

Where Illinois Smiles

AUTUMN 2004

www.WherellinoisSmiles.com

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DAVID RICE DDS

For Confident Smiles

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Oral Health connected to Overall Health

C After relocating his business to the Chicago area, Duane Heintz asked a friend to recommend a dentist.

With the recommendation of Dr. David Rice, Mr. Heintz also learned of his extensive continuing education in dental advancements.

In his fifties, Mr. Heintz wished to ensure his teeth last his lifetime. His exam did not reveal major problems, however, Dr. Rice found deteriorating tooth roots through X-Rays. Several appointments were arranged for gum therapy, followed by replacement of several silver fillings with mercury-free, tooth-colored material.

"While tooth-colored fillings give a natural appearance, this material actually bonds to the tooth. It is less brittle, wears like enamel and reduces the risk for cracks or tooth fractures," Dr. Rice says.

During his initial visit, Mr. Heintz relayed a deep-rooted anxiety associated with dental visits. *"It's a phobia of being in the dental chair although I don't know why I have it,"* Mr. Heintz explains. Dr. Rice reassured him that comfort is a priority and discussed the option of including oral sedation with treatment.

With each visit, Mr. Heintz gained a greater level of confidence and trust, helping him to be more comfortable with dental visits. *"Through my business, I'm very familiar with medical offices. Dr. Rice, the staff and the whole environment set a different tone when it comes to personalized care,"* he shares.

During one visit, an unusually high blood pressure was measured. Dr. Rice advised Mr. Heintz to see his physician soon. While Mr. Heintz had no reason to suspect his heart was at risk, this eventually led to bypass surgery.

These days, Mr. Heintz is regaining his health and overall well-being. *"My wife and*

I have always been committed to living a healthy lifestyle," he states. *"As far as my oral health, my objective is to keep my teeth and Dr. Rice has taken a realistic approach for that to occur."*



Mr. & Mrs. Heintz
Patients of Dr. Rice

Like Mr. Heintz, more adults are making oral health a priority. Research continually shows a correlation between oral bacteria and some serious health problems, including coronary artery disease, stroke, memory loss, preterm babies and diabetes. And the list grows as research continues.

The *"link"* between oral health and one's overall health is oral bacteria, which can enter the bloodstream. As the blood moves through the body, these bacteria can create major health problems.

The American Heart Association also shows how the number of teeth may reveal one's potential for stroke. For ten years, over 41,000 males were evaluated. While risk factors include high blood pressure and cholesterol, the number of teeth of these men showed a remarkable connection to the risk for stroke. Men with less than 25 of their own teeth when the study began were 57% more likely for stroke than men with at least 25 of their original teeth. Those with 11 to 16 teeth when the study began had a 74% greater risk than those in the 25+ group.

Dr. Rice and staff feel this knowledge makes patients better participants in creating a healthier America. *"We structure exams and check-ups so patients achieve and maintain good oral health,"* states Dr. Rice. *"These visits are proactive opportunities to ensure your oral health complements your overall health."*

Another Reason Your Hygiene Visits Have Greater Comfort

Our team is committed to providing exceptional care at every visit. As we clean your teeth, you may want to note our ultrasonic scaler. We are one of a handful of offices who utilize this particular unit, which was shown to be superior by an independent research association. This scaler enables us to control vibrations for gentle plaque removal.

Unlike units in most offices, this scaler is shown to be more effective, cause less bleeding and is more comfortable. It helps to break down bacteria, toxins, tarter and stain from tooth surfaces. It also has thin tips that can slide into narrow and deep areas for a thorough cleaning, often eliminating the need for more extensive gum therapy.

While we have been utilizing the advanced features of our ultrasonic scaler for over ten years, it is now reaping high praise for its superiority. We take great pride in knowing our patients receive care that is one step ahead of the norm!

Maximize Your Insurance Benefits

In November and December of each year, many patients arrange treatment to take advantage of unused insurance.



Because some treatments require more than one visit to complete, please

make appointments early. This helps treatment to be completed by a designated point so you receive maximum coverage.

Please **HELP US** so we can **HELP YOU** with the proper timetable for your care.

Are You More Susceptible To Cavities?

You'd rather avoid a cavity altogether than have it repaired – *Right?* That's what we want, too! Although daily home care and regular dental cleanings help prevent problems from occurring, some people are more susceptible to decay than others. The following can place you at higher risk:

High Level Of Bacteria – All people have bacteria in their bodies; however, two kinds (abbreviated as SM and LB) are especially harmful to teeth. Those with higher levels have greater risk for decay. These bacteria are also contagious.

Poor Saliva – Saliva helps to move bacteria out of the mouth. Certain medications, age, or particular foods and

beverages can contribute to dry mouth.

Deep Pits & Grooves – Back teeth, especially, have pits and grooves which can harbor bacteria. Some people have very deep pits and grooves, creating a warm, moist, dark hideout that is ideal for bacteria growth.

High Sugar Diet – Oral bacteria thrive on refined sugar. From this, an acid is produced which attacks tooth enamel.

Exposed Tooth Roots – Aging, overzealous brushing, or an improper bite can cause gums to pull away from teeth, exposing tooth roots. While this distracts from the appearance of your smile, it also increases the potential

for decay to occur in this susceptible area of the tooth.



Now that you know what “ups” your risk for cavities, here are some tips to help you prevent them in the first place!

◆ Keep your mouth moist by drinking plenty of water. If you are taking medications that are drying, ask your doctor or pharmacist if there are alternative medications that are less drying to your mouth. Decrease your intake of alcohol, caffeine and spicy foods. If you smoke, give it up!

◆ Bacteria levels can be controlled with antibacterial rinses that contain chlorhexidine, which combat bacteria in the mouth. A concentrated fluoride varnish can also be applied to teeth for added protection.

◆ Teeth with deep grooves and pits can be protected in several ways. Sealants can cover these areas on a temporary basis. For extended

NEW PATIENTS ALWAYS WELCOME!

Dr. Rice and his staff are always happy to welcome new patients. We appreciate your recommendations to others.

Thank you for sending new smiles our way!

protection, replacing fillings with inlays, onlays or crowns help to shield the tooth.

◆ Watch *what* you eat and *how often* you eat. Eat healthy, but keep in mind that anytime you consume a food or beverage (other than water), your mouth responds by producing acid. This acid attacks tooth enamel. The acid from refined sugar is most harmful.

◆ Be committed to your daily oral care regimen. Twice daily brushing and flossing will improve your potential for healthy teeth and gums.

Your regular care visits at our office are designed to help you maintain a healthy mouth. We know your goal is to NOT have dental repairs to your teeth. We hope these tips will enhance your “no cavity” goals!

Long Teeth → & Exposed Roots

does your smile look older than you are or want to look? Gum recession exposes tooth roots, making teeth look long. Recession can occur as part of aging or even from gum disease. Exposed roots are unappealing to your smile as well as heighten your risk for cavities.

Several methods can cover exposed roots, reduce further recession and protect vulnerable roots from decay. If you feel your gum tissue is pulling away from a tooth, ask Dr. Rice about options at your next visit.