

Periodontics of Niles, P.C.

Oral Health News



Healthy Mouth, Healthy Body ~ Make the Connection

Compliments of Dr. Dorothy A. Anasinski & Dr. Joseph V. Califano

News from the office of...



**Dr. Dorothy A.
Anasinski**



**Dr. Joseph V.
Califano**

Welcome to our first newsletter for 2011! You're invited to share our resolution of making this the healthiest year ever, from both a dental and an overall health perspective.

We'd like to reinforce the importance of good oral hygiene and regular dental visits for your optimum dental health and to ensure your brightest, most attractive smile. An excellent preventive measure to avoiding serious dental problems is to maintain a regular checkup schedule, which will detect any problems early, before they become big, expensive issues.

If you've noticed that your teeth are stained from too much coffee, tea or red wine from the holiday party season, ask us how easily we can help bring the sparkle back to your smile. If you haven't already booked your next checkup, start the new year on a healthy note by calling for a dental appointment now.

We look forward to seeing you again soon!

Yours in health,

Dorothy Anasinski

Dr. Dorothy A. Anasinski
Diplomat, Board of Periodontology

A NEW YEAR, A NEW YOU!

Each new year brings with it the promise of renewal and improvement in our lives. Why not greet 2011 with a sparkling new smile to match the bright new year?



If your teeth are currently yellow, dull, stained or shaded unevenly, or if you have any crowns and/or old dental work that don't match your natural teeth anymore, you'll be pleased to find out how easy it is to correct those very common imperfections. Even replacing a missing tooth or teeth can now be accomplished in our office, with the most natural-looking results, using dental implants.

Dental implants - individual teeth that are securely attached to metallic implants that are anchored into your bone to replicate the roots of your teeth - act like your natural teeth once they are implanted and can result in one of the most satisfying changes you can achieve. In addition to the obvious improvement in your appearance, the implantation of a new tooth to fill an existing gap will also allow you to chew better and secure the health and position of surrounding teeth.

Implants fill gaps left by missing teeth and, as such, prevent

neighboring teeth from drifting out of position, which can change your bite and lead to gum disease and possible pain in your jaw joint. Unlike dentures or bridges, dental implants are secured into individual tooth positions, allowing you to treat the new tooth just like your original natural tooth, without affecting the health or position of any adjacent teeth.

All it takes is a visit to our office to start the whole process, which will begin with an analysis of your gums and the bones under your teeth to ensure that you have a healthy base for this in-office procedure. We will also discuss what you should expect from your dental implants and answer any questions you may have.

Remember, research has shown that you have less than ten seconds to make a good first impression on someone you're meeting for the first time. Call us today to find out how to ensure that your first impression is your best impression!

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DRUGS, DRY MOUTH AND DENTAL DECAY

Medications can often solve one problem, but then lead to another. As we see in dentistry, one of the common side effects of many drugs, including antidepressants, antihistamines and allergy medications, is dry mouth. By reducing saliva production, dry mouth can leave you susceptible to cavities, excess plaque, fungal infections in the mouth, and bad breath.



Signs of dry mouth can include: saliva that seems thick or stringy; sores or split skin at the corners of your mouth; bad breath; difficulty speaking or swallowing; a burning or tingling sensation on your tongue; change in your sense of taste; increased plaque, tooth decay and periodontal (gum) disease.

Most of us take saliva for granted, but it is actually an important natural defense system in the mouth. It protects the teeth by washing away sugars and not allowing bacteria to stick on the teeth long enough to promote the development of cavities.

Some tips to help prevent dental decay that stems from dry mouth include:

- Establishing a consistent, daily flossing and brushing routine.

- Using a mouthwash specially formulated for dry-mouth sufferers.
- Chewing sugarless gum, to help stimulate saliva production.
- Drinking more water, and avoiding coffee, tea and other caffeinated drinks, in addition to alcohol, all of which can dry out your mouth.
- Ensuring a frequent schedule of professional dental cleanings.

Please keep us updated on the medications you are on. If a lack of saliva is interfering with your oral health and your enjoyment of food, make sure you talk to us, and to your doctor.

TOOTHACHE TIPS

A toothache can be a symptom of a deeper problem, which is why one should never be ignored. Here are a few tips to help provide you with some relief for before you arrive at the dentist:



- Rinse your mouth out with warm salt water.
- Floss teeth to dislodge any trapped food particles.
- Take aspirin, ibuprofen or acetaminophen to relieve the pain, but do not place an aspirin directly on the affected area.
- Use a cold compress on the outside of your cheek to help relieve any pain or swelling. Never use heat as heat incubates and promotes bacterial growth.

Now, here's a riddle: When is a toothache not a toothache? The answer is, when it's sinusitis.

Sinusitis, the inflammation of one or more sinuses due to a bacterial infection or sinus congestion from a cold,

flu or allergy, can sometimes have the same symptoms as a toothache. As the roots of the upper teeth lie very close to the floor of the maxillary sinuses (the sinuses located between the eye sockets and the upper jaw), any inflammation of these sinuses when a cold, flu or allergy attack can feel like a toothache.

If you are unsure as to the cause of your toothache, please make a dental appointment to have it evaluated, to ensure you receive the proper treatment.



MEDIATING MOUTH MISERY

From oral irritations to dental disasters, your dentist is your best source of information on how to best soothe your dental distress.

