



## fromthedoctor

### Hello Again!

I hope you and your family have had a great summer. By the time you receive this (our second newsletter publication), the kids will have already returned to school and all of us will be back into the *routine*.

There is no better time than now to organize your calendar for the end of the year. If you have been putting off your *Periodontal Maintenance* visit, Doris my receptionist would love to hear from you.

For those of you who have already completed a comprehensive course of periodontal treatment, including surgery, studies have shown you have a higher risk of recurrence if not seen by a *Periodontist* on a regular basis.

Let us ensure that all your hard work that has been accomplished is maintained. We look forward to seeing you.

- Dr. Robert J. Ryan

## turnthepage

Jaw Pain? Yawning can make it worse!

Alarming Statistics: Are you one of them?

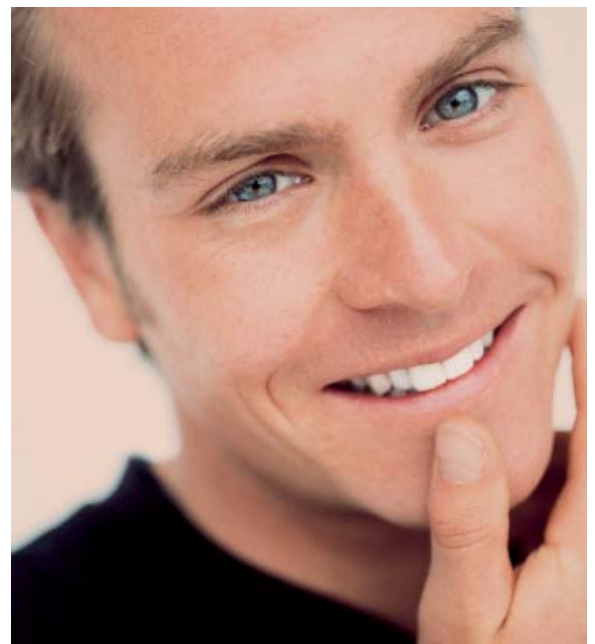
Is your weight affecting your teeth?

## Prevention Pays!

### The high cost of waiting 'til it hurts

If serious damage caused by dental disease hasn't convinced you to take care of your teeth, the high cost of repair eventually will. Most people still believe there's no effective way to deal with dental troubles, except to have them repaired after the harm is done. In fact, the high cost of dental work keeps millions of people from seeking treatment and repair. What isn't realized is that waiting until it hurts will hurt your pocketbook just as much in the long term.

Here's a simple lesson in dental economics. Consider that at 2004 prices, a one-surface filling costs about \$200. Untreated decay will spread, and you'll likely need a full crown. Price



tag: more than \$600. Wait longer ... and root canal therapy will take an even bigger bite out of your budget.

Gum disease is another expensive repair. In the early stages it's easy to treat, but left to run its course, gum disease can lead to several tooth extractions and a bridge or partial denture. These corrective measures can total thousands of dollars. If preventive actions aren't taken, teeth will be lost! This means extractions, dentures, periodic relines and replacements...

Still thinking of putting off that periodontal checkup? You can clearly see that prevention really is the only cost-effective way to deal with your dental future.

### Periodontal Stages



Between your tooth and gums is a space called the *sulcus* which, when healthy, is a crevice about two to three millimeters deep. When tartar and plaque invade, it deepens and is called a *pocket*, providing an excellent hiding place for bacteria.



