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TEAM UPDATE

We welcome **Molly & Maryalice**, the newest members of our team!

Molly will be seen at the front desk and will aid in patient check-out and future scheduling. Her goal is to allow patients more time to have their questions regarding payments and future treatment desires answered and scheduled. Her computer knowledge and years of experience with our software program should make your checkout experience a pleasant one.

Maryalice, has taken over Erica's position as Dr. Wexler's chair side assistant and behind the scenes coordinator. She has shown us great promise with how quickly she has mastered the new techniques thrown her way. And if you like cheesecake, she is your gal!

Jerilyn should be no stranger to you anymore. She is the one who calls and confirms your appointments 24-48 hours prior to your scheduled appointment time, and reminds you to schedule your recall appointments. Congratulations Jerilyn on your new house and happy unpacking!

Judy, along with keeping the office well managed is getting more involved with coordinating and explaining treatment with our patients in order to make sure no questions are left unanswered. This will also allow her to more effectively coordinate our patients' insurance benefits and allow patients to get back to dental health in a more expedient manner.

Anna has been on our team the longest and leads our hygiene department. She is thorough, confident, and her knowledge of the hygiene part of dentistry surpasses all others I have seen.

Tish being our most experienced hygienist will make sure you get the most comfortable experience possible. She is a very lovely person and currently on "Cloud 9." I will not reveal the secret, but look at her ring finger! Congratulations Tish!!!

888-SMILE UPDATE

Thanks to all of our patients for your referrals, it's the best compliment you can give us. Welcome to all of those patients new to us.



One in three people suffer from Bruxism, a problem which can easily be identified by a dentist.

WHAT EXACTLY IS BRUXISM?

Bruxism is a term we use in dentistry to describe clenching and grinding of your teeth that can lead to destruction of the dental and surrounding tissue. Oftentimes, bruxism occurs unintentionally in our sleep and can lead to facial or dental pain. Bruxers may also bite their fingernails, pencils/pens, and chew the inside of their cheeks. Unfortunately, bruxism usually goes undiagnosed until it is too late because so many people do not realize they have the habit.

Bruxism sufferers tend to have certain types of personalities. They may have nervous disorders or just plain old stress. Bruxism can also be due to faulty occlusion where your teeth do not come together correctly. Pain, anger, and frustration can lead to the beginnings of a bruxism habit. Those people with competitive and fast paced lifestyles may also be at greater risk for bruxism.

Signs of bruxism occur over a long period of time, Your dentist or hygienist may make you aware of various signs including, but not limited to tongue indentations, tips of teeth which are flat, gingival recession, periodontal disease with or without signs of bleeding, jaw pain due to clicking and popping of the temporomandibular joint (TMJ), cold or chewing sensitivity in your teeth, and severe destruction and wear of your tooth structure leading to sensitivity.

During a routine exam, Dr. Wexler and his hygienists will check for physical signs of bruxism. If seen as a potential problem, Dr. Wexler will discuss the concern with you, and he may even discuss how to identify the habit so you can work on breaking the habit yourself. Sometimes once you identify the habit yourself, you can learn to control it. Other times, Dr. Wexler may discuss a custom made night guard or splint to help prevent future damage to your dentition.



888-SMILE UPDATE



Swimmers may be at risk of teeth stains. According to a study in the Journal of the American Dental Association (JADA), young athletes who swim more than six hours per week in chemically treated pools may develop brown stains on their teeth. One study showed 58% of swimmers between the ages of 6 and 18 across the U.S. had brown stains on their teeth. The chemicals in swimming pools combine with the swimmer's saliva to cause this brown tartar. The stains can usually be removed with a professional dental cleaning, but they tend to reappear as soon as within two months. For this reason, swimmers may need professional cleanings more often.



Are you unhappy with your smile, or even embarrassed? Have family members made you uncomfortable about how your teeth look? Call our office at 888-SMILE for a free cosmetic consult. We will customize a treatment plan for you by utilizing our "Smile Book" and spending time discussing your dream smile. Let us put a smile on your face with the latest advances in dentistry.

Did you know.....?

- We finally found a digital x-ray system that serves both our diagnostic needs and direct patient needs. Many of you will be pleasantly surprised when you have your next x-rays taken. We have found a digital x-ray system that not only significantly decreases your radiation exposure (>50%), but gives us better diagnostic capabilities, is more comfortable for the patient, and instantly appears on the computer screen. We are very excited!
- We have gone over two years without having to make any fee changes. In order to give you the exceptional care you have come to expect, and with the constant increase in the cost of living expenses and business expenses, you will see some of our fees increasing as soon as April 1, 2006. And yes, we will honor any past signed treatment plan fees for six months after they were signed.



WHAT IS GINGIVITIS & GUM DISEASE?

80% of American adults have some form of periodontal (gum) disease and many do not even realize it. "The beginning symptoms are usually painless, so many who are at risk do not recognize the signs and stages, according to a report in the September/October 2003 issue of General Dentistry." This silent tooth killer can go unnoticed until it is too late, and dentures may be your only option. Recent research is showing links to periodontal disease and several other more serious healthcare risks such as heart disease, stroke, low birth weight in babies, diabetes, osteoporosis, and others.

Firm and coral pink gums which do not bleed during flossing and brushing are signs of a healthy oral environment. When food debris builds up between the gums and teeth, a sticky material forms which is called plaque. Plaque contains bacteria and their by-products (toxins), which after 3 days harden on the teeth, becoming calculus (tartar). Calculus and the bacterial toxins cause the gums to become infected, red, and swollen.

Gingivitis, the beginning stage of periodontal disease, begins when the gums become tender, infected and bleed. Halitosis, or chronic bad breath, is oftentimes a sign of gingivitis and more advanced stages of periodontal disease.

If gingivitis goes untreated, the bacterial infection can advance to the bone and ligaments supporting the teeth, destroying them. More severe infections will develop and appear as gum abscess, pus accumulation, and swelling of gum tissues. Signs of this advancement can be loosening of teeth, gum recession, and spacing between your teeth.

Gingivitis can be treated by Dr. Wexler's dental professional team via a professional cleaning to remove the plaque/calculus build-up, oral homecare instructions including proper brushing/flossing techniques, and possibly prescribing oral mouth rinses or topical products. Treatment for more advanced stages of periodontal disease (periodontitis) is not as simple. Active periodontitis requires more serious measures for treatment which can include deep scaling and root planing of the teeth, extraction of the more seriously involved teeth, antibiotic therapy, and even gum surgery.

To avoid these potentially painful symptoms and treatments, it is important to catch and treat the disease process early on and to maintain your oral health at home via proper brushing and flossing techniques. Just another reason why we recommend you visit us at least every 6 months for a thorough dental exam.