MOUTH SORES. Canker sores and cold sores are common, annoying mouth irritations that are often confused with one another.

The first sign of a cold sore is usually a tingling sensation around the mouth, followed by painful, fluid-filled blisters on the lips and around the mouth. The blisters typically burst and scab over, usually healing in about a week.

Canker sores appear *inside* the mouth, presenting as small ulcers with white or gray bases and red borders. A bite or burn inside your mouth can trigger a canker sore, as can certain foods.

Talk to us about the best ways to soothe your mouth sores, and have us check them out if they don't clear up after a week.

BURNED TONGUE/ BURNED PALATE. The delicate tissues on your tongue or palate can burn easily from too-hot food or drink in your mouth. In these cases, the first thing you'll want to do is cool the burned area immediately, to not only soothe the burn, but also to make sure the heat loses its power to damage the surrounding cells. The quickest and most effective way to do this is to hold cold water in your mouth, or suck on an ice-cube.

Once the initial burn subsides, allow your injury to heal for a few days by avoiding spicy foods, acidic foods like tomatoes and citrus fruits, irritants like vinegar, and sharp, salty foods like chips.

KNOCKED-OUT TOOTH. Whether it's a sports injury, a slip and fall, or perhaps a confrontation with a boxing wannabe, you or someone in your company may suffer the bad luck of having a permanent tooth knocked out or loose.

If it's knocked out, the first thing to do is find your tooth and, holding it by the crown, gently rinse off the root of the tooth with clean water. Do not scrub it or remove any attached tissue fragments — if reconnected immediately, there's a chance the torn periodontal ligaments can reattach to the gums. Carefully place the tooth back in its socket, and bite down gently on a soft cloth or moistened teabag to keep it in place. If the knocked-out tooth, however, belongs to a child or if the patient is not able to keep the tooth safely in his or her mouth, put the tooth in a cup of milk.

If a tooth is only knocked loose, the immediate procedure is very similar: simply guide the tooth back into its proper place with your finger and bite down gently.

In all these instances, call our office immediately, or get to an emergency dental clinic within 30 minutes of the incident, in order to have the best chance of saving the tooth.

Please don't hesitate to call our office for advice on all your dental questions.



MY GUM DISEASE IS LINKED TO WHAT?



A HEALTHY SMILE IS ALWAYS IN STYLE!

Trends may come and go, but a confident and healthy smile is a personal accessory that can make you shine in any situation, wherever you are.

According to a study on the importance of smiles:

- 94 percent of respondents indicated that what they notice first when meeting someone is their smile.
- 84 percent of the survey respondents indicated that they felt an attractive smile was an important factor in getting a date.
- 75 percent felt that an attractive smile was an advantage when pursuing a successful career.

You've probably heard us talk about the "mouth-body connection" and how periodontal (gum) disease has been linked to heart disease, stroke and diabetes, in addition to pregnant women's chances of giving birth to pre-term, low-weight babies. Did you know, however, about the correlation between gum disease and rheumatoid arthritis, kidney disease, and even certain cancers?

While rheumatoid arthritis (RA) and gum disease are both systemic inflammatory diseases, it is interesting to note that patients with RA are eight times more likely to suffer from gum disease than those without RA.

Also important is the correlation between gum disease and kidney disease. We know that gum disease is a leading cause of tooth loss in adults, so it's noteworthy to learn that toothless adults are more likely to have chronic kidney disease than adults with all their teeth.

Men with tooth loss and a history of gum disease are reported

to have an increased risk of developing certain cancers. While more research continues to be conducted, associations have been noted between gum disease and kidney, pancreatic and haematological cancers, although gum disease may just be a marker of a susceptible immune system. Severe gum disease has also been documented as a risk factor for head and neck squamous cell carcinoma.

Let's talk about your periodontal health, and we'll work to ensure your healthy body starts with a healthy mouth!

A healthy smile begins with healthy dental habits, and that means brushing properly and flossing every day to remove the plaque and debris that collects between the teeth and under the gumline, where your toothbrush can't reach. Even healthy teeth can be crooked, chipped, uneven or discolored - all common dental problems that now have common solutions. There are a multitude of options available today, and we're happy to report that we have the technology to put the right, bright smile on your face!

Call us today to discuss what you would like to accomplish, and together we can decide the best method for reaching your goals. Let us improve your smile to reflect a new, more confident you!

Periodontics of Niles, P.C. *Healthy Teeth and Gums For a Lifetime!*

Want to Save on Dental Costs?

Special Offer

With this certificate receive a
Professional Cleaning*
and
Examination
Only **\$99⁰⁰!**

Regular fee \$217.00. *In absence of gum disease. This fee is minimum only. Offer expires February 2011.

Call 847-685-6686 for your appointment today!

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Mon., Wed.: 10 a.m. - 7 p.m.

Fri.: 10 a.m. - 4 p.m.

Sat.: 10 a.m. - 2 p.m.

Our Services Include:

- Periodontics • Periodontal Disease Treatment with emphasis on Preventative & Non-Surgical Treatments • Laser Treatments • Dental Implants • Computer Guided Dental Implant Placement • All on Four Technique • Bone/Ridge Augmentation • Gum Grafts • Crown Lengthening • Cosmetic Enhancement • Botox® • Restylane®, Juvéderm™ Dermal Fillers

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