Greetings to all our patients! We hope you enjoy this latest update from our office.

We are pleased to announce that Joseph V. Califano, DDS, PhD has joined our practice. Dr. Califano is a Professor and Director of Postgraduate Periodontics at the University of Illinois. He is a Diplomat of the American Board of Periodontology and serves as an examiner for the Board. He is a former Commander of the United States Naval Reserves Dental Department and has presented at national and international meetings on many topics including periodontal research, periodontal plastic surgery, and computer guided implant surgery.

Dr. Califano shares our philosophy and approach in treating patients with periodontal needs and brings a wealth of knowledge and practical experience. I hope you will join us in welcoming him to Periodontics of Niles.

Enjoy the warm weather, and we’ll look forward to seeing you soon!

Yours in health,

Dorothy Anasinski

Dr. Dorothy A. Anasinski

Dr. Joseph V. Califano

While more research continues to be conducted, findings to-date suggest a possible link between periodontal disease and a higher risk of heart disease, stroke, uncontrolled diabetes and preterm births. People with respiratory diseases or osteoporosis may also be threatened by existing periodontal disease.

If you’re a smoker, you should be aware that smokers are at higher risk for developing periodontal disease, and once they get it, they usually suffer more severe forms of it and have a harder time battling it than non-smokers.

Even if your mouth and teeth feel fine to you, we, as dentists, cannot stress strongly enough the importance of regular dental checkups. Gum disease is something that is often hard to detect without a formal examination, which is why your dental visits should be a regular part of your health schedule.

We urge you to be diligent with your dental appointments especially if you already have heart or lung disease, diabetes or osteoporosis and low bone mass, if you are thinking of becoming pregnant, or if you have a family member with periodontal disease. Routine oral examinations can also uncover symptoms of oral cancer, eating disorders, substance abuse and HIV.

Stay on top of your dental health. It’s a critical component of total health and one that you do have a great degree of control over. In fact, a good oral hygiene program and regular, professional cleanings in our office can go a long way towards preventing periodontal problems, and all its associated medical issues.

If you have any questions on the recommended frequency of oral examinations in your particular situation, please call us and we’ll be pleased to discuss it with you.
**THE GOOD:**

Because calcium is the chief supportive element in bones and teeth, it’s important to get enough of this mineral in your daily diet. Even if you don’t like milk, remember that cheese, yogurt, almonds, leafy green vegetables, broccoli, beans and tofu are also great sources of calcium. Have a look in your grocery store’s juice aisle for calcium-enriched juices too, and remember to include vitamin D in your diet: It helps to absorb any calcium you consume.

Iron, found in such sources as red meat, liver, egg yolks and bran cereal, is important in preventing sores from forming in your mouth, and your tongue from becoming inflamed.

A lack of vitamin B3 (found in chicken and fish) can cause bad breath and canker sores, while mouth sores can also develop in those who don’t consume enough vitamin B12 and B2.

We often think of vitamin C to fight a cold, but did you know a lack of this important vitamin can lead to bleeding gums and loose teeth? Oranges, raw, red peppers and sweet potatoes are delicious sources of vitamin C.

**THE BAD:**

We know smoking, and consuming an abundance of certain berries, coffee, tea, red wine and other staining foods and drinks can affect the color of our teeth, but there are a number of other common things we consume on a daily basis that can also adversely affect our teeth.

For example, apple juice sounds healthier than soda pop, but did you know it can have more sugar than soda? All acidic drinks — including regular and diet soda pop, sports drinks and fruit juices — can pose another threat to teeth: “Dental erosion,” the loss of the protective enamel on your teeth. By sipping on acidic drinks over a long period of time, you are continually bathing the teeth in acid. Try to finish drinking these beverages within a few minutes instead of sipping them throughout a longer period, and if possible, rinse your mouth out with plain water after finishing your drink to help to wash away any remaining sugar and acid.

Also remember, teeth are not tools, and should therefore not be used to open bottles, tear away packaging or gnaw on pens. Avoid chewing on ice too — You can crack your teeth!

**THE UNLIKELY:**

Carbohydrates: Did you know carbohydrates can be just as bad for teeth as candy? The reason is bacteria feed on leftover foods, often carbohydrates, in the mouth and produce acid, which causes decay.

Hidden Sugars: Watch out for sugars in unlikely places, like cough syrup, and sugars that appear naturally in many foods — even milk! We recommend that parents don’t put their babies to sleep with a bottle of milk, because as milk pools in a child’s mouth, the sugars mix with bacteria in the mouth to make a mild acid, which can then attack the tooth enamel to produce cavities.

Finally, you may think that all gum and candy are frowned upon by dentists, but sometimes candy can be dandy, especially in the form of sugarless gum. In fact, because gum stimulates the creation of saliva in the mouth, many dentists recommend chewing on a piece of sugarless gum after a meal if you can’t brush right away.

