



Brevard beachfront hotel up for sale.

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SPORTS, 1D

Technology adds bit of zap to dental work.

LIFE & HEALTH, 1E

NATION & WORLD

Auto industry bailout plan stalls

Prospects dim for the \$25 billion bailout that U.S. automakers say they desperately need to get through a bleak and dangerous December, **4A**

Residents return to charred L.A. park

Cadaver-sniffing dogs search for victims at a mobile home park as most evacuation orders are lifted, as clear skies and calm winds allow firefighters in Southern California to make some gains against three fires that destroyed about 1,000 homes and burned 41,000 acres, **7A**

SPACE COAST

Palm Bay to help 35 homes in bailout

With 10 percent of all houses there in foreclosure proceedings, Palm Bay will undertake a mini-rescue of distressed properties,



FAA says no to Daily Bread site

Vote to come Wednesday

BY WAYNET PRICE
FLORIDA TODAY

A proposal to move the Daily Bread soup kitchen to land owned by Melbourne, Fla.

■ Proposed Daily Bread site
■ Current Daily Bread site



FEATURES EDITOR SUZY FLEMING LEONARD, sleonard@floridatoday.com or 242-3614

60 seconds

A one-minute guide to pop culture news

Tell us your health ideas

Do you have ideas or feedback on the health and medical coverage of FLORIDA TODAY?

Contact medical reporter Susan Jenks at 242-3657 or sjenks@floridatoday.com.

'Project' aims to train viewers

In a series of half-hour reports, "The IFC Media Project" takes the subject of understanding the news media seriously, but goes about it in a brisk, direct, sometimes wry-witted way. Among the topics on the six-part series' agenda:

- TV news' obsession with abducted-white-girl stories.

- The winking propaganda disseminated by the



Open up. Dr. Chris Edwards of Smile Design Center in Viera uses the Waterlase MD, by Biolase, to perform a laser gingivectomy on

John Bryan, 28, of Melbourne. The device also can be used as part of a root canal to wipe out bacteria.

Photo by Tim Shortt, FLORIDA TODAY

Seeing the light

More dentists tap into lasers to



Root canals



FLORIDA TODAY file

High-calorie concoction. If you're a fan of margaritas, beware — the typical tequila-based drink packs about 700 calories each. Other cocktail calorie counts, 4E.

Moderate drinking can derail fitness goals

Expert: Abstain during trim down

BY SANDRA VALDEZ GERDES
GANNETT NEWS SERVICE

obsession with abducted-white-girl stories.

■ The winking propaganda disseminated by the Bush administration through the use of "embedded reporters" in Iraq.

■ The failure of the media to adequately report the looming economic crisis on Wall Street. The series premieres at 8 tonight on the Independent Film Channel.



New on CD

"David Cook,"

David Cook

"Dark Horse,"

Nickelback

"Day & Age,"

The Killers

"Safe Trip Home,"

Dido

"The Promise

(Deluxe Edition),"

Il Divo

"I Am . . . Sasha

Fierce (Deluxe

Edition),"

Beyoncé

"80s &

Heartbreak,"

Kanye West

"The Who At Kilburn:

1977,"

The Who

"The Priests,"

The Priests

More dentists tap into lasers to banish bacteria during root canals

BY SUSAN JENKS
FLORIDA TODAY

John Bryan lay patiently as his dentist, Dr. Chris Edwards, shot laser energy into his gums, without anesthesia, to reshape them.

The procedure lasted just two to three minutes, creating minimal bleeding and discomfort.

"I like that it didn't hurt," said Bryan, an Indialantic resident hoping to improve his smile. "It's a little irritated, that's all."

