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*& Healthy Living*

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With Dr. Bo Dandapani

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LIVING**

Staying Active  
In Retirement

**Dr.  
Sally  
Sange**

**Blazing  
Her Own  
Trail**





CHRIS EDWARDS, DDS

**DENTAL LASERS** like the Waterlase MD are now available and use the application of light and water to remove the diseased or damaged tooth, gum or bone, molecule by molecule. Laser technology is associated with far less pain and often requires no peri-operative anesthesia.

## 21st Century Dentistry

*3D technology used to fabricate restorations in the dental office and laboratory with CAD/CAM*

**T**echnology's impact on our world is astounding. We on the Space Coast are fortunate to see it all the time with shuttle launches and advanced weather forecasting. Computers and digital imaging are an everyday part of our lives. Medicine and dentistry have benefited and kept up with technology. We hear terms such as CAT scans and MRI imaging and we don't need an explanation.

### Digital Imaging Eliminates Toxic Chemicals

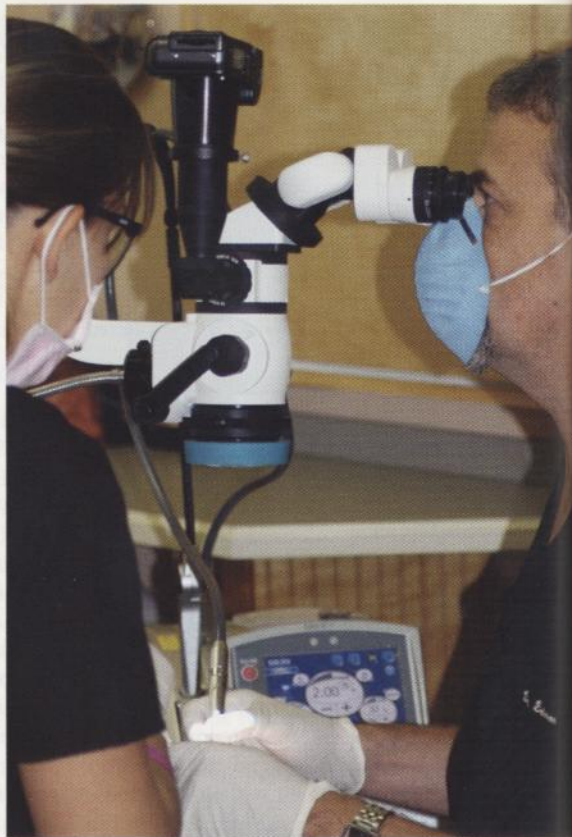
Advanced technology now extends to the dental chair. The patient can now, often for the first time, see and understand their condition on a computer screen due to advances in intraoral videography. The intraoral video camera affords a real time live tour of the patient's mouth with the capability of producing photos focused on the significant tooth/gum pathology or deformity. The adage of a picture is worth a thousand words has never been more true. Digital photography aids in treatment planning, and digital imaging helps the patient to visualize the possibilities of a cosmetic change or smile design.

Digital imaging is changing the way we see things. Digital dental X-rays use sensors instead of film. There are no toxic chemicals and the image is available in seconds. Radiation is reduced 75 percent or more and there are many digital tools to enhance the image. Patients appreciate seeing and understand-

ing their diagnosis. Radiograph advances such as 3D imaging give the dentist a more accurate look at the teeth, bone, sinuses and TMJ (temporomandibular joint). This helps to diagnose problems and formulate solutions. These X-rays

are similar to advanced CAT scans but use significantly less radiation, and provide an advanced level of diagnostic capability. 3D technology is also being used to fabricate restorations in the dental office and laboratory using CAD/CAM (computer aided design-computer aided machining) technology. Implant surgeries can be preplanned and the prosthesis made ready at the same time. Currently, a patient without any teeth can have "guided" implants and a fixed bridge placed using CAD/CAM technology all in one hour, and then go out to dinner later that evening.

