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888-SMILE UPDATE

TEAM UPDATE

I'm very excited to introduce you, our valued patients, to our incredibly caring team. Our team is very tight and we have daily meetings discussing how we can best serve our individual patients like yourself. Our superb team consists of:

Adriana: an exceptional person and the leader of our team. From answering the telephones to checking out our valued patients, and everything in between, Adriana amazes me how she maintains her charisma and caring nature throughout the day. Her premium customer service background in dentistry is hard to match. We are lucky to have her.

Nita: our lead dental assistant and just an amazing person. She is one of those people who is hard not to love. Her positive energy and quirky sense of humor keeps everyone smiling.

Kayla: she started with us in October 2007 and quickly took over as the hygiene coordinator. Kayla has a background in customer service and will likely be the first person you will talk with when calling our office. Being new to dentistry, Kayla has opened the eyes of the rest of our team by bringing some fresh ideas on how to better serve our patients. Thank-you, and welcome to our team, Kayla!

Linsey: one of our newest additions to our team, Linsey will be our M,T, & W hygienist. You will find Linsey to be very educational and helpful with your oral hygiene needs. Linsey's professionalism and warm-hearted delivery will make your hygiene visits very comforting.

Heather: our other addition to our hygiene program, Heather's dedication to providing our patients the best hygiene care possible is extraordinary. Heather will be available on Thursdays and as needed M,T, or W.

WE WISH ALL OUR PATIENTS AND THEIR FAMILIES A HAPPY, HEALTHY, & SAFE HOLIDAY SEASON!

Visit us online at: www.888-SMILE.com

Don't forget to leave a message for Dr. Wexler on the office answering machine if you need him on weekends or holidays. You can also leave a message on his cell phone, 520-991-3453.

We appreciate all of you as patients. The greatest compliment you can give us is letting your friends know about us.

Are You at Risk for Oral Cancer?



Did you know one person dies every hour from oral cancer in the United States and 25% of oral cancers occur in people who do not smoke and have no other lifestyle risk factors. The American Cancer Society states that more women in the U.S. will be diagnosed with oral cancer this year than will be diagnosed with cervical cancer. The extremely common sexually transmitted disease, Human Papilloma Virus, has long been known to cause cervical cancer, and now studies suggest it also plays a role in as many as 22% of oral cancer cases.

In our continuing efforts to provide the most advanced technology and highest standard of care available to our patients, Dr. Wexler and his team are proud to announce the inclusion of the **ViziLite Plus** oral cancer screening exams as an integral part of our annual comprehensive oral screening program. Proven screening technologies such as mammogram, Pap smear, PSA and colonoscopy offer the same type of early detection of cancer. Oral cancer has the worst mortality rate of any cancer with an annual screening available.

ViziLite Plus is an easy and painless examination that gives Dr. Wexler the best chance to find any oral abnormalities you may have at the earliest possible stage. This exam is recommended on all patients 18 and older.

Dr. Wexler earned his Bachelor of Arts in biology from the University of Colorado, Boulder. He returned to his hometown of Chicago, Illinois to attend the University of Illinois at Chicago Dental School earning a Bachelor of Science in Dentistry in 1996, and his Doctorate of Dental Surgery in 1998. While there, he was awarded the *Best-Of-the-Best Award for Excellence in Prosthodontics*.

Dr. Wexler enrolled in an Advanced Education of General Dentistry residency at El Rio Health Center in Tucson. He and his wife, Allison loved the Tucson area so much that they decided to stay.

Dr. Wexler opened his dental practice, as their family grew.... They have three beautiful daughters, Lily (7), Bella (5), & Sage (3 weeks old), as well as their beloved adopted pets; Frisco & Reggie their dogs, and Violet their cat.



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Please help us serve our patients better by giving us at least 48 hours notice for any changes with your appointment times. This not only will avoid a \$50 cancellation fee, but will allow us time to fill our busy schedule with patients waiting to get an appointment. Thank-you, your cooperation is much appreciated!



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 MAXIMIZE YOUR INSURANCE BENEFITS IN 2008?

Call our office now and ask Adriana in order to avoid losing the insurance money due to you.

Fluoride helps strengthen our teeth, but should be used with caution. Start using a pea sized amount of fluoride toothpaste at 2 1/2 years old. Make sure your child spits it out to avoid a higher risk of fluorosis, or discoloration of the future permanent teeth. Fluoride is found in many foods we eat and daily supplements are not usually needed. A fluoride varnish at least every 6 months has been shown to decrease the cavity rate in children and adults exponentially. The fluoride varnish stays on the teeth longer than the oral rinses. Ask Dr. Wexler for more details.

