

Smile@drdagli.com

May 2008 Volume 2, Issue 2

Gums, Heart Attack, Stroke!

As your health-care provider, we believe patient education is best way we can help you to stay healthy. Therefore, we at Choices In Dentistry, would like to share with you the link between Gum Disease, Heart Attack and Stroke.

Studies have found that the incidence of heart disease is about twice as high in people with gum disease.

Incidence of Periodontal or Gum Disease

Unlike most diseases that give us early warning signs, gum disease progresses silently, often without pain. Periodontal or gum disease is an infection that destroys the gum surrounding your teeth and also destroys the supporting bone that holds your teeth in place.

How might gum disease affect cardiovascular health?

Researchers believe that **bacteria from gum infection** could be one of the causes for the inflammation of the artery wall. These bacteria from the gum enter your blood stream through the bleeding gum pockets. The bacteria can then move through blood vessels to distant sites in the body, including the heart and brain, to cause inflammation.

Due to inflammation, the artery becomes less elastic and the inside of the artery becomes smaller and smaller. A **small blood clot** may form and arteries get clogged which causes blood flow to be cut off. This results in a **heart attack** if the clot gets positioned in the heart or **stroke** if the clot finds its way to the brain.

Other related health concerns caused by periodontal disease:

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|--------------------------------|--|
| Weakened Immune System. | Diabetes. |
| Lung Disease. | Preterm, Low Weight Birth Babies. |
| Osteoporosis. | Gastric Ulcer. |

What are the warning signs of gum disease?

- Gums that bleed during brushing or eating.
- Increased space that starts to develop between teeth.
- Gums that feel swollen or tender.
- Gums that are receding (pulling back from your teeth).
- Persistent bad breath.

It is recommended that you get evaluated for periodontal disease by your dentist.

At Choices in Dentistry, we perform thorough periodontal evaluation and recommend treatment based on the findings. By helping you to achieve a good oral health we want to help you increase your chances of a long healthy life!



Dr. Priti Dagli, BDS, DDS
Member ADA, NJDA, AGD, AACD

SERVICES
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Also featuring:
Digital X-rays, Chair Massager, Hot Towels after treatment and Warm Friendly Staff.

Summer Offers:

- **Free Sonicare (R910, \$120 value) with Invisalign Invisible Braces Treatment.**
- **In-Office Teeth Whitening in 1 hour (Zoom 2) for \$399 (\$700 value)**

NEW

Office Hours

Mon: 11:00 am - 7:00 pm
Tue: 08:00 am - 5:00 pm
Wed: 11:00 am - 7:00 pm
Thu: 08:00 am - 5:00 pm
Fri: CLOSED
Sat: 09:00 am - 2:00 pm
Sun: CLOSED

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STM and 3 month Recare : by Mary, RDH

“Why do I need cleanings every 3 months?” I have been asked this question many times.

In Periodontal Disease due to bone loss, you have pockets around your teeth that harbor bacteria and other endotoxins. These pockets become quite difficult to keep clean when they reach depths of 4mm or greater, thus causing deterioration of the periodontal attachment and bone. Hence it is important to treat them when in the initial stages by doing the Soft Tissue Management which includes non surgical deep cleaning and anti microbial irrigation.

However, it is the nature of the bacteria associated with Periodontal Disease to RE-ESTABLISH itself within 3 months. This is why the establishment of a **3 MONTH RECARE** visit after the deep cleaning is critical to ensure that the bacteria do not re-establish causing the recurrence of periodontal disease. There is NO CURE for periodontal disease. It can be only stabilized or managed. To ensure a healthier mouth and avoid a relapse in your periodontal condition remember that a 3 month recare visit is not an option but a requirement for successful Periodontal Therapy.



Gina, Manisha, Dr. Dagli, Mary, Cindy



Product Information

Flexcare your teeth and feel the difference! : by Gina

I am excited to announce we will now carry Sonicare’s Flex-Care RS930 with UV Sanitizer and FlexCare R910.

The Sonicare FlexCare is proven to remove significantly more plaque, extrinsic (coffee, tea & tobacco) stains and also helps naturally whiten teeth by up to 2.5 shades in 2 weeks.

It will reduce gingivitis and improve overall gum health. Regular brushing with the Sonicare will help shrink periodontal pockets.

Go a step further toward better oral health. The specially designed UV Sanitizer helps kill 99% of bacteria including Salmonella, Listeria and E. Coli that may reside on your brush head.

The brush is so gentle and safe that it is recommended to be used on sensitive teeth, gums, veneers, bonding, implants, crowns & braces.

Stop by the office for a demonstration on the new FlexCare toothbrush and see for yourself what it can do for you.

Arestin: Gum Treatment Antibiotic: by Cindy,CDA,RDA

Periodontal disease is a chronic bacterial infection, and, as with any infection, treatment with an antibiotic is common.

Arestin (minocycline hydrochloride) microspheres, 1 mg, is an effective antibiotic treatment that comes in powder form. This powder is placed inside infected periodontal pockets just after the dental professional finishes the scaling and root planning (SRP).

Arestin contains “microspheres”, tiny, bead-like particles that are smaller than grains of sand and are not visible to the eye. The microspheres are filled with the antibiotic minocycline, and they release the drug over time into the infected periodontal pocket, killing the bacteria that cause periodontal disease. The minocycline is placed under the gums, directly into the infected site. The minocycline stays in place after application and does not require removal.

The Arestin microspheres continue to fight the infection for up to 21 days!