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HEALTHY LIVING

Brevard / Indian River Edition

May 2008



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What is Comprehensive Dentistry?

Comprehensive Dentistry looks at the whole person, not just a tooth in trouble. It is based on the theory that most people would like to keep their natural teeth for a lifetime, and with a little help, you can. Comprehensive Dentistry views the mouth as the gateway to the human body. Liquids and solids enter the body through the mouth and digestion



starts here. Proper functioning of the mouth is vitally important. Several types of cardiovascular diseases may be linked to oral health; heart disease, clogged arteries, stroke and bacterial endocarditis. Research is ongoing to substantiate this discovery.

The foundation of Comprehensive Dentistry is the comprehensive exam. Look for a doctor that offers a comprehensive exam that will go something like this. First, an interview with the patient is conducted. The objective of this interview is to listen to your concerns, dental and health history and goals. Then a thorough medical history is taken, paying attention to medications, supplements, allergies and existing conditions. Radiographs are taken with the newer digital x-rays, which have the lowest radiation and instant viewing for the patient. A panoramic x-ray is valuable in looking at structures other than the teeth, including the jaws, sinuses and jaw joints. As part of the soft tissue exam, some doctors will include an oral cancer screening. Each tooth and restoration is thoroughly examined.

The Diagnodent laser can be used in the exam to pick up decay before it is noticeable. Expect a periodontal exam investigating the gums, pocketing, recession, bleeding, bone loss and mobility. An occlusal exam is done to analyze the 'bite', the muscles, ligaments, temporomandibular joints and how they all fit and work together. Then a 'smile analysis' in which the doctor will take the teeth, lips, and face into account for study. Photographs, molds, and casts are made, and an assessment of the patient's hygiene is done.

With comprehensive exams, patients typically come back at a later date to receive their diagnosis and treatment options, with the pros and cons of the various possibilities. Each patient chooses the treatment plan that fits their needs. Together doctor and patient strategize the plan for treatment and schedule. Often treatment is phased to arrive at an optimal goal in the future.

All reconstructive work needs to be built upon a foundation of a healthy periodontium and a stable bite. When you choose Comprehensive Dentistry, the comprehensive exam coupled with the patients own willingness to assume responsibility, ensures a mouthful of natural teeth for a lifetime.

Smile Design Center is located in Viera. For questions or to set up an appointment for your comprehensive exam please call 321-771-7775. For information visit www.smiledesigncenter.us. See ad this page.

