

PRACTICE NEWSLETTER

July 07

At The Cutting Edge

The knowledge that I gained at the 9th International Symposium on Periodontics and Restorative dentistry held in Boston, June 7 – 10, 2007 was incredible.

The topics covered:-

Day 1

Implant Dentistry: biologic applications and restorative advances

Day 2

Achieving optimal esthetics in challenging cases

Day 3

Ceramics – the creation of perfection

Listening to world-class lectures was inspirational and motivational. It is great to be up-to-date.

Dental Health Information

Brushing and Flossing “Excuse Busters” to the Rescue

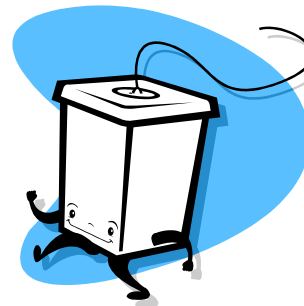
The American Academy of Periodontology challenges the public to quit making excuses for not brushing and flossing by offering the following “excuse busters.” A good at-home oral hygiene routine will help ensure a beautifully smile, prevent periodontal disease – a major cause of tooth loss in adults, and guarantee a lifetime of smiles.

1. My hands are too big and I have no dexterity. If dexterity problems are the excuse, a power floss holder or automatic tooth brush may solve this problem.

2. Floss pushes food further into the pocket. Not only does floss loosen food in between teeth, but its primary function is to remove the invisible film of bacteria that constantly forms between teeth. Floss cleans about 30 percent of the tooth’s surfaces in places that the tooth brush cannot always reach.

3. When I floss, my gums bleed. Floss does not cause your gums to bleed, but not flossing daily could. That’s because flossing may help prevent gingivitis, the mildest form of periodontal disease. Gingivitis causes the gums to redden, swell and bleed easily. Gingivitis is often caused by inadequate oral hygiene and can be reversible with professional treatment and good oral home care.

4. My teeth are cleaned professionally twice a year, so I don’t have to brush and floss. It’s important to get your teeth cleaned and examined twice a year, but a daily at-home oral hygiene routine is equally as important.



When plaque is not removed daily, it can turn into a hard substance called calculus/tartar in less than two days. Daily cleaning helps minimize calculus formation.

5. It takes too long. Thorough brushing and flossing takes less time than shaving or applying make-up.

Dental Health Information cont...

6. Brushing and flossing gets in the way of family time. Actually not brushing and flossing can take away from family time. Research suggests that periodontal diseases can pass through saliva, common contact of saliva through family time such as kissing may put your loved ones at an increased risk for contracting periodontal diseases, and more trips to the dentist.

7. Losing teeth is part of aging anyway, so brushing and flossing won't help. The image of grand-parents' teeth in a glass is an image of yesteryear. More people are keeping their natural teeth longer with brushing and flossing.

8. My teeth are too tight for the floss. If you have tight spaces between your teeth, polymer floss that's ADA approved may slide in between your teeth easily.

9. I damage my gums when I floss. If the correct technique is being used, gums will not be damaged.

For more information visit www.perio.org

Word of Mouth

Before



The challenge was to provide a natural smile...

After



A year later, after implant dentistry and much time and effort

TEL (011) 483-2281/2

FAX (011) 728-2695

127 IV ROAD

NORWOOD 2192

PO BOX 95196

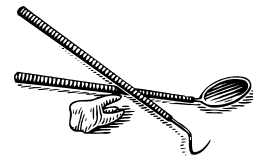
GRANT PARK 2051

SOUTH AFRICA

PRACTICE NO. 9400656

email: gkaplan@prosthodontist.co.za

Visit our website on www.prosthodontist.co.za
or email us on gkaplan@prosthodontist.co.za



This is what the patient had to say:-

"I would be lying if I said that it was a good experience but I am happy with the result (ecstatic actually). I never thought that my front teeth could ever look good again".

Thank you for my beautiful smile!!!

We look forward to your
comments