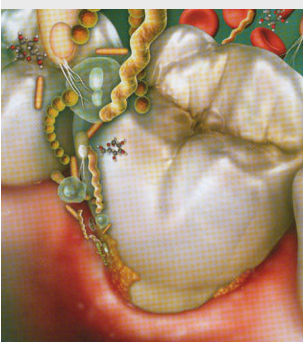
**John** has been a crown and bridge dental technician for most of his adult life. He was trained in the US Air Force, and eventually opened his own dental laboratory in the Midwest. He moved to the west coast a few years ago and worked in San Francisco for several years. He recently joined our practice to create the majority of

crown and bridge restorations. I have been fortunate over the years to have excellent technicians such as Randy & Scott to assist me in bringing you high quality restorations and treatment. Dentistry in general and prosthodontics in particular is a team effort between all parties involved, the specialist, the certified dental assistants and the dental technicians. Your oral health is in good hand from start to finish.

## Diabetes and Gum Disease

**There** is a definite link between periodontitis and diabetes mellitus. Diabetes increases your susceptibility to gum disease. Conversely, the presence of gum disease causes havoc in controlling diabetes. In 1995 there were 110 million people in the world living with diabetes. That number is projected to be 300 million (epidemic!) by 2025. In the US alone the number has jumped from 12 million to more than 21 million. So why the increase? Well we live longer, there is a change in genetic disposition and most important there is an increase in obesity. 60 % of the US population is overweight or obese. Type 2 diabetes is considered a disease of overweight adults. Today type 2 now strikes many young adults as well. Diabetes is the leading cause of blindness, end stage renal disease, cardiovascular complications and non trauma amputations of gangrenous toes, hands, feet and limbs. Healthcare costs are amount to \$ 98.2 BILLION dollars each year.

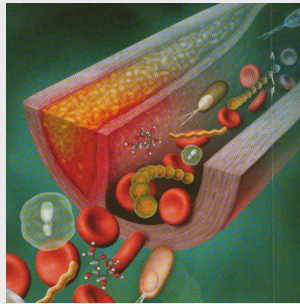
Classic symptoms are: polydipsia (*always thirsty*), polyuria (*abundance of urine*), nocturia (*frequent night urine*), polyphagia (*excessive eating*), unexplained weight loss, general fatigue, increased infections, leg cramps, numbness in extremities, impotence and blurred vision. Every dentist sees patients that are diabetics and they are at a higher risk for healing complications, infections and gum disease and the complications associated with dry mouth (yeast infections, burning mouth and tongue, abscesses and decay). The inter-



action between diabetes and gum disease is very real. Diabetes results in higher bacterial levels, compromised blood supply, bone loss and loose teeth.

Conversely the presence of gum infection makes the metabolic control of the diabetes very difficult. The two processes feed on each other and in order to properly treat the two diseases, the BOTH have to be controlled. It is extremely important to control the oral health of the diabetic patient.

In the US, more than 6 million don't even know they are diabetics. Fight diabetes with fitness, diet control and medication. You can go on line and learn so much more at [diabetis.org](http://diabetis.org). Go on line and take the diabetes test. And remember, periodontal disease is a serious problem. The bacteria that live around infected teeth enter your blood stream and cause problems throughout your body. Locally they cause bone and tooth loss but it does not stop there. It just the tip of the ice berg.



## GOLD

The Mayans used gold wire to attach human and animal extracted teeth to adjacent natural teeth to create replacement bridgework. Gold has been used in dentistry for thousands of



years in a variety of cultures. The gold that you have in your mouth may have been part of a pirates treasure or adorned the heads of king and queens. It was valuable then and is even more valuable now. Gold has risen dramatically in value. In 2004 the price was \$350 per ounce. Last year it was \$650 per ounce and recently it has reached record levels of \$1000 per ounce. Other precious metals have followed suit. Platinum is at a record high of \$ 2173, Palladium at \$512 and Silver at \$20 per ounce. Well that is great for investors but what does it mean for you as a dental patient? Gold crowns and porcelain fused to metal crowns are typically made with precious metals. The fact that metal prices have gone through the roof means one of two things for the dentist and consumer. Lab fee increases and dental fee increases. Yes, there are substitutes but most people don't appreciate having metal that plumbing is made of in their mouths. The substitute metals don't handle as well, so crowns don't fit as well, crown shades are not as lifelike and patients are sometimes allergic to them. We use high noble metals in our office or all ceramic (zirconium) materials. We may have to add a surcharge for precious metals in the future!

## SUPERFOODS PART TWO!

by Joyce Iverson, RDA

"**Super foods RX**" presents the fourteen known nutritional powerhouse foods that can help you extend your "health span," the extent of time you have to be healthy, vigorous and vital. These are the foods that have been shown to help prevent, and in some cases, reverse the well known scourges of aging, including cardiovascular disease, type-two diabetes, hypertension, certain cancers and even dementia. Here are the remaining seven super foods and their major health benefits.