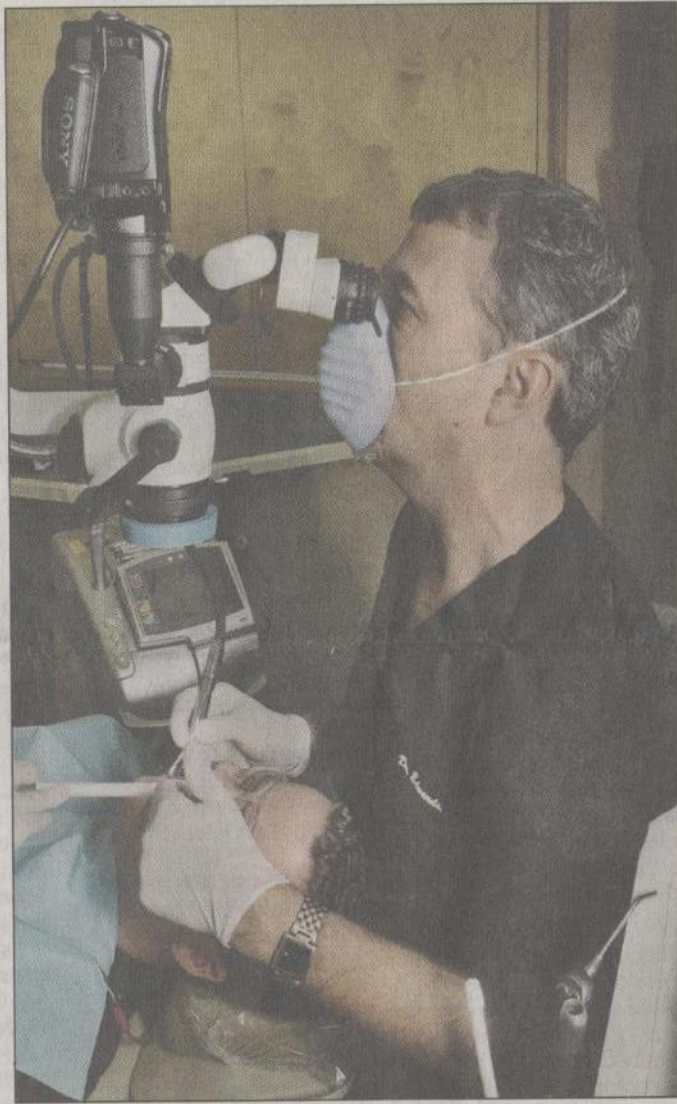
The use of lasers, or "scalpels of light," in dentistry stretches back several decades, experts say, although a handful of Brevard County's general dentists, including Edwards, are pushing the technology into newer territory.

Its most recent application is as a last step to a traditional root canal, to wipe out any bacteria lingering in the tubules, or tiny holes, surrounding a tooth's roots.

Earlier this year, the U.S. Food and Drug Administration approved a laser, which is made by Biolase, an Irvine, Calif., company, for this use. Edwards said the company's laser is the first to gain approval for treating hard tissues, as well as soft, because other lasers heat up too much, potentially killing the pulp, the tooth's vital interior.

In root canals, lasers are not yet used on their own, he said, primarily offering an added antimicrobial effect at the end of a standard procedure. But some studies, mostly out of Europe, suggest lasers also act as a biostimulant on adjacent tissues, promoting the production of early cells, called stem cells, and a faster healing response, Edwards said.

According to the American



Moving forward. Dr. Chris Edwards of Smile Design Center in Viera uses the Waterlase MD, by Biolase, on patient John Bryan, 28, of Melbourne. Edwards is among a handful of general dentists in Brevard County pushing the technology into newer territory.

By the numbers

14 million

Number of root canals done in the United States annually

95 percent

How many root canals save diseased or damaged teeth

— American Dental Association, American Association of Endodontists

nal treatments, some 14 million root canals are performed in the United States each year, with

The standard procedure involves a combination of hand and rotary instruments to re-

Root canals

■ In these procedures, dentists remove the tooth's pulp, which contains nerves, blood vessels and connective tissue.

■ The pulp chamber is then cleaned and sealed to prevent infection.

■ Both general dentists and endodontic specialists perform these procedures, with the decision to consult a root canal specialist usually based on complexity of treatment.

Source: American Dental Association, American Association of Endodontists

Lasers in Dentistry

Among their uses:

■ Remove tooth decay.

■ Treat gum disease.

■ Biopsy oral tissue for cancer.

■ Speed up tooth whitening.

■ Reshape gums cosmetically.

■ And, most recently, mop up bacteria after root canal therapy.

Source: Cleveland Clinic, FLORIDA TODAY

hot and cold. Afterward, the pulp chamber and root canals are filled and sealed to prevent bacteria from entering the tooth and infecting it in the future.

Edwards said he performs root canals with the laser on all teeth except the molars, which often have multiple root involvement, requiring a specialist's touch.

"I've been doing root canals for years," like many general dentists, Edwards said. "But my feeling is if I can't do something as well as a specialist, it should be done by them."

Nevertheless, he has few doubts about lasers' pervasive future in his own practice and in

BY SANDRA VALDEZ GARDNER
GANNETT NEWS SERVICE

Sometimes nothing sounds better after a long hard day than an ice cold Dos Equis or a glass of pinot noir.

