

BRUSH UP

WITH Dr. Dimitri Ganim



Produced for the Patients of Dr. Dimitri G. Ganim

Collector's Edition #3

Health Update:

1. Good News for Dental Patients With Heart Conditions.

You MAY no longer need to take antibiotics prior to dental treatment!

A new study published by the American Heart Association in April 2007 issued new guidelines for patients that were previously required to take antibiotics prior to dental treatment. It was thought that antibiotics would prevent infective endocarditis in at-risk patients. The new guidelines indicate that the risks of taking preventive antibiotics for most patients outweigh the benefits.

If you do have a heart condition, or have previously needed to be premedicated before dental procedures, you must check with your cardiologist/physician to make sure the new guidelines apply to you. A note or fax from your doctor's office confirming that antibiotic coverage is no longer necessary is all that we would need. Please note that preventive antibiotics are still recommended for patients with certain cardiovascular conditions, as well as some patients with artificial joints.

2. Bisphosphates

Please tell us if you are taking Bisphosphonate medications (common ones are Actonel, Boniva, Fosamax and Aredia). Serious complications of dental treatment can occur when taking these medications.

Patients who know that Bisphosphate therapy will be necessary, should have an oral

examination, as it may be important to complete dental treatment before starting on this medication.

3. Radiation Therapy

Patients who are aware that they will need radiation to the head and neck should also have an oral examination, as it may be important to complete dental treatment and provide topical fluoride applications before starting your therapy.

4. Depression, Drugs and Dental Decay

One of the common side effects of many medications, including antidepressants, antihistamines, is the reduction of saliva flow, resulting in dry mouth (xerostomia). This frequently leads to tooth decay, gum disease, bad breath, and other dental problems. Most of us take saliva for granted, but it is actually a very important natural defense system for oral health.

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

- Establishing a daily flossing routine and brushing your teeth with a fluoride toothpaste after every meal;
- Switching from a mouthwash that contains alcohol to one especially made for dry-mouth sufferers;
- Chewing sugarless gum to help stimulate saliva production;
- Drinking more water - eight glasses a day, if possible;
- Ensuring a frequent schedule of professional dental cleanings, possibly including topical fluoride applications.

Special Thanks!

We receive many compliments from you concerning the cleanliness and appearance of our office. We are grateful for the help of Colleen Hussey, Scott Barnes, Ken Lagerquist, Al Patuto and Ed Rodrigues, whose work behind the scenes deserves a special thanks!

Women & Periodontal Disease

Women have special needs at different stages of life. Puberty, menstruation, pregnancy, when taking oral contraceptives, and menopause can all influence your oral health and the need for dental treatment.

During these times, your body experiences hormonal changes. By understanding these changes, you can practice good oral health habits that can keep your teeth and gums healthy.

Thank You For Your Referrals!

We strive to provide high quality care and service to our patients. There is no better sign that we are accomplishing that goal, and no better compliment than your referrals.

Thank you for the privilege of caring for you, your families and friends. We appreciate your confidence and assure you that this responsibility is not taken lightly.



SWEET DECEPTION

MOST PARENTS TAKE GREAT CARE TO MONITOR THEIR CHILDREN'S SUGAR INTAKE, SO WHEN THEY HEAR A DENTIST SAY THAT THEIR CHILD'S TEETH SHOW DECAY, IT USUALLY COMES AS AN UNPLEASANT SURPRISE.

Tooth decay is caused by frequent exposure to foods containing carbohydrates (starches and sugars). Common culprits are soda pop, candy, ice cream, milk, cakes, and even fruits, vegetables and juices. The problem with sugar is how it can lurk in the most unsuspecting places. There are sugars that appear naturally in many foods – even milk! It is for this reason we recommend parents don't put their babies to sleep with a bottle of milk. Natural bacteria live in the mouth, and as the milk pools, the sugars mix with the bacteria to make a mild acid. This acid damages tooth enamel over time by dissolving, or demineralizing, the mineral structure of teeth, producing tooth decay and weakening the teeth.