Talk to us about the important connection between what you put in your mouth, and your good dental and overall health.
TOOTH TROUBLE IN TODAY’S TEENS

Today’s teenagers are busier than ever before, with school, part-time jobs and a plethora of extra-curricular activities competing for their time. Marketers, aware of time-stressed lifestyles stemming from these busy schedules, have created a number of products promoted to fill dietary requirements, in the form of energy drinks and “nutrition” bars. Unfortunately, these products not only don’t fill all of a growing teen’s nutritional needs, they can also be harmful to their teeth and overall health.

Energy bars and nutritional bars are promoted as a convenient way to fill the void left by those with little time for a complete meal during the day. While various bars contain different ingredients, the one thing they have in common is their gooey texture, which allows sugar to cling to the crevasses of teeth until it is brushed or rinsed away. Once the sticky, sugary product finds its way between or behind your teeth, it encourages plaque, a sticky, clear coating of bacteria, to form on your teeth, feeding off the sugar. This produces an acid that immediately attacks the teeth. Continued attacks can cause the enamel on the teeth to break down, eventually leading to tooth decay.

Sports and energy drinks are growing in popularity not only with athletes, but also with people who just want some extra “oomph” in their day. However, the effects of these beverages are proving to be more damaging to teeth than even soda pop. In fact, frequent consumption of energy and sports drinks results in the strongest potential for the erosion of teeth enamel, the thin, protective outer layer of the tooth that helps maintain its structure and shape.

It’s important to make sure you make the time — no matter how busy you and your children are — to maintain your dental checkups, as once tooth erosion starts, it will cost you more money, comfort and effort to fix.

ALLERGIC TO THE DENTAL OFFICE?

As much as some patients may like to joke that they are “allergic” to dental appointments, the truth is there are people who may have actual allergies to some common materials used at a dental office.

According to the Academy of General Dentistry, materials such as latex, commonly used in dental gloves, masks and syringes, or medications such as local anesthetics, have been known to result in allergic reactions in some patients. Natural rubber latex is derived from a substance found in rubber trees, and some people are hypersensitive to those proteins. If you know you’re allergic to latex, please be sure to let us know: Remember to mark it on your medical history form, and double check with us when you arrive for your appointment to ensure we use latex-free gloves.

If you have previously experienced a reaction to certain metals — if a piece of jewelry has irritated your skin in the past, for instance — you will also want to let us know of this sensitivity, as some dental crowns, veneers, inlays or dentures may have nickel, chromium-containing materials or other metals in them. Knowing of your sensitivity to metals ahead of time will allow us to provide more compatible dental materials for you.

Please don’t avoid our office because of any allergies to materials we may use. It’s important to maintain your regular continuing-care appointments to ensure optimum oral health. Simply advise us of any allergies or sensitivities you have, and we will work with you to provide a safe environment for all your dental needs.
Our Services Include:

• Periodontics
• Periodontal Disease Treatment with emphasis on Preventative and Non-Surgical Treatments
• Laser Treatments
• Dental Implants
• Computer Guided Dental Implant Placement
• Bone/Ridge Augmentation
• Gum Grafts
• Crown Lengthening
• Cosmetic Enhancement

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Fri.:  10 a.m. - 4 p.m.
Sat.:  10 a.m. - 2 p.m.

The best compliment we can receive from our patients is the referral of your friends, colleagues and family members. In fact, referrals and word-of-mouth recommendations are our number one source for new patients, so if you know someone who’s looking for a new dentist, we would very much appreciate your passing our information on to them.

Our extensive dental training and experience allows us to understand and treat a wide range of oral health needs, from preventing dental disease to patient education, and treatments using modern dental techniques and technology.

Whether you or your friends are looking to maintain a healthy smile, or to create a perfect smile with cosmetic options, we are always happy to give you all the information you need to make informed and confident decisions.

Thank you for your confidence in our services, and for sending your friends, family and colleagues our way!

With dental implants, however, there is no need for concern because unlike bridges or dentures, dental implants actually replace not only the missing tooth or teeth, but the roots too, for complete stability and a natural look and feel.

Dental implants have an established history. They were developed over 35 years ago by a Swedish scientist and orthopedic surgeon, and have been used successfully ever since as tooth replacement option for single teeth, multiple teeth and full upper and lower replacements. The process involves installing an artificial tooth root in place of the missing tooth. Over time, the new implants fuse with the jawbone to form a secure foundation for tooth replacement. The tooth itself is manufactured to blend in with the surrounding teeth and attach to the artificial tooth root, resulting in the appearance and convenience of a natural tooth.

A great advantage of a dental implant being placed directly in the jaw is that a single tooth can be replaced without any of the surrounding teeth being affected. In fact, since dental implants integrate into the structure of your bone, they prevent the bone loss and gum recession that often accompany bridgework and dentures.

If you have healthy gums and bones, but are missing one or more teeth and are looking for a permanent, natural-looking replacement, or if you currently wear dentures that are uncomfortable or don’t fit as securely as you would like, please call us to ask if you may be a suitable candidate for dental implants. Dental implants are ideal replacements for a single tooth, but if you’re missing more than one tooth, implants are very effective as “anchors” to secure bridges and dentures too.

Dental implants can bring back the original appearance of your smile and the confidence that comes with it. Call us today for more details on these excellent replacements for your missing teeth.

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