



Produced to improve your dental health and awareness

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fromthedentist

Optimize Oral Health...

Maximize your options

Achieving a more glamorous smile is a very reachable goal. But maximizing the benefits of cosmetic dentistry means more than being willing and able. To be ready, patients need optimal oral health. Patients who brush, floss, and rinse are rewarded by pink healthy gums, a strong, supporting bone structure ...and great cosmetic results.

Without consistent oral health care, patients are susceptible to more than dingy teeth and bad breath. Gum disease sneaks up silently when plaque, a sticky film that builds up on your tongue, isn't brushed and flossed away. Tooth and bone loss, the ultimate result of periodontal (gum) disease, can limit cosmetic and restorative options.

Yes - we're willing and able to give patients a more attractive smile with cosmetic procedures. With regular office visits, we will make sure they're ready.

Yours in good dental health,

Dr. Jeffrey R. Singer

turnthepage

How dental implants can help your smile!

Q&A clues about your oral health!

Why you should eat oysters!

Sedation Dentistry

Dr. Jeffrey Singer and his staff will help make your visit relaxing and enjoyable. Conscious Sedation is very deep relaxation. You still speak and respond to questions. Your level of consciousness retains the patient's ability to independently respond appropriately to physical stimulation and verbal communication. (The patient can talk to the dentist and assistants and the patient breathes on their own.)

With conscious sedation, the medication has a very profound amnesic - you will not remember the drive to the office, procedures, or the trip back home.

You are sedated just enough to be unaware of treatment, as if you were snoozing. You will wake up refreshed, with little or no memory of what was accomplished.

Sedation Dentistry allows more involved dental treatments and sixty to eighty percent reduction of dental visits is the norm. And you sleep comfortably.

Relaxation or Conscious Sedation Dentistry will be Pain Free.

Men and Women who have:

- ❖ Complex dental problems
- ❖ Limited time to complete their dental care
- ❖ Extremely sensitive teeth
- ❖ Gag reflex
- ❖ Dental Phobia or Anxiety
- ❖ Past negative Dental experiences

Answers to most questions about Conscious Sedation:

- ❖ You will not feel pain even with very complex dental problems.
- ❖ You will be in a relaxed state but you will be responsive.
- ❖ You can be under conscious sedation for up to six hours.
- ❖ You will be continuously monitored during your entire visit for your health and vital signs with an oxipulsimeter. This piece of equipment allows the continuous monitoring of blood oxygen saturation, pulse and blood pressure.
- ❖ You must have someone drive you to and from your appointment. *(The small pill that you take one hour prior to treatment will make you drowsy.)*
- ❖ Dr. Jeffrey Singer performs Conscious Sedation. He has specialized advanced training and special certification. Oral medications are administered.



Please visit us at www.embassyrowdental.com

Serendipity And Your Smile



DENTAL IMPLANTS

This could be one of the most serendipitous articles you've ever read. That is, you are about to discover something delightful where you least expected to find it. What is it? Dental implants are more than restorative... They can help you to look great!

Teeth that are lost to gum disease, cavities, or trauma from an accident can be permanently

replaced by dental implants – artificial teeth permanently anchored in the jawbone. This is important. Bone loss will *always* follow the loss of a tooth. And if bone is lost even from only

one tooth, the surrounding teeth will shift. This can affect your appearance, speech, ability to enjoy food, and your self-esteem.

Let us help you decide whether dental implants are for you. Like any other cosmetic restoration, we'll take into account your health, where the implant is needed, the best implant design, and its suitability for your lifestyle.

HOW CAN IMPLANTS HELP?

- Placing dental implants soon after tooth loss can save bone, teeth, and the look of your smile.
- For people with good overall health and healthy gums and bone, implants can be an attractive alternative to a denture or bridge.
- Implants really do look and feel just like real teeth.
- Implants help to keep gums looking healthy and young.



Wine & chocolate... or rather grapes & cocoa beans...



...develop distinct personalities from a geographical factor known as *terroir*: soil type, temperature, and other factors including weather conditions. Well, according to science, so do – of all things – oral bacteria.

In an international study of patients with chronic gum disease, scientists found clear geographical differences in the bacterial content of dental plaque, the biofilm that coats your teeth. Other research suggests that the microbial differences are *not* confined to disease. They appear in healthy individuals as well.

What differences? Brazilians and Americans have completely different kinds of bacteria in their mouths. In fact, one type of microbe might be more dominant in one group than another. This is exciting stuff! Instead of one-treatment-fits-all, there is potential to tailor treatments for patients from different

parts of the world ... no matter where their travels take them!

Probing Questions Smart Answers

Periodontal disease is an inflammatory disease of the gums and the tissues that support your teeth. It is caused by bacteria. Many adults know little if anything about it. Here are some answers to common questions.

How do I know if I have gum disease?

