



fromthedentist

A Gift For All Seasons

Every year at this festive time, our staff receives a surprise gift, and it is the same one every year. The gift I speak of is our overwhelming feeling of gratitude for you, our loyal patients. It is no small thing that you place such trust in our team of dental professionals, and we want to convey our sincere appreciation with a small gift for you...

Simply call us, and we will enter you in our draw for a free take-home whitening kit.

And while it is the season for recreation, relaxation, celebration, and appreciation, it is also the season for lists. This year, among the lists for groceries, gifts, times, places, and all those "things to do," there is one item we encourage you not to omit. Your smile!

Happy Holidays,

Dr. Robert Ryan & Team

turnthepage

You can get the look of luck!

Make a connection!

Guilt-free habits to keep!

Implants: A New Smile

Comfort and confidence again

Whether you're missing one or all of your teeth, there's now an exciting option that will help you smile with confidence again. Thousands of people are flashing smiles that have been beautified by implants, a fabulous tooth replacement technique that can be performed right here in our office.

Implants are made of special biomaterials that are surgically placed in the jawbone under your gumline. After a few months the implant becomes anchored to the surrounding bone. A natural-looking replacement tooth is then permanently attached to the implant to replace the form and function of a real tooth. Implants can be used to stabilize dentures and bridges, replace just one tooth or to rebuild an entire jaw of missing teeth. The best part is that they look and feel just like natural teeth.

Dental implants are reliable. Patients have retained them for more than twenty years with a better than 90% success rate. Most patients can receive implant treatments right in our office. We will use a local or general anesthetic to ensure comfort during the procedure.

Dental implants have helped thousands of people to eat, smile and speak with renewed self-confidence. Patients who practice good oral home care and regular dental checkups can enjoy implants that last a lifetime. We can help you decide if a dental implant is right for you. The investment in your smile is well worthwhile.



A healthy smile will last a lifetime!



Fight Oral Cancer

Is that a piece of food caught in your teeth? *Made you look!* And a good thing too. Sometimes patients are so nervous about what they'll find – especially oral cancer – that they just don't want to see. But visual monitoring is essential for early cancer detection. It's important that you check your mouth and 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.

Show & tell

With early detection, most oral cancer can be cured, yet 70% are identified at an advanced stage. That's why we always check your tongue, lips, cheek lining, and gums at every regular visit.

Screening for oral cancer is a team effort. We rely on you ... and you know you can count on us.

Success! What's *luck* got to do with it?

Lucky people smile twice as often and engage in more eye contact than unlucky people do. According to scientists, this leads to more social engagements, which in turn generates more chances for positive experiences. Cosmetic dentistry can give you the confidence to smile more ... maybe that's all the luck you need!

Whether you're looking to network socially or professionally, here are some cosmetic options...

- **Sparkle-up your smile** with teeth whitening. If you're considering

cosmetic dentistry for the first time, this simple procedure can produce striking confidence-building results.

- **Illuminate the shadows** with white fillings. Replace dark, older fillings with new natural-looking materials that can be matched to your enamel.

- **Generate a younger, more attractive smile** with bonding or veneers which offer value-added benefits! They can cover the deepest stains, repair cracks, chips, and rough edges, plus disguise gaps, re-proportion, and balance the appearance of your smile without braces.

- **Add strength and beauty** to your smile with natural-looking crowns. If your teeth have been weakened by root canal therapy, multiple fillings, or trauma, porcelain crowns will restore strength and improve appearance.

- **Create a more balanced and symmetrical gumline** with veneers or gum sculpting. Whether your gums have begun to recede or you have been longing to reveal the beautiful enamel under too much gum, we have a technique that will work for you.



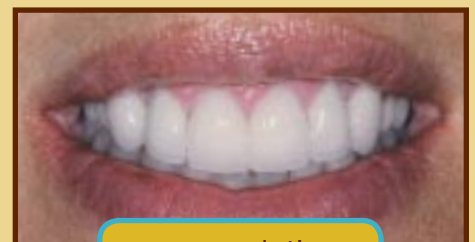
crowns & veneers



veneers



gum sculpting & veneers



IN A HEARTBEAT

Prevent periodontal disease

Periodontal or gum disease has been called the *Silent Disease* because initially there are no symptoms. If your gums are red, sometimes bleed when you brush, feel tender, or look swollen ... these are symptoms of periodontal disease. If your mouth tastes unpleasant ... that's another symptom. If your gums have receded... you may have had gum disease for some time. Receding gums, and bone and tooth loss, are unattractive alternatives to healthy gums. But there's more at stake! Gum disease has been linked to cardiovascular and other systemic diseases.

👉 Studies have found oral bacteria from gum infections in arterial plaque, and have also shown that therapy for periodontal disease lessens inflammation throughout the body.

👉 Poor oral health has been identified as a stronger predictor of heart disease than other risk factors such as low levels of good cholesterol, high levels of a clotting agent, and high levels of certain fats in the bloodstream.

👉 Long-term and short-term studies continue to clarify the links between oral bacteria, inflammation, and systemic diseases.