**Soy-** and tofu, soy milk and soy nuts. Try to eat 15 grams of soy protein per day. Soy's most conclusively demonstrated benefit concern cardiovascular health. There have been extensive studies on the cholesterol lowering effect of soy. One frequently cited study published in the *New England Journal of Medicine* in 1995, describes a mega-analysis of 38 different studies. The authors found that the consumption of soy protein resulted in significant reductions of total cholesterol (9.3 %), LDL cholesterol (12.9 %) and triglycerides (10.5 %).

**Spinach-** and kale, collard greens, Swiss chard and bok choy. Try to eat 1 cup per day. It has been found that the more spinach consumed, the lower the risk of almost every type of cancer. Glutathione and alpha lipoic acid are the two antioxidants that researchers believe are the most important to our body. Spinach contains a ready supply of both.



**Tea-** One cup or more daily. Tea contains more than 4,000 chemical compounds. The ones called, "floxonoids" (also found in berries and wine) are more effective antioxidants than vitamin C and E. Drinking tea lowers your risk of developing cavities as well as gum disease. One study showed cavity reduction by 75 %. The fluoride content of the tea inhibits cavities from developing. It also inhibits bacteria from adhering to tooth surfaces, and their acid production.

**Tomatoes-** and red watermelon, pink grapefruit and Japanese persimmons. Need 1 serving of processed tomatoes per day, and multiple servings of fresh tomatoes per week. Tomatoes protect against cancer, especially prostate cancer. Processed tomatoes (sauce and paste) are more effective than raw tomatoes at reducing cancer. There's also ample evidence that tomatoes play a role in reducing your risk for cardiovascular disease.



**Turkey-** and skinless chicken breast. Need 3-4 servings per week (3-4 ozs). Turkey is the best source of low fat protein. Turkey is a good source of niacin, vitamin B6 and vitamin B12. All three of these B vitamins are important for energy production. Niacin is associated with lowering the risk for heart attack and heart attack deaths.

**Walnuts-** along with almonds, pistachios, sesame seeds, peanuts, pecans, and cashews. Eat a hand full a day. Eating nuts correlates with reduced coronary artery disease. In recent studies people who eat nuts five or more times a week overall had a **15 to 51 %** reduction in coronary heart disease. The fiber and magnesium in nuts help maintain balanced insulin and glucose levels. That helps prevent adult type-two diabetes.



**Yogurt and Kefir.** Eat or drink 2 cups daily. Yogurt is a source of beneficial bacteria for the GI tract. A healthy digestive system is critical to good health. Our ability to absorb nutrients from our food depends on GI health. Yogurt helps fight cancer, allergies, inflammatory bowel disease, irritable bowel syndrome, hypertension, cholesterol, ulcers, diarrhea, and vaginal and urinary track infections.



Super foods span the seasons and are now a part of my daily diet. As I learn more about their beneficial qualities, I find that I prefer them to foods that maybe aren't so super.

They have grown in importance to the point where I even look for them on menus when I dine out.

Remember, **you are what you eat.** Giving your body the resources to fight disease and increase your health span will lead to a fuller life, filled with more energy and enjoyment.

# 20 th Anniversary



In 1988 the office was looking to hire another dental assistant. Joyce had just graduated from Sacramento City dental assisting program at the top of her class. She radiated energy along with a warm

engaging smile. She never lacked confidence in her abilities and her work ethic was excellent. So started a working relationship that will celebrate 20 years this summer. After completing state requirements, she earned her RDA certification. More countless other continuing education hours and then a strenuous course and testing to become a certified surgical assistant. During the years that followed she became our clinical office manager. She has a wealth of implant surgical and restorative experience and is a real patient advocate. In the photo above is Joyce and her daughter Jenifer. I am reminded that I was one of the first to see Jen after she was born. She was a scrawny but cute newborn. She now stands taller than her mom and is a lovely young woman and quite a star basketball player.

Joyce enjoys people, astrology, nature, food, travel and most of all her family. She is an avid reader, home based philosopher and guidance counselor. It has been a real delight to have such a hard working loyal assistant for so many years. She plans on staying until I retire, but who knows, she may decide to become Jens full time manager and personal coach.

## DOES IT REALLY WORK DEPARTMENT

New patient still ask us questions like do implants really work?



Both of these implant supported fixed bridges were completed in 1985. That's **twenty three** years of function. They were made to replace a removable partial denture that the patient could not tolerate because it was uncomfortable. They look well worn, but after 23 yrs you would expect as much. Technology has changed dramatically since that time and today you would not be able to tell there were any implants at all.



The photo above illustrated 5 teeth replaced with implants. Treatment was completed 12 + years ago. Can you tell which are implants?

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