

## fromthedentists



Hello again from the gang at Roosevelt Dental Center!

With the arrival of summer, everyone looks forward to the longer days, warmth, and hopefully plenty of sunshine. We hope that everyone is able to get some time off to relax and rejuvenate and spend some time with family and friends.

For the first quarter of 2006 we have chosen World Vision [www.worldvision.org](http://www.worldvision.org) and International Smile Power [www.smilepower.org](http://www.smilepower.org) as our charities. As you may have noticed, in each issue of the Dialogue, we highlight certain charities, to whom we give a portion of our revenue. We enjoy doing this as it is a way of giving back to the community or to those who are in a position of need. We try to include a brief description of each charity or a web site where you can find out more for yourself.

Have a wonderful summer, but be sure not to let the more carefree summer plans infringe on your regular good dental care and checkups!

*All the best,*  
Dr. L. Douglas Gray  
Dr. Kenneth K. Lo

## A Penny For Your Pocket

The last time you came to the office for your exam and cleaning, you may have noticed your dentist or hygienist calling out a strange mantra ..."three, two, three". They were not practicing their yoga breathing; your clinician was completing a periodontal exam, also known as a gum charting.

A periodontal exam consists of measuring and recording the amount of gum tissue around each tooth. All of us have unattached gum tissue around the base of our teeth—it's kind of like a shirt collar. During this exam, a thin probe is slid into the space between your tooth and your gum. This space is called a pocket. The number being called out coincides with how far the probe slides into this pocket. The probe is color-coded into millimeter increments so the clinician can get an accurate reading. Your measurements are recorded and become a permanent part of your dental history.

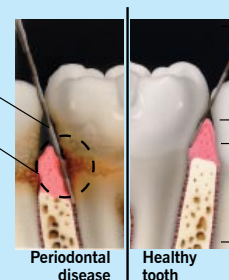
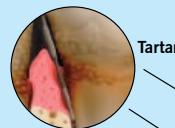
A healthy pocket measures between one to three millimeters. If the probe measures a deeper pocket, say four or five millimeters, you may have some inflammation present in your gums. We call this inflammation gingivitis. Gingivitis is normally completely reversible with improved oral hygiene. Measurements of six millimeters or higher may indicate a more serious condition of periodontal (or gum) disease. Periodontal disease involves the deeper structures surrounding a tooth and requires special treatment. Your dentist or hygienist will discuss your personal case with you and recommend the best treatment for you to achieve and maintain healthy gums.

Completing this periodontal exam is an important step in determining your oral health and should be completed once a year. It is one more tool our office uses to provide you with the best care possible.

– Jill Self, RDH,MS

### Periodontal Disease vs Healthy Tooth & Gums

**Gingival pockets** are the small spaces between your teeth and gums where debris collects. If plaque and tartar aren't removed from these pockets, gums become inflamed and the pockets of bacteria extend deeply between the root and gum. Bone and gum tissues deteriorate and, if left untreated, the tooth becomes loose and falls out or has to be removed.



The crown is the visible part of each tooth.  
The gums are the soft pink tissues that cover your tooth and bone.  
The root of each tooth is lodged in your supporting jawbone.

Thank you for all your referrals. We appreciate them!



# Now Read This!

## New periodontal science could save your life

Some things we can't say often enough. Your oral health can affect and be affected by your overall health. How? Let's start at the beginning.

**Biofilm:** Plaque, the soft thin film you feel on your teeth is a *biofilm*. That's important. Scientists once thought plaque was a collection of separate, identifiable types of bacteria. Instead, it's an ecosystem. Plaque contains varied, interdependent bacterial environments and communication systems. Multiple resistances to antibiotics and antimicrobials, and your body's immune system add to the treatment challenges. *This is why you need to brush plaque away.*

**Inflammation:** When soft plaque builds up it hardens into tartar or calculus which causes gum inflammation. Calculus also breaks the natural seal that your gums provide against the migration of oral bacteria into your bloodstream, much like an infected splinter under the skin. *Regular flossing can prevent calculus from building up between your teeth and below the gumline.*

