

Where Illinois Smiles

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DAVID RICE DDS

For Confident Smiles

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For a Lifetime Of Confident Smiles!

a healthy smile is a tremendous asset to one's overall well-being. It is a fact that people who have their natural teeth live an average of ten years longer than those without teeth. Most importantly, when biting is stable and chewing is comfortable, food selections can include a variety of minerals, fiber, and protein-rich choices.

Although Rita's parents are both denture wearers, she is determined to enjoy her natural teeth for many more years. A patient of Dr. Rice's since he took over the practice of a retiring dentist, Rita is now very comfortable with dentistry.

As she neared the age of fifty, Rita began experiencing chipping and cracks on back teeth. She became concerned that she would lose these teeth and discussed her options with Dr. Rice. "He is a great dentist, absolutely wonderful. He told me what my options were and what it would take to get it done." Together, she and Dr. Rice decided to protect all back upper and lower teeth with crowns, which would also prevent further damage.

To best utilize her insurance coverage and blend appointments into her busy schedule, Dr. Rice structured her treatment in four segments. "We did four upper teeth on one side, then the four lower teeth on one side, and so forth," Rita explains.

Although each appointment was long, Rita says she was never uncomfortable. A patient who was once "terrified" of dental visits, Rita recalls how she used to "sit in the chair and shake."

Now, in Dr. Rice's care, Rita knows she is in gentle hands. "Dr. Rice and his staff make sure you are comfortable. He tells you what he is going to do and explains everything. Technology has changed so much and I realize now that it's not going to be painful."

With her teeth now protected with crowns, Rita has much to smile about! "I want to do everything I can to protect my teeth and my eyesight all my life," Rita states.

Her proactive approach to good health is a wise one according to Dr. Rice.

"Today's crowns have exceptional durability.

Their longevity is superb and the look and feel is natural," Dr. Rice explains. "Preventing



problems is an excellent way to enjoy good health and avoid treatment time and expense down the road. There is no reason why adults cannot enjoy comfortable, confident smiles throughout their lifetime."

Rita adds, "I believe that your dental experience begins with your dentist. I appreciate a dentist who keeps me informed."

To discuss options to restore, protect, or improve your smile, call (847) 741-2353 for a consultation or ask at your next visit.

ANTIDEPRESSANT DRUGS AND CAVITIES

Recent findings of the International Association of Dental Research in France warn that people who take anti-anxiety medications can commonly experience the reduced ability to create saliva. The study revealed that individuals on these medications have a rate of dental decay almost four times as high as normal.

The overwhelming incidence of gum disease in the United States contributes to tooth loss as well as other serious health repercussions. By increasing your awareness, we hope to greatly reduce your vulnerability.

Please let Dr. Rice know if you have begun taking these medications since your medical history form was last updated. Also, do not hesitate to ask questions if you have concerns.



Sleeping Problems Nothing To Yawn About!

if you're not getting a sufficient amount of sleep, the end results

can have significant physical and mental consequences. "As a dentist, I am concerned that many adults never associate teeth grinding and night-time clenching with sleep deprivation," states Dr. Rice. Clenching and grinding are just two of the many recognized "sleep disorders" by the American Medical Association.

For most humans, eight hours of sleep is the ideal. When sleep time is sacrificed or interrupted on a regular basis, the losses can be devastating. Sleep loss has been calculated at 90 billion dollars a year due to absenteeism, car accidents, lost

productivity, and medications. As little as six hours of sleep per night can result in some serious problems, such as:

- Problems with memory or concentration
- Irritability
- Greater susceptibility to infection

Sleep loss related to clenching or grinding teeth can often be easily resolved. Dr. Rice creates a custom-fitted mouthpiece that is small, comfortable, and prevents clenching and grinding.

If you are losing sleep, or feel clenching or grinding may be a problem for you (or even your mate), call us at (847) 741-2353 to discuss this concern.

Fixed Bridges To Replace Missing Teeth

If you lose a tooth, you can avoid unwanted problems and save remaining teeth.

A fixed bridge ...

- ◆ Replaces missing teeth
- ◆ Helps balance bite
 - Helps prevent trauma to the unprotected gum ridge
- ◆ Prevents elongated growth of opposing teeth
- ◆ Helps prevent decay
- ◆ Decreases the potential for gum disease

If the tooth was never visible, some wonder why replace it?

The arrangement of your teeth is a balanced system that provides proper support and stability. Losing a tooth can start a vicious cycle of ongoing oral problems. Typical problems include drifting or shifting teeth and an increased risk of gum disease and decay.

In a normal, healthy mouth, there is a natural balance of teeth. Each tooth has three or four companion teeth. These include the adjacent teeth on either side as well as upper or lower teeth that meet them. Upper and lower teeth work together to provide comfortable chewing function.

When a tooth is lost, statistics show that at least one companion tooth will also be lost. Then, the next closest tooth is subjected to

the same conditions. With each tooth lost, the problems are magnified and the cycle of tooth loss continues.

While a fixed bridge restores appearance and chewing function, it stabilizes the surrounding teeth. Fixed bridges are made of materials selected by Dr. Rice that are appropriate for your individual needs.

The placement process involves the attachment of the bridge to adjacent teeth. The existing teeth are prepared with crowns or inlays. The bridge of the

replacement tooth (or teeth) is then attached to the crowns or inlays and secured in place. The result is an appealing look and feel.

The best time to replace missing teeth is immediately after the tooth is lost.

Dr. Rice will make recommendations that will help you accomplish a confident, comfortable smile. During this discussion, he will answer your questions and explain all options of tooth replacement so you can select the preferred treatment.

FDA Approved Device For Migraines

An FDA-approved dental appliance, primarily worn at night, is gaining recognition as a proven treatment for migraine pain and tension headaches.

Over 20% of the population suffers from migraine pain and tension-type headaches. Dentists are successfully treating patients who experience headaches that result from strenuous clenching or teeth grinding during sleep by using a simple dental appliance during sleep.

The **NTI Dental Appliance** fits over the two front, upper teeth. It is comfortable and does not interfere with sleep. There are no adverse side effects to wearing the appliance on a long term basis. Yet, it prevents the severity of nighttime clenching that leads to headaches, tooth wear, jaw joint disorders, and facial muscle pain. Clinical trials submitted to the FDA showed 82% of medically diagnosed migraine sufferers experienced a 77% reduction of migraine pain attacks, on average.

"The beauty of this is how small it is," states Dr. Rice. "To grind your teeth or activate the muscles that cause headaches and strain jaw joints, one must first clench their jaw. If you place a small item, half the size of a pea, between the two front teeth, clenching cannot occur."

He adds, *"Even with an ideal jaw relationship, we all clench at times during sleep,"* he states. *"It is the intensity that provokes migraines and chronic headaches."*

Severe nighttime clenching can cause worn teeth, jaw joint tenderness, chronic headaches, and sore face and neck muscles. For chronic headache sufferers, Dr. Rice adds, *"This device is best for those who have been medically diagnosed. While the NTI can eliminate many headaches, a physician should be consulted first when head and neck pain exist."*

New Patients Welcome!

We are pleased that most patients are referred to us by existing patients! We always accept new patients and appreciate your recommendations to others!