



Comfort Dental Family News

For more information visit www.comfortdental.net

Our Motto:

"Comfort Dental Care" is our philosophy. With us you aren't just another number. That's because we don't just treat teeth and gums, we treat people."



Here at Comfort Dental Care we have been very busy making the dental experience a better one for you and your family. Our most recent focus has been bringing in new technologies such as the CERCEC system and Lumineers in order to better serve you, our patients. There have been many changes in our office since the last issue and we apologize for the *slight* delay, but hopefully you can continue to stay informed through our newsletter. Again, if you have any feedback or even future story ideas please feel free to e-mail us at newsletter@comfortdental.net.

What has changed:

- We would like to welcome Angie Cochrane our new treatment coordinator to our Comfort Dental family. This is a new position that we have established because as dental treatments become more advanced and new technology arises, it is essential that you, our patients remain informed and receive the right treatment.
- It is our goal to provide you and your family with exceptional dental care. For this reason we need your feedback. If you could fill out the green evaluation forms available at the front desk after your appointment, it will be greatly appreciated.
- In an effort to keep up with technology in addition to phone confirmations, we have decided to start sending out appointment reminders through email. Please make sure to update your email address

Periodontal Disease

Keeping your teeth and gums healthy is essential to your overall health. By not giving your teeth and gums the proper attention that they deserve, there are dangers such as periodontal disease that could arise.

Periodontal, the word itself, literally means around the tooth. Healthy gum tissue fits like a cuff around each tooth. At the point where the gum line meets the tooth, it forms a slight v-shaped crevice called a sulcus. In healthy teeth, this space is usually three millimeters or less.

Periodontal diseases are infections that affect the tissues and bone that support teeth. As this tissue is damaged, the sulcus develops into a pocket that is greater than three millimeters. Generally, the more severe the disease, the greater the pocket depth and bone loss. If periodontal disease is left untreated then this could eventually lead to tooth loss.

The cause of periodontal disease is quite simple. The mouth is filled with countless bacteria. Periodontal disease begins when certain bacteria in plaque (the sticky, colorless film that constantly forms on the teeth and the surfaces lining the mouth) produce toxins and

enzymes that irritate the gums and cause inflammation. This resulting inflammation, which may be painless, can damage the attachment of the gums and bone to the tooth.

There are several factors that increase the possibility of developing periodontal disease. People who smoke or chew tobacco, having diseases that can lower the body's resistance to infection, taking certain medications (i.e. steroids, anti-epilepsy drugs, blood pressure drugs etc.), having bridges that are crooked or defective fillings can all put you at higher risk. It is important to understand that periodontal disease can affect other parts of your body such as your heart because oral bacteria can affect the heart when entering the blood stream and possibly contributing to clot formation.

While there is no need to start panicking, it is extremely important that you maintain a good oral hygiene routine practiced for a few minutes twice a day along with regular dental visits. Professional cleanings are the only way to remove tartar, which traps bacteria along the gum line. Most importantly by staying informed and aware dental health can be achieved.

- If for any reason you find it necessary to reschedule an appointment, we ask you to do so 48 hours in advance so that we have enough time to fill the appointment.
- Now with every professional dental cleaning, a pink form will be filled out informing you what was done during the appointment, the condition of your teeth and gums, and if any further treatment needs to be done. This will make it easier to stay updated with your dental health.
- We had gained a very unique addition to our dental team. Our newest member Ms. Lense, a black digital camera, sits at the front desk always prepared to take your picture for our records. She is always dressed to impress in the latest seasonal fashions prepared by her fashion coordinator Anne. So please be friendly and flash her your best smile.



How Does CEREC work?

- First the damaged tooth is covered with a thin layer of reflective powder directly on its surface.
- Then using a special camera, an ultra-sharp optical impression of the tooth is taken.
- The computer aided design technology helps us design the new restoration from the optical impression.
- The CEREC system is then able to create an extremely precise restoration by milling the restoration out of a solid block of ceramic material using high-speed diamond burs.
- To complete the process, we bond the newly milled restoration to the tooth using advanced adhesive technology.

Prevention, the Key to Dental Health

Being a family oriented practice, our patients range from three years of age all the way up until their eighties. Here at Comfort Dental Care, we find it extremely important to establish a positive dental relationship at a young age in order to prevent the fear that many people have of visiting the dentist.

A child's first dental evaluation is appropriate around the ages of 2 ½ to 3 years old. For their first visit, children receive an evaluation of their teeth structure and overall dental health, ride in the dental chair, learn how to properly take care of their teeth and win a prize from the treasure box for coming in to see us. We try to make this first encounter with the dentist as positive and fun as possible. Our ultimate goal is for children to get excited for their bi-annual visits.

Dr. Tabakh has taken continued education courses on early orthodontic evaluation, so she is extremely skilled at

detecting these kinds of pediatric problems early on.

As children grow older, it is also important that they receive fluoride treatments when they come in for their professional cleaning appointments. Fluoride helps prevent cavities by eliminating bacteria and helping to prevent teeth sensitivity to the hot and cold.

Sealants are another important treatment to consider. Made of a safe plastic like material, sealants are painted on teeth to shield them from decay. They are most effective from ages 6 to 15 because molars erupt during this period.

Dental education and prevention are key when obtaining optimal dental health! Most major insurance providers recognize this fact and therefore cover these services 100%.

We look forward to seeing you and your children at your next dental appointment!

CEREC

With the advancement of technology in the dental world, it has become possible to fuse convenience and strength into the ideal dental restoration system. Here at Comfort Dental Care we are very proud to present our patients with this new technology that has revolutionized the way in which we can deliver treatment. With CEREC, an acronym for Chair side Economical Restoration of Esthetic Ceramics, natural looking, metal-free crowns, onlays and inlays can be completed in a single visit. This means that there is no longer a need to deal with the hassle of making impressions and sending cases off to the lab.

A major concern that may arise is that with convenience, quality and strength of the treatment may be lacking. In order to test the strength of the ceramic material, extracted teeth were crushed and then restored with the new ceramic material that the CEREC uses. These restored teeth were crushed once again to see how much force was needed to crush them in

comparison to the natural teeth. Results showed that approximately the same amount of force was needed to crush both teeth. So it is evident that strength along with beauty can be restored in the mouth with this system.

The majority of the population currently has amalgam fillings which are made of silver. This was a very popular material that was used in the 20th century, but research has shown that because of the mercury that silver fillings contain they are likely to expand and cause fractures in teeth. White colored composites are another material that became popular after silver, but unfortunately they are not strong enough when it comes to bigger, more complex fillings. The ceramic material provides a good solution remaining strong yet esthetically pleasing.

Now that you have the necessary information, feel free to ask if the CEREC system is right for you. After all, with a single appointment, you could be one step closer to better dental health!