**The Mouth/Body Connection:** It could be that an infection like gum disease releases toxins into your bloodstream. Or it could keep your immune system chronically engaged. Or it could send the wrong signals to the wrong cells. *Gum disease has been definitely linked to systemic and inflammatory diseases including cardiovascular diseases, osteoarthritis, diabetes, oral cancer, lung disease, and Alzheimer's disease.*

There's another thing we can't say often enough. We know the best defense against gum disease... *Brush at least twice a day, floss once a day, and keep your regular dental appointments.*

# FACTOID

Researchers at Tufts' Bioengineering Center have solved the centuries-old riddle: how do spiders and silkworms use a watery solution to create nature's strongest fiber? The finding is expected to lead to high-strength, high-performance biomaterials for use in tissue engineering and organ repair. Great news for dentistry – a strand of spider web is stronger than steel and more elastic than rubber!

## Arm Yourself! Brush ... Floss ... And Dine!

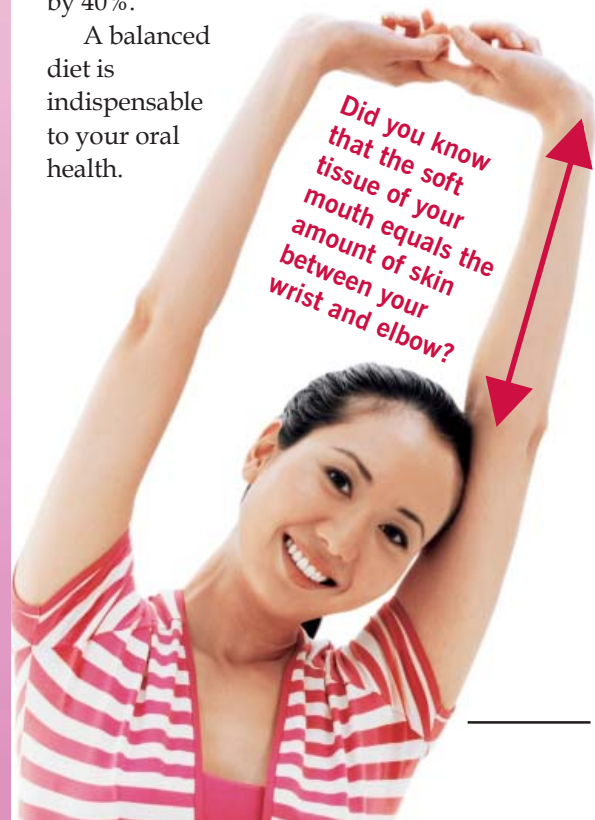
Did you know that the soft tissue of your mouth equals the amount of skin between your wrist and elbow? Maintenance is no small thing. You already know about bacteria and the importance of regular care. Don't underestimate the importance of nutrition.

Adequate nutrition is essential to maintain your body's immune response and to keep intact the protective barrier provided by gum tissue. These cells regenerate every 3-7 days, so diet deficiencies can show up quickly through inflammation and bleeding.

Collagen, the main protein of connective tissue, is the main component of the periodontal ligament. It is also responsible for skin elasticity. Research suggests that even short-term fasting can reduce collagen production by 40%.

A balanced diet is indispensable to your oral health.

Did you know that the soft tissue of your mouth equals the amount of skin between your wrist and elbow?



## Scientists are looking at many strategies to control oral biofilm.

### These include:

- Control of nutrients
- Control of the pH balance
- Control of oxygenating agents
- Control of genetic ability to self-defend
- Interference with communication systems

### Things you can do:

- Brush twice daily (at least)
- Floss once daily
- Visit us regularly
- Maintain adequate nutrition
- Avoid stress, tobacco, and teeth grinding or clenching

# Perio Primer

## Defend yourself against gum diseases

The term *periodontal disease* is something of a misnomer. It actually encompasses *several* diseases of the periodontium.

### What makes up the periodontium?

- **Gum (gingiva):** a protective barrier that keeps out harmful bacteria. Healthy gums are pink, firm, and securely attached.
- **Sulcus:** the crevice between the gum and the tooth.
- **Cementum:** the surface of the root.
- **Connective tissue and ligaments:** attach gums to teeth and bone.
- **Bone:** support for teeth and connective tissues.

