



Dentally Speaking

..... with Dr. Alan L. Mazer

Produced to improve your dental health and awareness

"We Care About Your Smile"

Fall 2010

From The Dentist

Autumn always reminds me of new beginnings just as much as spring does. Who doesn't enjoy the crisp air after a long hot summer? Pumpkin patches, colorful leaves, hot apple cider, roasted corn, and warm fleeces all add to the majesty of autumn.

Making and keeping a dental appointment, especially at this time of year, is very important and makes complete sense. With school back in session and competitive sports ramping up, mouth guards are essential. In addition, people want to look their best for the holidays, or are realizing that they need treatment done before the year's dental benefits expire.

No worries! We have appointments available and we ask you to ensure your regular checkups are on track, and if not, invite you to schedule one.

I'm looking forward to many more seasons of personal and professional growth, delightful friendships with all of you, and open and honest communication as we enter into the autumn season.

Yours in good dental health,

Dr. Alan L. Mazer

Autumn Special:

Look Your Best this Season!

SAVE \$100
on Zoom!®,
the in office
whitening treatment.

SAVE \$50
on a Take
Home
Whitening Kit.

Call for a complimentary consultation
(Expires October 30, 2010)

DENTAL IMPLANTS

Comfort and confidence again

Would you like to speak or bite into an apple knowing your denture won't slip? How about smiling with absolute confidence or enjoying the simple pleasure of going to bed without removing your denture? Are you missing one or more teeth? Dental implants are now the treatment of choice for many people who need to replace missing teeth.

It's hard to imagine, but more than 55 million teeth are removed every year as a result of infection, gum disease or accidents. When you lose teeth, several problems can occur. The remaining teeth can shift, rotate and become crooked. This can leave you with a bad bite and unsightly spaces, making it painful to chew food.

Dental implants, artificial substitutes for natural tooth roots, replace the form and function of missing teeth, whether it is one tooth or a whole jaw. They can be used to anchor dentures to prevent soreness and clicking noises when you talk, or as replacements for partial dentures and bridgework.

We can help you decide if implants are the right solution for you. We will review your medical history, examine your oral tissues and take impressions and radiographs. If your dental evaluation shows that you are a good candidate for the implant procedure, you can look forward to a lifetime of smiling with comfort and confidence again.

COMFORT & CONFIDENCE WITH IMPLANTS

The **anchor** is placed into jawbone during the first surgery. Over the next six months the bone cells grow closely around the anchor, holding it firmly in place.

The **abutment** is attached to the exposed anchor during the second surgery.

The final procedure is the attachment of a **prosthetic tooth** to the abutment.

Gumline

Hard bone

Jawbone

Soft marrow



Your enthusiasm and commitment to our team and our practice is contagious and encourages your friends and family to come and see us. Thank you!

When You Lose You Win

What you need to know about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it's different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

And it's getting more complicated...

Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

How's that?

Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

How will you know?

Initially you probably won't because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

Is there any good news?

Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there's more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn't show weight loss!



Many challenges? We have many ways to beautify a smile!



Oral Cancer Bites

Start early & win!

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the *human papilloma virus* (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

A Check your tongue, lips, cheek lining, and gums.

B Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

C Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancer can be cured.

Reality Checks

We can tell you why it is what it is!

We're happy to say that most dental problems can be treated successfully ... but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here's why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, color, and feel of your tissues;
- early signs of lip cancer and tumors in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!



LIKE NIGHT & DAY

What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle *and* reducing your carbon footprint.

- ◆ If you take really long showers, you could save more water and energy by soaking in the tub until you're clean, relaxed, and ready for bed. If you don't like baths, use a timer or energy-saver shower head.
- ◆ Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- ◆ A slightly cooler bedroom temperature can improve sleep, conserve energy, and save dollars, so lower your thermostat, open a window, or install an energy-efficient fan.

Monkey See...

Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don't go to the zoo ... come see us for a demo!

Spotlight on Rhonda

A new friendly face will be welcoming you when you visit our office for your dental treatment. Rhonda Frasca is our new scheduling coordinator and is already a hit with our patients and staff. Rhonda has been working in the dental field for over 23 years and enjoys interacting with patients. She is the mother of Chris, Kim and Carrie and has been married to husband John for 38 years. During the summer months, she enjoys camping, is active in community fundraising walks, and loves her two dogs Bailey and Bella. Say hello to Rhonda at your next appointment.



Spotlight on Tej

Continuing a tradition of mentoring, training and offering employment to dental students studying at *Stony Brook University*, Dr. Mazer has hired Tej Vaidya, a third year dental student as his new dental assistant. While assisting Dr. Mazer, Tej observes new techniques and procedures that will benefit him when he graduates. Tej is involved with ASDA, the student dental society and recently was elected student liaison to the *Suffolk County Dental Society*. He enjoys reading mystery novels, plays basketball and ping pong and when he is not studying; he spends quality time with his friends. Welcome Tej!



Mother's Day Contest Winner



Joyce Amato, the winner of our Mother's Day Contest, received a beautiful bouquet of flowers and a complimentary tooth polishing. Congratulations!

office information

Alan L. Mazer, DMD, FACD, FICD
140 Terryville Road
Port Jefferson Station, NY 11776-1330

Office Hours

Monday	9:00 am	–	6:00 pm
Tuesday	2:00 pm	–	9:00 pm
Thursday	9:00 am	–	6:00 pm
Friday	9:00 am	–	12:00 pm
Alternate Fridays	8:00 am	–	1:00 pm
Alternate Saturdays	8:00 am	–	2:00 pm

Contact Information

Office	(631) 473-0666
Fax	(631) 473-0679
Email	dralanmazer@gmail.com
Web site	www.dralanmazer.com

Office Staff

Esta, Debbie, Jen	Dental Hygienists
Rhonda	Scheduling Coordinator
Pat, Tej	Dental Assistants
Lois	Practice Administrator

CareCredit



Checks

CASH

Fight Periodontitis

Treat it with *Arestin*®!

Good News! We are now offering the prescription product, *Arestin*®, used in conjunction with scaling and root planning procedures to treat adult periodontitis (gum disease). *Arestin* is a potent low dose antibiotic that kills the bacteria that cause gum disease. The medication, minocycline is placed painlessly under the gum, directly in the infected site. To achieve the best results from the treatment, we advise you to avoid touching the treated areas of your gums, to wait 12 hours before brushing, to wait ten days before using floss in the treated area, to avoid eating hard, crunchy or sticky foods for one week after treatment, and to be sure to return for your follow-up appointment since gum disease can reoccur and gums need to be checked regularly.

Plaque Facts

Plaque, a term dating back to 1898, is a biofilm usually colorless, sticky and soft that develops naturally on the teeth. It is formed by colonizing bacteria trying to attach itself to a smooth surface of a tooth.

- Plaque is an ecosystem that contains hundreds of species of bacteria with mycoplasma, viruses, yeast, and protozoa.
- Plaque formation is perpetual, beginning immediately after a tooth surface is cleaned.
- If plaque is not removed routinely by brushing or flossing, calculus, a hardened plaque, forms in layers on the teeth.
- Calculus buildup should be professionally removed with ultrasonic tools and specialized sharp instruments by your dentist or hygienist.

Science is always fascinating, but the plaque fact that really matters? Plaque is the leading cause of cavities and tooth loss due to gum disease. That's why we emphasize so strongly the need for excellent, regular, and diligent home care and dental visits.