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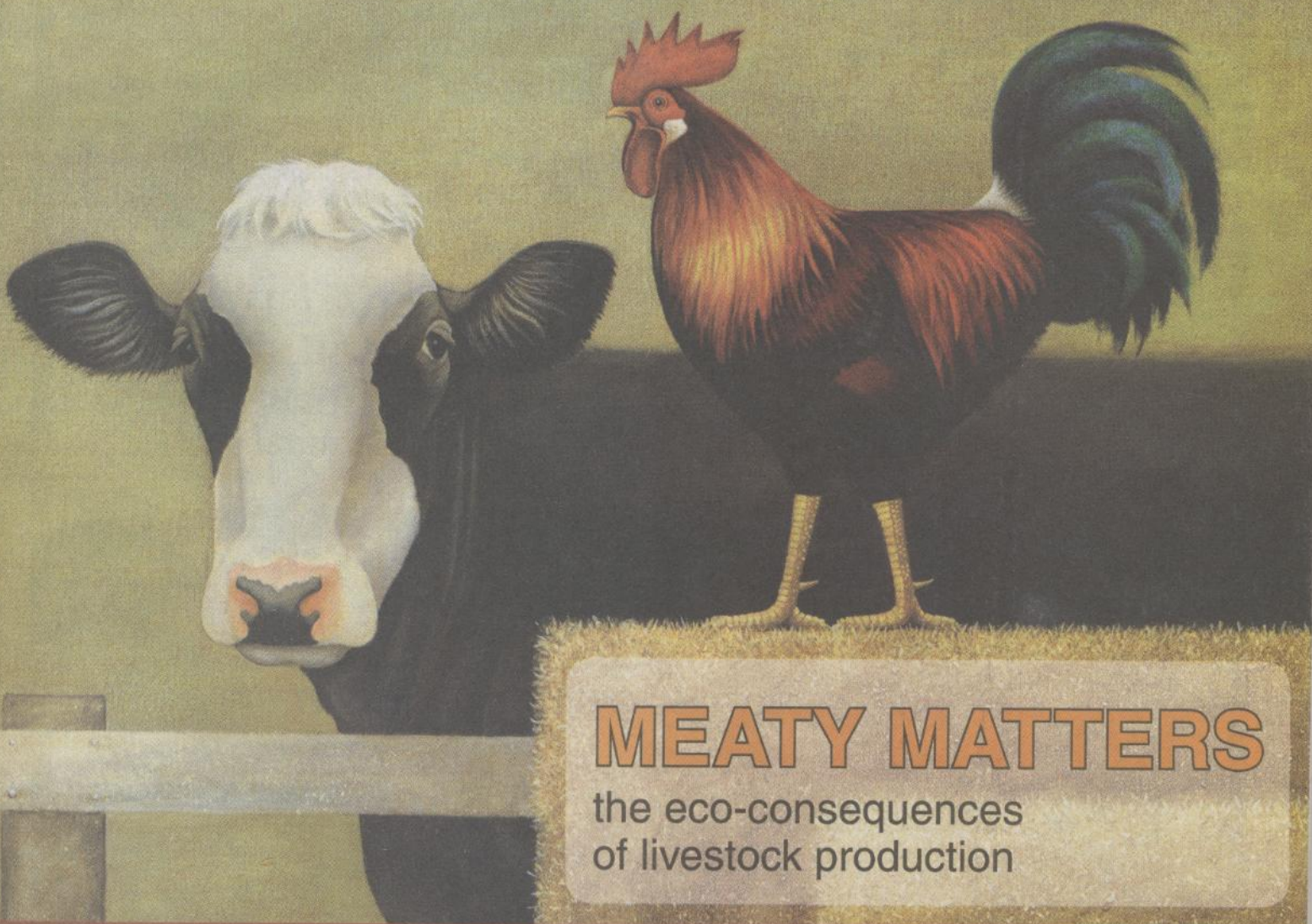
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November 2008



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healthbriefs



Minimally Invasive Dentistry

by Dr. Chris Edwards

Minimally Invasive Dentistry is all about respecting the health, function and aesthetics of oral tissue by preventing disease from occurring or intercepting its progress with minimal tissue loss. It is a progressive dental technique used by today's forward thinking dentists.

The old paradigm of dentistry was waiting for the cavity to become visible and then repairing the cavity with deeper, larger fillings or waiting for a tooth extraction. This led to many problems, including but not limited to, amalgam fillings, which do contain mercury, tooth breakage and fractures, the need for expensive crowns, root canals, bridges and eventually dentures.

Modern tools such as the Diagnodont Laser cavity detector and caries dyes, enables the Dentist to discover and remove the smallest decays with air abrasion, and the WaterlaseMD dental laser. Tiny fractures and chips can be repaired before the tooth breaks down. Dentists who work through dental microscopes see problems before you can feel them and make exceptional restorations often times using microdentistry, which saves tooth structure.

In situations where significant caries or gum disease exists, minimally invasive dentistry can still be utilized. Preventive resin restorations can be used instead of amalgam fillings.

Conservative periodontal therapy can be initiated. Inlays, onlays, bleaching and the placements of veneers are often options instead of extensive crowns, which remove much more tooth structure. Removal of third molars at the most opportune time is a benefit to oral health. The patients experience is less painful, with faster healing and far less complications.

An exciting part of this new paradigm of dentistry is that we can actually reverse early, non-cavitated carious lesions. Remineralization uses bioavailable minerals such as calcium and phosphorous to rebuild teeth. Xylitol therapy is of tremendous value because it reduces the



strep mutans bacteria in the mouth, which decreases acid levels and lowers the pH level. This reduces plaque formation, which benefits the teeth and gums. Remineralization and xylitol therapy work together to rebuild teeth.

Dr. Chris Edwards at Smile Design Center has practiced Minimally Invasive Dentistry his whole career. He has a team dedicated to saving your teeth and restoring health to your mouth, which makes it possible for you to keep your teeth healthy for a lifetime. For more information go to www.smiledesigncenter.us or call Lilly at 321-751-7775. See ad on page 29.

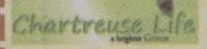
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