Read food labels carefully to identify sugars, which also come in the form of corn syrup, molasses, dextrose, fructose, glucose, sucrose and honey. Read medicine labels carefully too, as even medicine isn't immune to sugar... Remember Mary Poppins singing, "A spoonful of sugar helps the medicine go down"? Talk to your doctor or pharmacist about the ingredients of liquid cough syrup and other medications – sometimes they can recommend sugar-free alternatives.

As far as satisfying your candy cravings, note that sticky sweets like toffee, or hard candies that linger in your mouth, compound the effects of sugar by offering a sustained food source for bacteria.

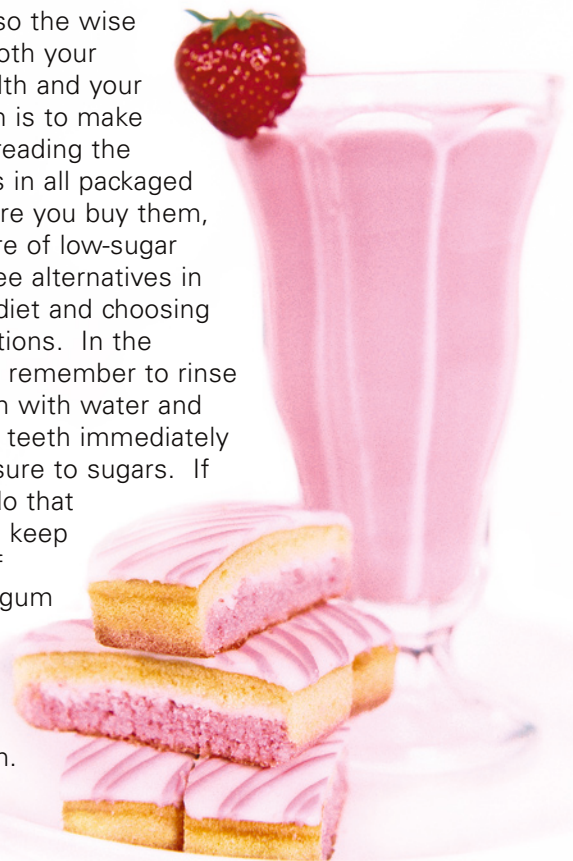
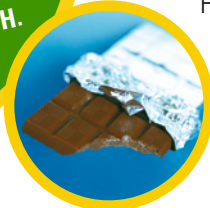
Remember that it's not necessarily the amount

of sugar in candy that can cause decay, but the amount of time the candy stays in the mouth, which is why hard candies like suckers, or sticky treats such as caramels and jujubes are poor choices from a dental perspective. If you're trying to rationalize a chocolate craving, remember that popping a piece of solid chocolate in your mouth is better than choosing one filled with a gooey center, as the candy filling may stick to the teeth and provide a longer-lasting food source for the natural bacteria to feed from in the mouth.

Excess sugar can wreak havoc not just on your teeth, but elsewhere in the body too, so the wise thing for both your dental health and your total health is to make a habit of reading the ingredients in all packaged foods before you buy them, being aware of low-sugar or sugar-free alternatives in your daily diet and choosing healthy options. In the meantime, remember to rinse your mouth with water and brush your teeth immediately after exposure to sugars. If you can't do that right away, keep a supply of sugar-free gum with xylitol on hand to help cleanse your mouth.



AS ALWAYS, MAKE SURE YOU MAINTAIN A REGULAR SCHEDULE OF DENTAL VISITS FOR PROFESSIONAL CLEANINGS, AND TO LOOK FOR ANY CHANGES OR DECAY IN YOUR TEETH.