### How do periodontal diseases start?

Oral bacteria build up, especially around the **sulcus** to form a soft biofilm called plaque that can harden into cement-like tartar or calculus. Calculus damages the **gingiva** and causes inflammation which can progress.

### What are the two most common periodontal diseases?

**GINGIVITIS** is inflammation that affect the gums. The chronic form affects about 90% of the population and is characterized by tender, red, swollen gums that bleed easily and can cause bad breath. Early treatment is effective, and without it, gingivitis can worsen.

**PERIODONTITIS** shares the same symptoms as gingivitis but damages the **bone** and **connective tissue**, leading to tooth loss. It can expose the **cementum**. Chronic periodontitis is most common. Other forms tend to be age-, hormone-, or disease-related. Some may progress unusually quickly.

### What about treatment?

Prevention through proper oral hygiene habits at home and regular dental visits is best. In addition, we have many effective interventions to treat periodontal diseases should they develop.

## RSVP

### Ask us about oral cancer

Smoking and drinking alcohol are the leading causes of oral cancers. Now there's a new kind of cocktail to die for. Tobacco smoke combined with your own saliva has been called a recipe for cancer of the lip, mouth, tongue, gums, larynx, and pharynx.

Healthy saliva contains antioxidants which afford some protection against cancer. Once exposed to cigarette smoke, saliva loses the antioxidant advantage. Not only that, it transforms itself from a harmless benefactor into a toxic predator that actually aids in the destruction of oral tissue.

Early symptoms are painless. Early detection works. You can fight oral cancer by quitting smoking, reducing alcohol consumption, conducting regular self-examinations, and keeping your regular dental appointments. We are trained to detect the signs and symptoms of oral cancer, and we'll be happy to answer your questions. No invitation required.

# Go Cosmetic!

## You can look younger and feel great!

One of the great benefits of good periodontal health is the way it lets you take advantage of cosmetic dentistry! Your teeth can be rejuvenated and gaps, chips, crowding, and the shape of your teeth can be corrected ... without surgery or braces.

Like pink, healthy gums, cosmetic dental procedures like **teeth whitening** can help you to look younger. **Veneers** and **bonding** can restore a youthful appearance by filling out fine liplines and by concealing tooth discoloration and gaps. **Tooth-colored fillings** of composite or porcelain look like natural teeth enamel, and **crowns, bridges, and dental implants** can restore even a seriously damaged smile! A subtle change like **gum recontouring** can dramatically improve the balance of your smile ... your face ... and your outlook.

Enjoy your oral health. *Go cosmetic!*

Before  
& After



# Mental Floss!

Unfortunately there were no winners last issue for the Mental Floss quotes. So we had to use the \$30 Starbucks card ourselves. It's a tough job, but somebody had to do it.

The answers to the Mental Floss quotes from the last issue are:

1. Karl Barth
2. Dietrich Bonhoeffer
3. C.S. Lewis
4. Abraham Lincoln
5. Winston Churchill

**1** Laughter is the closest thing to the grace of God.

**2** One must risk looking into the immediate future; one must devote earnest thought to the consequences of one's own actions; one must endeavor to examine one's own motives and one's own heart. One's task is not to turn the world upside down, but to do what is necessary at a given place and with a due consideration of reality.

**3** Nothing which is at all times and in every way agreeable to us, can have objective reality. It is of the very nature of the real that it should have sharp corners and rough edges, that it should be resistant, should be itself. Dream - furniture is the only kind on which you never stub your toes or bang your knee.

**4** When you have an elephant by the hind leg, and he is trying to run away, it is best to let him run.

**5** Without a measureless and perpetual uncertainty, the drama of human life would be destroyed.

For this issue we have included a Sudoku puzzle for you to work on. Again, as with the other mental floss challenges, submit your answer and we'll draw a winners name from all the correct answers. The winner will receive \$30 Starbucks card. The deadline date to submit your answers is June 30th, 2006. The basic rules for Sudoku are as follows: Each game has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3 x 3 square.

## Sudoku

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 Pat, Jill .....Hygienists  
 Aaliyah, Debbie, Jennifer .....  
 .....Chairside Assistants

Brush • Floss • Smile



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			9	1		3		7
9		4	8					1
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