Did you know.....

- The amount of radiation exposure in a full series of regular dental x-rays (18 films) is equivalent to fewer than 3 weeks of everyday exposure to our environment. The amount of radiation with digital x-rays can be as little as 1/5th the amount of radiation as regular x-rays. We have been using, DEXIS, the best digital x-ray unit available since January 2006. This unit not only allows us to minimize radiation exposure to our patients, but it also allows us to see more of what is occurring within your teeth and bone tissue. It makes diseases such as cavities, cancers, cysts, periodontitis, etc. much easier to diagnose.
- Dental insurance is not really insurance at all. It is actually a money benefit typically provided by an employer to help the employee pay for routine dental treatment. The employer buys a plan based on the amount of the benefit and how much the premium costs per month. Most dental benefits are designed to cover only a portion of the total cost. If you are unhappy with your dental benefits, it is best to talk to your human resource department or employer to possibly change plans. You can call Adriana to find out what some of the better dental insurance plans are.
- **Xylitol** chewing gum can help fight cavities? Xylitol is a natural occurring sweetener found in strawberries, raspberries, and some mushrooms. You can now find it in chewing gums like Trident and Orbit. It works by decreasing the acidity of your saliva so it slows the destruction of your teeth. It is best to chew after meals and only if you don't suffer from TMJ problems.
- Pretzels and crackers are foods that can cause cavities? Help fight tooth decay by avoiding foods and dietary habits which cause an acidic environment in your mouth. Avoid starchy foods like pretzels, crackers, cookies, along with other foods that stick to your teeth. Snack on fresh fruits and veggies and drink water instead of juices, sodas or drinks high in sugars. Cheese is a great snack and actually helps prevent tooth decay.
- **Note.** Dr. Wexler continues to take courses and investigates new technologies to better serve our patients. Lasers utilized to treat cavities and to use for various gum treatments in order to make our patients visits more comforting are his most recent interest.



WHAT IS PERIODONTAL DISEASE, I JUST WANTED A CLEANING!

80 % of the population has some form of periodontal disease (gum disease). Gum disease has two major forms: gingivitis & the more severe periodontitis. Periodontitis is a very serious dental disease and the major cause for tooth loss and loose teeth.

Gingivitis involves bleeding gums while brushing/flossing, mouth sores, bright red or red-purple or shiny gums, or gums tender to the touch. This is a reversible disease caused by specific bacteria.

Nearly 1 in 3 adults have some form of active periodontitis. Periodontitis is not reversible and involves the same signs and symptoms as gingivitis, discussed above, along with the loss of bone support and oftentimes gingival support (receding gums). The main cause for periodontitis is plaque (sticky film that forms continuously on your teeth) which turns into calculus or tartar (a hard substance which only a dentist or hygienist can remove) within 2-3 days. The bacteria in plaque produces toxins which cause redness and irritation which destroy one's gum and bony tissues around the teeth. When this occurs, the gum tissue peels away from the teeth and causes pockets to form which harbor more bacteria and plaque and tartar, and therefore, increase the seriousness of the disease. The probing measurements done during your hygiene visits check for these pockets.

Various factors can increase your risk of periodontal disease and are not limited to: smoking, systemic diseases (diabetes, autoimmune diseases, etc.), hormonal changes, poor nutrition, stress, genetics, medications, amongst others.

Patients with periodontal disease are at higher risks to various others diseases and health problems including stroke, low birth weight babies, cardiovascular diseases, preeclampsia, preterm labor, respiratory diseases, and others still unknown.

Periodontal disease diagnosis is often a surprise to patients since pain association is rare until the disease has progressed to a more severe state or exacerbates locally from trauma or a tooth problem.

Periodontal disease is normally a chronic disease process, which much like cancer, goes in and out of remission. The initial treatment regimen involves a procedure called scaling and root planing where plaque, tartar, and bacterial toxins are removed from the root surfaces below the gum line of your teeth, unlike the usual dental prophylaxis ("prophy") or cleaning which most of us are used to getting every six months where the healthy dentition are cleaned above the gum line. In order to keep the disease in remission (stabilized), it is required to see patients more than twice a year for a different procedure called periodontal maintenance. Unfortunately, this procedure is not always covered by your dental insurance, so their may be an extra out of pocket expense.