You may not know without visiting us. In early stages, it's asymptomatic which is why it's called the *Silent Disease*. Eventually, you'll develop a bad taste in your mouth, bad breath, and gums that bleed when brushed or flossed.

How can gum disease affect me?

If symptoms are ignored, they could progress and you could lose your teeth. Gum disease has also been linked with heart and stroke, diabetes, kidney disease, lung disease, Crohn's disease, premature deliveries, and pre-eclampsia.

What is being done about periodontal disease?

In the microscopic world of mouths, bacteria form ecological systems. Understanding this has led to scientific interference with bacterial and microbial nutrients, pH balance, oxygenating agents, communication systems, and ability to self defend.

How will this benefit me?

New understanding leads to new treatments and new diagnostic methods that are available at our dental practice. Prevention through good home care routines and keeping regular dental appointments are still your best defense against periodontal disease.

Think *Zinc!*

Think you have some peculiar food fixations? In one study, 20% of the participants didn't like their foods to touch on the plate. About the same percentage will eat only from a selection of the same ten (or fewer) foods. More than a third rejected slippery food like oysters ... something to reconsider? *Oysters contain more zinc per serving than any other food. It may help prevent oral and esophageal cancers, and help maintain smell and taste.* Other good sources of zinc include red meat, poultry, beans, nuts, seafoods, whole grains, breakfast cereals, and dairy.

No matter how distinctive your food preferences, everything tastes better with a clean mouth and tongue. Regularly brush, floss, and rinse!

Knowledge Is **POWER**

A British study has confirmed that smokers are six times more prone to gum disease than non-smokers. Gum disease can predispose you to oral cancer. Such knowledge is power. Why? Because quitting can improve periodontal (gum) health, prevent premature tooth loss, and diminish your chances for oral cancer.

Oral cancer, if caught early enough, has an extremely high cure rate. Science is expanding its knowledge by integrating *systems theory* to both cancer and periodontal disease research. Instead of only examining individual parts of disease and looking for weak links to cure, systems theory tackles biocomplexity and helps us understand how systems work.

Visit our office regularly. Gum disease and oral cancer can be spotted early, successfully treated, and prevented!



Interception!

Say NO to sports drinks!

There has been some controversy about the erosive effect of carbohydrate-electrolyte drinks (sports drinks) on teeth enamel. Detractors of the research linking sports drinks to enamel erosion argue that lab conditions do not reflect real life. It is our position that there is enough evidence to advocate avoiding, or at least limiting, your consumption of these drinks.

Sports drinks were designed to increase athletic endurance by maintaining blood glucose levels and increasing carbohydrate oxidation. It's easy to forget that the phosphoric acids in a sports drink – as with all soft drinks – can result in erosion of the enamel on tooth surfaces. This creates tooth sensitivity, grooves, or notches in the sides of the teeth, worn down teeth, and yellowing. Since dental erosion is painless, we dentists are often the first to notice that damage has been done.

No doubt research will continue. Whether or not it proves a direct causal link between sports drinks and dental erosion, some facts remain true...

- Prolonged exercise means decreased saliva flow and with it loss of your natural buffer against acid.
- Increased athletic endurance and increased exposure to sports drinks without a buffer means a longer contact time between the drink and your teeth.
- Protracted exposure to acid over time will erode your teeth.

Save your tooth enamel. Please avoid or limit your consumption of sports drinks. Water is the refreshment of choice: it's sugar-free, has no calories ...and frankly, it does what you need it to do ... hydrate!



office information

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Office Hours

Monday	8:30 am	–	5:00 pm
Tuesday	8:30 am	–	5:00 pm
Wednesday	8:30 am	–	5:00 pm
Thursday	8:30 am	–	5:00 pm
Friday	8:30 am	–	5:00 pm

Contact Information

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Summer's Here... And school's out!

Summer can be hard on kids' teeth. Increased rough-and-tumble outdoor activities can put them in the path of all kinds of hazards. Kids' smiles mean a lot, so it's important to take extra steps to protect their teeth. If your child plans to play any type of contact sport such as football, basketball, or soccer, make plans to visit us before the season starts so we can fit a protective mouthguard.

If skateboarding, scootering, or bicycling are on the summer agenda, avoid rainy days and wear a good helmet and protective gear. Wear seat belts when riding in cars. The number-one rule is to play sensibly.

If your child is due for a checkup and cleaning before fall, book early before the boom hits. Those busy back-to-school days always come up faster than you expect!

Relationships Inspire

We thank you!

Every season has a way of inspiring thoughtful moments, and our thoughts often turn to important relationships. Since much of our life is spent as professionals, that's a lot of relationships!

When you return time after time, we understand that you are expressing your trust in our professionalism. When you refer your friends and family, we understand that you are placing your relationships in our care.

These relationships are important to us, and we look forward to meeting the people you send our way. We will always provide the same kind of reliability, friendly service and professionalism to them as we give to you. No exception!

Your referrals are most welcomed, and we thank you for them.