Traditionally dental visualization has been limited by the individual dentist's own vision. Later, surgical telescopic loops were used to get a better look in our mouths. Technologically advanced dentists are now using surgical microscopes to more accurately magnify and bring images into focus. The results are incredible, and the benefit to the patient is higher quality work. The



photos and videos are remarkable. Patients can actually observe their own treatment live.

### Dreaded 'Pick'

Most all of us are familiar with the dreaded dental pick that would prod and poke all around our teeth. When it stuck, we knew we were in trouble. Advanced dentists use lasers such as the Diagnodent — an instrument from Germany, which shines through the enamel of the tooth and measures density. It finds decay before the pick and before it is visible to the human eye. Decay can then be removed by microdentistry and future serious problems avoided.

Traditionally a trip to the dentist for management of a problem often engendered consternation associated with the "drill." There is hardly a person over 25 who doesn't have some trauma registered in their brain surrounding the dental drill. Dental lasers like the Waterlase MD, are now available that use the

application of light and water to remove the diseased or damaged tooth, gum or bone, molecule by molecule. Laser technology is associated with far less pain and often requires no preoperative anesthesia.

In the past, if decay in the tooth or gum disease was not caught early, pulling the tooth or (teeth) was the only option. Dental extraction like this often started a chain of events leading to dentures. These days it's easier and less traumatic than ever to ward off dental disease.

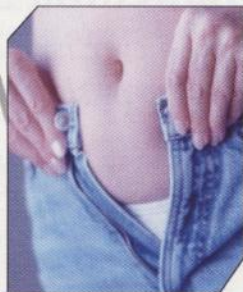
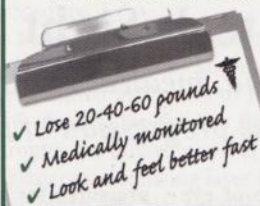
However, if it is absolutely necessary to have a tooth pulled, dental implants are available that are placed into the bone in the area of the previous root. A crown is attached to the implant, the space is filled and the bite restored. If you are already wearing dentures, the fit can be improved tremendously by the placement of dental implants that will snap the denture into place.

If for whatever reason you need dental surgery or have pain or inflammation, the low-level laser is available to enhance the healing potential of cells and tissues. In the not too distant future, genetic engineering will help in the areas of periodontal disease and decay.

Dr. Edwards graduated from the United States Merchant Marine Academy and Temple University School of Dentistry. He completed a general practice residency at the Queens Medical Center in Honolulu. To reach Dr. Edwards you may call 321-751-7775 or visit [www.smiledesigncenter.us](http://www.smiledesigncenter.us)