There's also plenty of research to show that red wine is filled with antioxidants and can increase good cholesterol, while moderate alcohol consumption by men can lead to a decreased risk of heart attack.

So is there any harm in having a few drinks each week, especially if you follow a regular workout program?

"The cons of drinking wine or any type of booze nightly are many," says Monica Neave, a Tucson-based certified fitness trainer with FreeWorkoutsGuide.com. "If you're on a fat-loss program, it can mean the difference between getting great results and getting zero results."

She advises her clients to abstain from alcohol, especially if they are working toward a weight-loss goal.

The truth is, while one glass of wine with dinner may be good for your heart, more than one glass of wine or other alcoholic beverage per night can wreak havoc on your health and fitness goals. Cocktails, especially, are loaded with sugar and calories and bound to nix even the best intentions to hit the gym.

After all, a standard size margarita can have up to 700 calories

See DRINKING, 4E

MORE HEALTH NEWS INSIDE

Lung cancer remains leading cancer killer

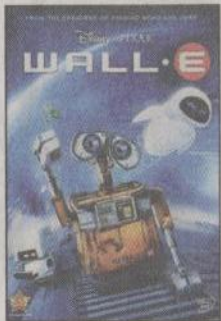
About 85 percent of lung cancer patients die within five years of their diagnosis. And nine out of 10 cases of lung cancer are tied to one single behavior — smoking. **3E**

Dear Abby2E

Help!2E

Health News5E

- "David Cook,"
David Cook
- "Dark Horse,"
Nickelback
- "Day & Age,"
The Killers
- "Safe Trip Home,"
Dido
- "The Promise
(Deluxe Edition),"
Il Divo
- "I Am . . . Sasha
Fierce (Deluxe
Edition),"
Beyoncé
- "808s &
Heartbreak,"
Kanye West
- "The Who At Kilburn:
1977,"
The Who
- "The Priests,"
The Priests



- New on DVD**
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- "Tropic Thunder"
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the Traveling
Pants 2"
- "Heathers"
- "Hannah Montana:
The Complete First
Season"
- "Star Trek: The
Original Series —
Season Three"
- "The Complete
Monty Python's
Flying Circus:
Collector's Edition"
- "Charmed: The
Complete Series"
- "Bones: Season
Three"

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In root canals, lasers are not yet used on their own, he said, primarily offering an added antimicrobial effect at the end of a standard procedure. But some studies, mostly out of Europe, suggest lasers also act as a biostimulant on adjacent tissues, promoting the production of early cells, called stem cells, and a faster healing response, Edwards said.

According to the American Association of Endodontists, the nation's leading group for dentists specializing in root ca-



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nal treatments, some 14 million root canals are performed in the United States each year, with about a 95 percent success rate in saving damaged or diseased teeth.

The standard procedure involves a combination of hand and rotary instruments to remove the pulp, where the blood supply lies, and the nerve, through which the tooth senses

- Reshape gums cosmetically.
- And, most recently, mop up bacteria after root canal therapy.

Source: Cleveland Clinic, FLORIDA TODAY

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"I've been doing root canals for years," like many general dentists, Edwards said. "But my feeling is if I can't do something as well as a specialist, it should be done by them."

Nevertheless, he has few doubts about lasers' pervasive future in his own practice and in the dental field, as the technology continues to evolve.

See **LASER**, 4E

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There's no room for excuses in fitness boot camps

Whew. I just attended my first fitness boot camp, and I'm still sweating.

Mind you, I was only videotaping the men and women who take part in the intensive, hour-long sessions. Just keeping up with them took the wind out of me.

During a recent boot camp at Melbourne's Club Performax, about a dozen men and women who appeared to range in age from late 20s to early 50s were divided into teams of two for drills as trainers Rod Stewart and Margaret Chaplin shouted out helpful commands.

During our visit, teams were busy flipping tractor tires across a field, running with buckets of rocks, as well as more common



Breuse Hickman

Shape Up

adding a rock climbing wall and other routines.)

At one point, Stewart told a team to "take a break" by doing a set of 20 jumping jacks, then told another team to add more sand and rocks to their buckets "just to make it more challenging."

Sound like fun? It actually is for the participants. And you might be wondering why these people regularly put themselves through something like this

See it for yourself

See a more intense boot camp at Club Performax, 1208 Sarno Road, Melbourne. Call 757-6800 for more info. Or check out the fitness boot camp video at

FLORIDATODAY.com

and recently began taking part in the more advanced boot camps.