# Dentistry Celebrates!

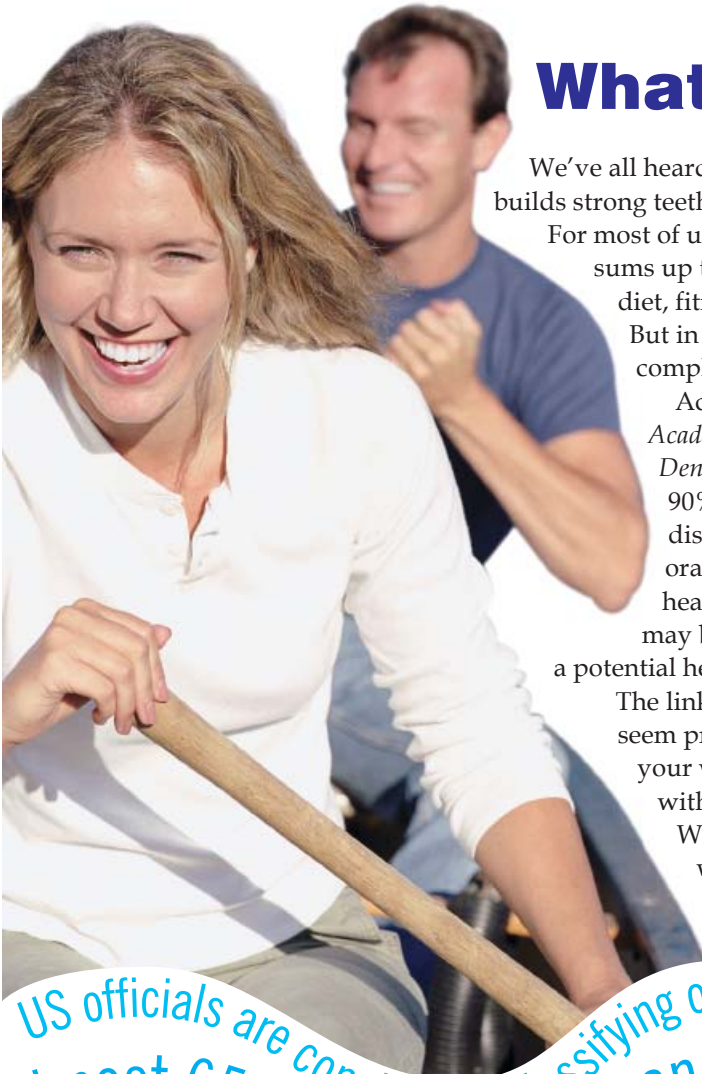
## Collaborative science ... making tooth regeneration possible

Dental science has come a long way since 1953 when Francis Crick and James Watson deduced the double helical structure of DNA. The pair built upon scientific knowledge that started with Darwin's principles of natural selection. Thanks to the advent of computers and international co-operation, scientists involved in the Human Genome Project have identified thousands of genes. A genome is a description or a map, of how, what, and even who we are.

Many fields of medicine and science have benefited, including dentistry. An exciting benefit? The possibility of eventually mastering the science of tooth regeneration – the ability to grow 100% real replacement teeth. And as with all scientific discoveries, there'll likely be many additional unanticipated benefits. Understanding the genetic code to human dentition is only a first step on the path to more discoveries.



Frank Corvino, NASA Johnson Space Center, Penn Eganoffo, Lockheed Martin



## What's All The Fuss About?

We've all heard that drinking milk builds strong teeth and healthy bones.

For most of us, that pretty much sums up the link between diet, fitness, and oral health. But in fact, it's way more complicated than that...

According to the *Academy of General Dentistry*, more than 90% of all systemic diseases show up orally. Your dental health care providers may be the first to identify a potential health problem.

The links may sometimes seem precarious. What *does* your weight have to do with your oral health?

Well, obesity – along with diabetes and cardiovascular disease – has

reached epidemic proportions. It has a direct link not only to these diseases, but to poor oral health through poor nutrition. Proper diet and exercise can go a long way to lessen the symptoms of these diseases.

What does this mean for you and your family? If you eat healthily and exercise to maintain weight and fitness level, you will be well on the way to avoiding cavities, periodontal disease, cardiovascular disease, and diabetes.

Keeping your regular recall appointments, and providing us with your medical and dental history, may help identify diseases in their earliest stages. And be sure to inform us of any recent health problems – even if they seem unrelated to your mouth.

**Our tendency to eat on the run – along with the easy accessibility of processed convenience foods, fast takeouts, sweets, and snacks – contribute to these alarming statistics:**

US officials are considering classifying obesity as a disease instead of a condition.  
Almost 65% of North Americans are either overweight or obese.  
Overweight is defined as roughly 10-30 pounds over your doctor-recommended healthy weight; obesity is 30+ pounds over.  
The annual medical spending attributable to overweight and obesity has exceeded some estimates of those for smoking.  
Deaths directly related to obesity have been estimated at more than 300,000 per year in the USA.  
British officials are considering a ban on fast food advertising aimed at children.

# Men's Oral Health

## Looking good on the inside *and* the outside

Traditionally, men have been more likely than women to ignore their oral health, even though it is linked with longevity and an attractive appearance. It's been said that many men take better care of their cars than their oral health! An *Academy of General Dentistry* survey found that 34% of men aged 30-54, and 56% of males aged 55-90 have gum disease. This tendency toward dental neglect may



be disappearing as more men are returning to the dentist's office because of – *surprise* – an increased interest in their appearance!

Grooming items for men have become a \$3.5 billion industry, and coinciding with this trend, men are increasingly requesting non-invasive cosmetic dental procedures like whitening, veneers, and bonding to improve their appearance.