EMERGENCY TOOTH TIPS



MANY PEOPLE ASSUME THAT ONCE A TOOTH IS CHIPPED OR KNOCKED OUT, IT'S GONE FOREVER. BUT IN MANY CASES, FOREVER DOES NOT HAVE TO BE TRUE, IF YOU KEEP THESE POINTS IN MIND:



When a tooth is knocked out, it is vital that a dentist addresses the injury within 30 minutes of the accident, in order to have a chance at saving the tooth. You should:

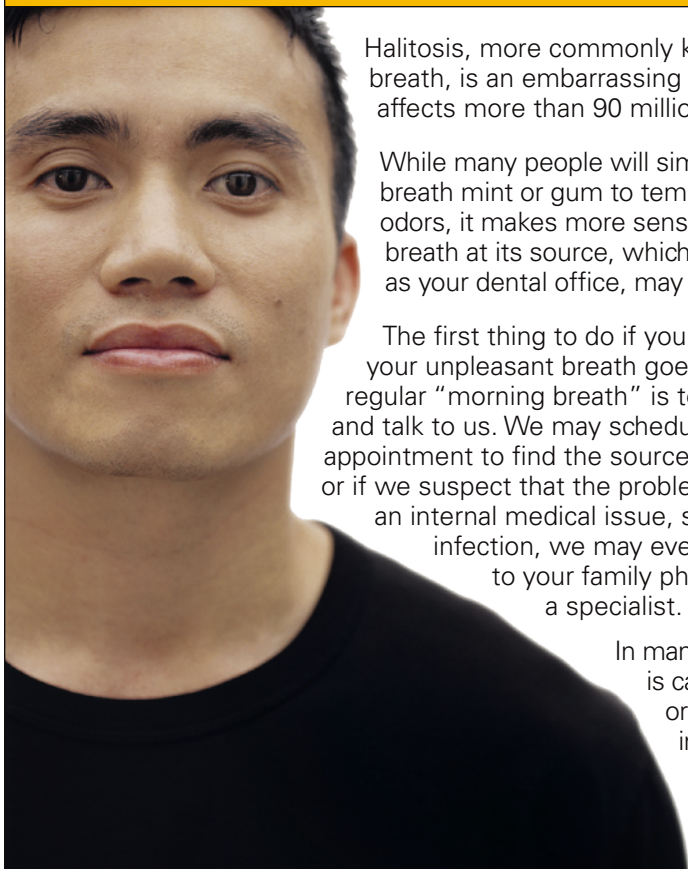
1. Find the tooth, and gently rinse it if it's dirty. Do not scrub it or remove any attached tissue fragments.
2. If possible, carefully place the tooth back in its socket, and hold it in place with your fingers or by gently biting down on it. Alternatively, you can store the tooth in your mouth, between the cheek and the gum. If this is not possible, (for instance, in the case of a young child), immerse the tooth in milk and transport it with you to the dentist.
3. Get to a dentist immediately for an emergency dental appointment.

If a tooth is knocked loose, the immediate procedure is very similar – guide the tooth back into its proper place with your finger, and have the tooth looked at by a dentist within 30 minutes.

Options for a chipped tooth depend on if you can find the chip! If you have it, keep the chip moist until you get to a dentist and, if the tooth isn't broken across the nerve, we might be able to re-attach the chip to your tooth. Alternatively, we will discuss bonding, veneers and other options with you.

With the proper emergency action, a tooth that has been knocked out or knocked loose can be successfully replanted. Remember, timing is the key here, as each passing minute affects the possible success of the treatment.

PUTTING A HOLD ON HALITOSIS



Halitosis, more commonly known as bad breath, is an embarrassing condition that affects more than 90 million people.

While many people will simply reach for a breath mint or gum to temporarily mask odors, it makes more sense to address bad breath at its source, which is where we, as your dental office, may be able to help.

The first thing to do if you suspect that your unpleasant breath goes beyond regular "morning breath" is to come in and talk to us. We may schedule a separate appointment to find the source of the odor, or if we suspect that the problem stems from an internal medical issue, such as an infection, we may even refer you to your family physician or a specialist.

In many cases halitosis is caused by poor oral hygiene. It's imperative to brush for three minutes, at least twice a

day, in order to thoroughly clean not only your teeth, but also your tongue, cheeks and the roof of your mouth to remove bacteria and food particles. Flossing is also an important part of thorough daily oral hygiene, as flossing removes accumulated bacteria, plaque and any food that may be trapped between teeth. If food isn't removed from your mouth and between your teeth, the retained food particles may decay, resulting in bacteria. The decay and debris in your mouth then produce a sulfur compound that causes the unpleasant odor.