The Surgeon General in his *Report on Oral Health in America* said that the mouth is the gateway to the body, that you cannot be healthy without oral health, and that oral and general health are inseparable. Together, we can prevent and sometimes reverse gum disease. Brush, floss, and keep regular preventive, diagnostic, and maintenance dental appointments.

Sjogren's Syndrome?

Saliva has been called the barometer of the body. Among many things, it can reveal cavity and gum disease risk factors. For some individuals, like those with *Sjogren's Syndrome*, it's the lack of saliva that creates challenges and discomfort when speaking, eating, and swallowing.

Sjogren's Syndrome is an autoimmune disease caused by inflammation in the glands of the body. Inflammation of the salivary glands can lead to mouth dryness which can lead to swallowing difficulties, dental decay, gum disease, and mouth sores. While Sjogren's Syndrome appears to be inherited, about 20% of adults experience *xerostomia* – or dry mouth – that can be triggered by more than 650 drugs and several diseases, and which appears in some menopausal women. Are you one of the 20%? Let us help.

4

Great Habits...

Will keep your smile happy!

You know that excessive sweets and big second helpings aren't good for you. Neither are dental cavities. If you really have a sweet tooth, try to remember that cavities don't respect age or attitude... only good habits. Once you get into a routine, you may not need to worry about cavities again!

- 1 **Brush** at least twice a day – to remove food and plaque film from your teeth, gums, and tongue.
- 2 **Floss** once a day – to remove the plaque film from between your teeth where your toothbrush can't reach.
- 3 **Rinse** – plain water can be a great help after snacks or meals when you simply can't brush. It helps saliva, your natural buffer, to keep cavity-causing bacteria to a minimum.
- 4 **Visit us** – your dental team – regularly. Prevention is the best way to keep cavities away.

Cause For Concern

Periodontal (gum) disease

Periodontal disease is so common that estimates of those affected range from between 75% to more than 90%. It's an insidious bacterial infection that begins with no symptoms and can progressively affect the appearance of your gums, cause bad breath, and eventually lead to tooth loss which can

affect your ability to chew, speak, and socialize. It causes progressive bone loss which can alter the proportions of your face. Periodontal disease has also been linked to cardiovascular diseases, diabetes, osteoarthritis, premature births, kidney disease, oral cancer, lung disease, and Alzheimer's.

What causes it?

Plaque is a natural *biofilm* with its own ecosystem of bacterial environments. If this film is allowed to build up, it hardens into *calculus* which can cause gum inflammation and bleeding. Calculus can damage the natural seal formed by your gums against the migration of oral bacteria into your bloodstream. The earliest and most common stage of gum disease is called *gingivitis*. As it progresses, it's called *periodontitis*.

How can you prevent or manage gum disease?

It's very important that you

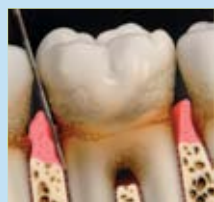


maintain a home care routine to prevent plaque from becoming calculus. Maintaining adequate nutrition and avoiding stress, teeth grinding and clenching, and tobacco can help. Keep your regular appointments so we can keep on top of things, because once calculus is formed, only your dental team can remove it. Thanks to modern dentistry, periodontal disease can be managed - and even reversed!

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.

office information

Robert J. Ryan, DDS, Ltd.

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

Office/Emergency (847) 506-1144
Fax (847) 506-1149
Email robert@ryanperio.com
Web site www.ryanperio.com

Office Staff

Dr. Robert J. Ryan.....Periodontist
Tatyana, Nancy.....Dental Assistants
Monika.....Office Manager

Brush • Floss • Smile



Information included is not dental or medical advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.

Dental Implants

Smile therapy!

Increasingly, people are choosing dental implants as the preferred tooth replacement therapy. A survey revealed that dental implant procedures have increased by almost 50% in the past five years. That's because people are discovering that implants look very natural and feel secure, allowing patients to speak clearly and eat easily. And because they help prevent bone loss, implants can help maintain a more youthful appearance.

Implants have improved since their invention in 1952. A titanium post is placed into the bone to support a single replacement tooth, or a frame for several. The post will become biologically fused to the jawbone, and the replacement tooth will be secured to this post, resulting in a natural-looking fully functional smile.

Stop The Recession

When you look in the mirror, you may notice that there are bigger spaces between your teeth than there used to be, and teeth may even look a bit longer - both indicating that your gums have pulled away from your teeth. Gum recession can be a symptom that something is wrong. It can be hard to notice at first because it happens so gradually.

In some cases, minor gum recession can be a normal sign of ageing - a natural erosion of gums and teeth. Bad brushing habits can be one cause but the major cause of gum recession is periodontitis (gum disease). An infection of the gum caused by a buildup of plaque and bacteria at the base of the teeth, will make your gums red and puffy. In time, the infection destroys the gum tissues and attacks the bone that supports your teeth. A procedure called a connective tissue graft can be performed to correct this defect and give you back your youthful smile.



Mixed Sources
Cert no. SW-COC-002303
© 1996 FSC

Contents may not be reproduced without permission from the publisher.
© PATIENT NEWS PUBLISHING (800) 667-0268
7606-W73-29434 ML07-1