**Bonding** can mask deep stains, repair small cracks or chips, and fill gaps. **Contouring** can reshape teeth, and **whitening** can brighten most smiles with ease. **Veneers** and **crowns** can restore damaged teeth to their original shape, function, and look.

Three out of four individuals believe that an unattractive smile can hinder careers. Improving your smile power is an excellent reason to make dental visits a regular thing. We'll always encourage you to maintain your oral health *and* your appearance.

## Do You Have These Symptoms?

Men are more likely to have periodontal disease than women, but periodontal disease should be of concern for the whole family. Periodontal disease occurs when plaque and tartar are allowed to build up. It is the leading cause of tooth loss among adults. Please call our office if you have any of these symptoms:

**Bleeding gums during brushing;**

**Red, swollen, or tender gums;**

**Loose or shifting teeth;**

**Persistent bad breath.**

## Yawn & The Whole World Yawns With You

Thinking about yawning, or seeing someone yawn, can make you yawn. So can listening to an audiotape of a yawn. And just reading this article could set you off ... but we don't know why.

Research suggests that we yawn when our state of alertness is changing. We know it isn't to get more oxygen – lungs can't sense oxygen levels, and pre-borns yawn even though their lungs aren't ventilated. Scientists think that yawning is a reflexive throwback to prehistoric times.

Extreme yawning can place stress on your jaws, causing them to lock or to become sore. Yawning can trigger symptoms of *Temporomandibular Joint Disorder (TMD)*, so if you suffer from TMD, just don't open too wide! And watch out... yawning is contagious!

Just don't open too wide



# Smiling With Dental Implants

They won't know if you don't tell!

Who wouldn't want to look better, speak better, eat better ... and smile more? Dental implants are now the treatment of choice for many people who need to replace missing teeth.

Interestingly, implants are considered by many dentists to be a more conservative intervention than traditional bridges or fixed partial dentures. They require only normal brushing and flossing to maintain oral health, unlike bridges that may make cleaning awkward. Because implants are anchored into the bone like the roots of your teeth, they act like natural teeth and preserve and strengthen the underlying bone. There is no need to shape adjacent healthy teeth, and there are no plates to affect comfort and fit.

An implant has two parts: a root made of biocompatible metal, and a custom-made tooth crown which is attached to it. Most implants are made

of titanium, an inert metal proven effective at fusing with living bone.

In one survey, patients who had their prosthetic appliances replaced with implants rated them nine out of ten - second only to natural teeth, and far above the two out of ten for their prosthetics! If you're worrying about your age ... *don't!* The oldest known implant patient is 88; the youngest 15.

Call us for a consultation. With implants, your friends won't know how you're looking so good - but you'll feel so great, you might just want to tell them!



## Transform!

We have the technology that can give you a confident and beautiful smile! Call today!



## officeinformation

**Robert J. Ryan, DDS, PC**  
601 West Central Road  
Mount Prospect, IL 60056-2379

### Office Hours

Monday 8:30 am - 3:00 pm  
Tuesday 9:00 am - 6:00 pm  
Wednesday 8:30 am - 3:00 pm  
Thursday 9:00 am - 5:00 pm  
Friday 9:00 am - 12:00 pm  
Saturday by appointment \*

\* Saturday hours for surgical procedures

### Contact Information

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Web site www.ryanperio.com

### Office Staff

Dr. Robert J. Ryan ..... Periodontist  
Doris ..... Receptionist  
Beata, Nancy ..... Dental Assistants

Brush • Floss • Smile



## Infertility Treatment Could Worsen Perio Disease

A common infertility treatment may produce symptoms in women indicative of periodontal disease, according to a study published in the Journal of Periodontology.

The study noted higher incidences of periodontal disease in women who received ovulation induction therapy for more than three menstrual cycles than those with similar plaque levels who did not receive treatment.

Research has shown that bacterial infections, such as gingival inflammation, bleeding and gingival crevicular fluid associated with periodontal disease, have been a cause of fertility difficulties.

The authors said that the symptoms are probably caused by boosts in progesterone and estrogen: gum tissue is very receptive to the latter hormone.

Women may experience bleeding or

swollen gums during menstrual cycle and pregnancy. Called menstrual gingivitis and pregnancy gingivitis, respectively, they are easily treated with attentive at-home care and regular dental visits.

## Free Implant Consultation



### Includes:

- Preliminary screening and radiograph(s)
  - Feasibility analysis
  - Tentative treatment plan
  - Consultation
- Please mention this ad when scheduling an appointment.

\*pretreatment workup may be necessary on complex cases.