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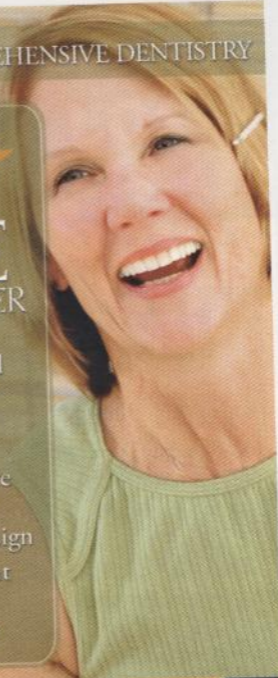
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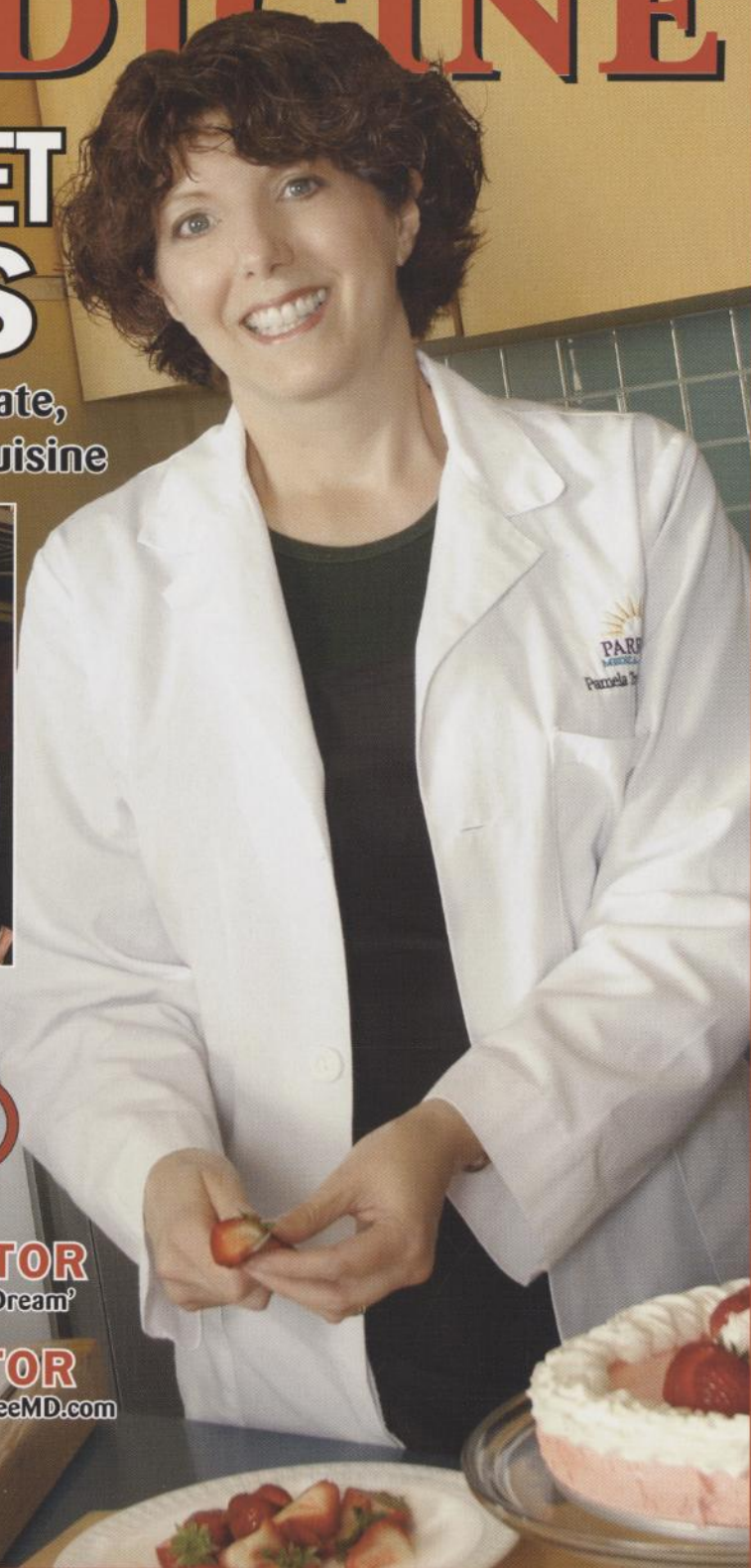
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**CHRIS EDWARDS, DDS**

**IMPROVED MAGNIFICATION** aids in caries detection and the identification of fractures and abnormalities. In the reconstructive aspect, the enhanced magnification enables the dentist to assess decay removal and prepare conservative restorations, saving important tooth structure.



## Lasers in Dentistry

*Camera attachment allows patient to see their dentist's work - up close and personal*

**M**any of us haven't been to the dentist for a long time and our memories and fears of how it was the last time we went is a good part of the reason why we don't go now. But, dentistry has made tremendous changes benefiting the patient in unimaginable ways. New laser dental technology is now allowing dentists to treat their patients more comfortably than ever. The only problem is that most people don't know that laser dentistry exists here in Brevard County.