"It's more of a push. You have to always push yourself to get through it," she said. "Working with a trainer, you do things you never thought were possible. I just do what I'm told, and it works."

Lane, as well as the other soldiers, have marked the intense ex-

formax offer a variety of styles of boot camps, many of which are more fitting for beginners.

For instance, Club Performax encourages gym novices to take part in its Big Weight Loss Boot Camp, which offers more basic drills.

"The beginning boot camps are for working out with people at your pace and speed," Stewart said. "We're teaching people how to do squats and lunges properly. We play with balls and Frisbees to get the body moving and you burning some calories and feeling good about exercise again."

But the benefits go beyond weight loss and developing endurance and balance.

Going through a few of these regimented fitness cycles can ac-

Many of the exercises in the boot camps are "natural lifestyle movements," Chaplin said, "so that they can go out in the world and play with their kids in the backyard, swim or go ride bikes."

Take push-ups . . . please.

"If I'm on the ground playing with the kids, I need to eventually push my body up off the floor," Chaplin said. "A walking lunge is something that prepares my body to maybe pick up a box or pull weeds. In boot camp, your body starts simulating those movements. Suddenly, one day you're pulling weeds and the next day you don't feel as sore as you might have the season before."

So maybe I'll attend another

Dentist: 'Laser future of medicine'

LASER, from 1E

"The laser is the future of medicine — not just dentistry," Edwards said, despite a high cost and varying insurance coverage for patients. "I could never imagine not using it."

Plenty of uses

Laser technology already reaches across most medical specialties. Cosmetically, it is used to smooth out wrinkles or zap unsightly spider veins and warts, or to reshape the eyes through LASIK procedures to correct and improve vision.

And, in the clinical arena, physicians use lasers to vaporize tissues in enlarged prostates, seal off damaged or leaking blood vessels, break apart kidney stones and, in general, access areas of the body where other technologies are unable to go.

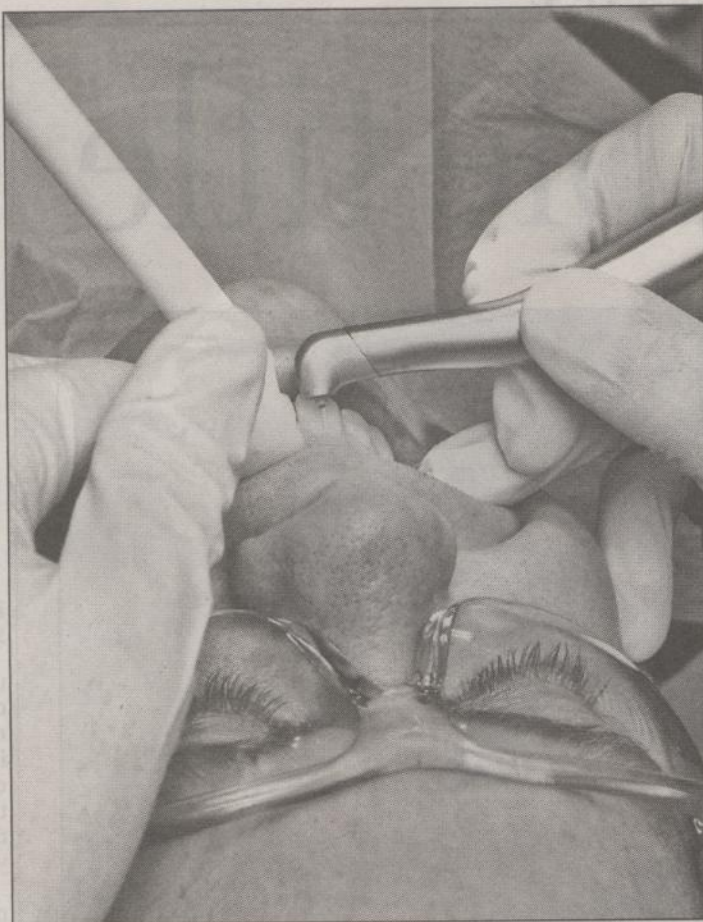
Ironically, perhaps, that is one of the disadvantages singled out by the endodontic association in a two-page position statement commenting on laser use in root canal treatment.

Although several studies have shown lasers reduce the "quantity of micro-organisms" in root canals, the statement noted that laser probes cannot be "curved to follow the natural curvatures of the tooth root" the way existing instruments can.