There are a number of causes of bad breath, including everything from the reasons listed above to gum disease, dry mouth, tobacco use, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbance, liver or kidney ailments and even low carbohydrate diets!

IF YOU HAVE ANY CONCERNS ABOUT YOUR BREATH, PLEASE DON'T BE EMBARRASSED TO ASK US FOR SUGGESTIONS.

Laser Cavity Detection

The earlier we detect tooth decay, the easier, less invasive and more comfortable the treatment will be for you. That's why we are so pleased to tell you about our DIAGNOdent® laser cavity detection system.

DIAGNOdent® allows us to quickly and easily scan your teeth for the first indication of cavities. The laser digitally reads decay in graduating degrees within your tooth for a highly accurate assessment of the condition of any cavities you may have, so that we can take care of them before they become a bigger issue.

Celebrity Smiles, What do you think of yours?

The winners of the American Academy of Cosmetic Dentistry's 2006 dental survey of the best celebrity smile are Halle Berry, and Matthew McConaughey. The best female athlete smile belonged to Maria Sharapova, the best male athlete smile to Tiger Woods. If you are not happy with your smile, please let us know.

Insurance Update

Our office now participates in Blue Cross, Delta Dental of RI and United Concordia.

Time Is Running Out!

This is a reminder that most dental plans are based on a calendar year, and any benefits not used prior to December 31 are lost and not carried over. If you need dental treatment, you may want to consider scheduling it now to take advantage of your benefits before the end of the year "rush."

"Quotable Quotes:"

Integrity is doing the right thing, even if nobody is watching. ~ Jim Stovall ~

Always tell the Truth. That way, you don't have to remember what you said. ~ Mark Twain ~

I'm a great believer in luck, and I find the harder I work, the more I have of it. ~ Thomas Jefferson ~

The secret of joy in work is contained in one word — excellence. To know how to do something well, is to enjoy it. ~ Pearl Buck ~

I've got a theory that if you give 100% all of the time, somehow things will work out in the end. ~ Larry Bird ~

Always go to other people's funerals, otherwise they won't go to yours. ~ Yogi Berra ~

DENTAL HEADACHES

Frequently headaches, earaches, and neck pain can be the result of clenching or grinding your teeth (bruxism). It usually occurs during sleep, and, unless your grinding is keeping someone else up, you may not even be aware that you're doing it! Left untreated, it could lead to sore, sensitive, loose, or severely worn teeth. The stress from bruxism can even fracture teeth and crack fillings. Please let us know if you suffer from any of these symptoms.

office information

Dr. Dimitri G. Ganim
Dr. Rodney P. Thomas

878 Newport Avenue
Pawtucket, RI 02861

Phone: 401-725-6140

Fax: 401-726-8045

Email: drganim@aol.com

Web: www.DrGanim.com

Office Staff

Elizabeth Plunkett.....Certified Dental Assistant
Diane Giorgi.....Certified Dental Assistant
Marilyn Sarrasin.....Registered Dental Hygienist
Judi Kinney.....Patient Coordinator
Jane Robinson.....Insurance Coordinator
Susan E. Brush.....Bookkeeper

Suggestions Please

We are constantly trying to improve our services to you, and would appreciate any comments or suggestions you may have concerning any aspect of our practice, content of our newsletter or web site.

We Have Improved Our Web Site!

OK, maybe you wouldn't consider it an improvement that I no longer look like Bill Cosby, but check out our website! You can even Email us or fill out a survey/suggestion form directly from it! www.DrGanim.com

Staff Cruise

The cruise to Bermuda was such a success, we have decided to do it again! The office will be closed during the week of October 28th for this year's staff cruise to the Western Caribbean. While we are away, a Patient Coordinator will be available to answer your phone calls, make appointments and assist in making referrals to other offices in the event that urgent attention is required by any of our patients.



Today, give a stranger one of your smiles. It might be the only sunshine he sees all day.