### ■ Waterlase MD

The Waterlase MD is a revolutionary dental tool that uses a combination of laser energy and water to perform many dental procedures with few to no shots. The US Food and Drug Administration approves it for use in a variety of dental work

from fixing cavities, preparing teeth for crowns and root canals, gum treatment including surgery and it can even help in placing implants.

Biolase, the company that makes the Waterlase MD, the leading dental laser in the world, patents the process called HydroPhotronics. The laser's use of water prevents the buildup of heat that naturally occurs with most lasers. This enables the gentle removal of tooth, decay and even bone with very little trauma to the tissue and much less postoperative discomfort. The Waterlase MD anesthetizes the nerve inside the tooth, making it possible for many procedures to be done without local anesthetic, in other words, no shot! There is no vibration only an audible 'popping sound.'

### ■ DIAGNOdent

The WaterlaseMD is one very important part of Minimally Invasive Dentistry. The DIAGNOdent is the other. The DIAGNOdent is a bril-

liant tool, which finds cavities before they are visible to the naked eye or show up on an X-ray. Dentists using the DIAGNOdent and Waterlase MD lasers are able to diagnose cavities earlier and restore teeth with minimal enamel removal. The benefit to patients is that these teeth are ultimately stronger and have a better chance of lasting a lifetime. No more big amalgam fillings, cracked teeth or the expense of crowns and root canals. The old adage 'a stitch in time saves nine' is applicable here.

The Waterlase MD does not damage adjacent tissue. Less tissue damage equals less discomfort and a shorter healing time. The laser also kills bacteria, which promotes healing.

Lasers make going to the dentist a win/win situation. They minimize the likelihood that you will need extensive dentistry that can be expensive and painful. They also make the dentists' job easier and more pleasant for all. ■

**AMONG THE NEWEST technologies in laser dentistry is a small instrument called the DIAGNOdent, which scans your teeth with harmless laser light searching for hidden decay.**

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NOV/DEC 2008

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CHRIS EDWARDS, DDS

A **DENTAL IMPLANT** is an artificial tooth root replacement and is used in prosthetic dentistry to support restorations that resemble a tooth or group of teeth. The most widely accepted and successful implant today is the osseointegrated implant, based on the discovery by Swedish Professor Per-Ingvar Brånemark that titanium can be successfully fused into bone.



## Dental Implants

*Bone, tissue grafting present opportunities for implants*

A dental implant is a metal device designed to replace missing teeth. The device is usually made out of titanium and is surgically placed into the jawbone where the tooth is missing. Unlike a dental bridge, which has a high likelihood of failing, an implant is permanent. They are designed to act as the tooth root and can anchor an artificial tooth or teeth such as a crown, bridge or denture.

Implants in one form or another, date back to the ancient Egyptians. What we call modern implants go back about 30 years. These implants are root shaped structures made out of titanium that become integrated into the bone by osseointegration. Osseointegration is the direct structural and functional connection between living bone and the surface

of a load-bearing artificial implant, typically made of titanium.

Technology continues to improve the materials and designs of dental implants and the attachments of teeth and dentures. It is now possible to have a crown attached to an implant that is undetectable from your natural tooth. Through better research and design, implants are now stronger and heal to the bone much faster. Implants do need healthy bone and gum structure to work. The recent, tremendous improvements with bone and tissue grafting, present opportunities for implants like never before.

■ **Mini Implants:** Small diameter implants, formerly called 'mini implants' are gaining popularity. Today's small diameter implants are stronger, have less failures, and

better osseointegration. More than fifty percent of implants done these days are small diameter implants and their primary use is to stabilize full dentures. The advantages to the patient are a simpler surgery, often requiring no incision of the gum. They are usually a one-visit procedure from implant placement, to attachment of the denture. There is less pain, less postoperative discomfort and they are one quarter the cost of a bar supported over denture.

Every case is unique and requires a comprehensive evaluation prior to developing a treatment plan that works best for the patient. ■

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