The association also said temperature rises when laser energy and tissues in the tooth interact, possibly charring the canal space and "damaging it to the point the tooth may be lost."

Dr. Gerald Glickman, chairman of endodontics at Baylor College of Medicine in Dallas and president-elect of the endodontic specialty group, cited the need for more sophisticated research.

"Not much has changed since our statement was issued in 2001," he said. "We don't recommend protocols using advanced technology unless there is significant research behind it; there needs to be randomized, prospective clinical trials." These studies compare



Photos by Tim Shortt, FLORIDA TODAY

Wave of the future. Dr. Chris Edwards of Smile Design Center in Viera performs a laser gingivectomy on John Bryan, 28, of Melbourne.

Laser's limits

Edwards readily acknowledges some of the laser's limitations.

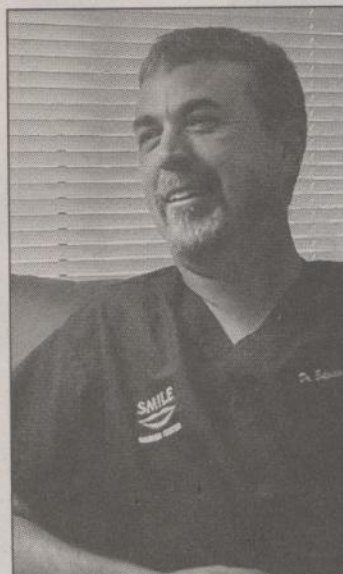
For example, lasers can't be used on teeth with fillings in place, as the laser light is unable to cut through metal, or generally fill cavities between teeth. And the technology does not always eliminate the need for anesthesia, although in most cases, it can be greatly reduced, according to Edwards.

But the laser he uses, he said, is far cooler than the most commonly used laser in dentistry, the diode laser, and has an attached water irrigant that reduces the temperature risks seen in some other systems.

"The water cools the laser," he said, "and as the laser pulses, the water explodes, ablating (or cutting) the tissue."

Moreover, it has fibers that are "as fine and flexible as a dental file," he said. "With the fibers I use, I can follow a curved canal all the way to the end of the root."

As for Bryan, who is not yet in need of a root canal, his laser treatment to equalize his gum-



Pretty pleased. Dr. Chris Edwards is thrilled to use lasers in his dental practice, but acknowledges there are some limitations. For example, lasers can't be used on teeth with fillings in place.

length clearly pleased him, and cost less than \$200 out of pocket.

"It's been worth it," he said, of his decision. ■

Contact Jenks at 242-3657 or sjenks@floridatoday.com.

Trainer alcohol a

DRINKING, from 1E

— more calories than a two-liter bottle of soda, says Christa Jacobo, certified personal trainer and co-owner of Fitness Together at Rita Ranch.

However, if you don't plan to give up alcohol anytime soon, moderation is key.

The official definition of moderate drinking is no more than two drinks a day for men and no more than one drink per day for women (of the standard serving-size drinks), says Melinda Johnson, a registered dietitian with Nutrition For Slackers and a national spokesperson for the American Dietetic Association.

Yet, even with moderate drinking, the calories still add up.

A nightly glass of wine will add an average of 100 calories per day to your diet. But "multiply that by seven and you get 700 extra calories per week," points out Neave.

"You can't afford to do this when you are trying to maintain an adequate calorie intake for fat loss," she says.

Translated into pounds (with 3,500 calories equal to one pound), a nightly glass of wine can amount to an extra 10 pounds gained per year. And that's if you have the willpower to stick to just one glass per night and ignore the munchies that drinking alcohol often triggers.

Cristina Lopez, 28, realized a few months ago that alcohol was sabotaging her fitness efforts.

"I was going to the gym every day, but I wasn't seeing results," she says.

The problem was that she and husband David "were going out a lot and drinking a lot," and afterward would end up at Jack-in-the-Box ordering jumbo jacks and tacos.

"I thought I could eat and drink whatever I wanted," she says. "But you really have to pay attention."

Cristina Lopez switched from high-calorie cocktails to lower calorie vodka tonics. David Lopez switched to light beer, and both limited themselves to a couple of drinks on weekends. Within two

months, "we

Cristina Lopez

Lee Dorsetian who enjoys

once a week watching you indulge, you

1,000-calorie drinking a 1,

At least with protein from

vitamins from alcohol has n

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