



# 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:** our backbone and leader to every-day operations and customer service. In addition to managing the team, she also covers phones and patient checkout along with customer care issues. How she does it all and still keeps a smile on her face throughout the days amazes us all. She is a real blessing to our team. Don't forget to ask her about her two beautiful grandchildren.

**Lilian:** our now primary hygienist for the last year and a half. For those of you who have not met Lilian, she has taken over Heather's Thursday slot along with her normal other three work days. Lilian is one of those people who will put you at ease when she says her first words. She is very calming and charismatic at the same time, and best of all, she will help guide you down a path of oral health that works for you. Adriana and I love having her on our team and know you will too.

**Linsey & Heather:** while no longer part of our team, are both doing well the last time we spoke. Linsey has a son, Riley (now 14 months), which most of you have seen a picture of hanging on our front office news board. Linsey and her new family live in Nebraska, closer to family, and Linsey is looking forward to starting working again as a hygienist.

Heather is on maternity leave and should any day be having her first baby. We all are very excited for her and her husband and wish them both great success with parenthood.

WE WISH ALL OUR PATIENTS AND THEIR FAMILIES A HAPPY, HEALTHY, & SAFE 2012!

Visit us online at: [www.888-SMILE.com](http://www.888-SMILE.com)

Don't forget to leave a message for Dr. Wexler & team on the office answering machine for non-emergencies. For emergencies 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.

## Why Does Dr. Wexler Question Me About Grinding or Clenching My Teeth, When I Know I Don't Do That?

Over 33% of us suffer from a chronic clenching/grinding habit known in the dental world as bruxism (see "Spring 2006" newsletter on our website for full article on bruxism). Over the last 5 years, I have seen signs and symptoms of bruxism in over 50% of my patients. Bruxism can lead to irreversible damage to your teeth and your temporal mandibular joints (TMJ). Most of us will have increasing episodes of bruxism when we have added stress in our lives, sinus or allergy problems, or while taking certain medications. When people say they have "TMJ," they usually are implying they have jaw/facial muscle pain and/or popping in their jaw joints. When you hear jaw sounds when you open and close your mouth, it is likely your TMJ has been permanently damaged. Bruxism can accelerate the damage, if not be the initial cause of TMJ destruction.

We have also seen a rise in patients diagnosed with sleep apnea and/or snoring. Sleep apnea is a very serious condition where one stops breathing during their sleep for extended periods of time (episodes >10 sec.) due to an airway obstruction. Some reasons your airway can become obstructed is due to large tonsils and adenoids (usually in children), large tongue, large neck or collar size, narrow airway, nasal obstruction, and obesity. Symptoms of sleep apnea include: restless sleep, personality changes, poor concentration, morning headaches, memory difficulties, depression, insomnia, frequent waking during the night to urinate, etc. Sleep apnea has been known to lead to serious health issues such as stroke, high blood pressure, heart arrhythmias, heart failure, and even death. People who suffer from sleep apnea and/or snoring will oftentimes have episodes of bruxism while sleeping. Sleep apnea is still best treated by a CPAP device which delivers a positive flow of oxygen to a person while sleeping, but some cases can be helped by utilizing a dental device (Snore Guard or type of splint) to move the lower jaw forward in order to open your airway while sleeping.

Part of Dr. Wexler's exam during your 6 month visits includes a bruxism and sleep apnea/snoring evaluation. When Dr. Wexler sees damage done to your teeth including excessive wear, pitting, fractures, chipping, or when you complain of cold and/or chewing sensitivity on your teeth, he may discuss bruxism and sleeping patterns with you, or he may suggest you consider a night guard or splint, be checked for sleep apnea, or consider options for treating a snoring habit.

**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 (10), Bella (8), & Sage (3), as well as their beloved adopted pets; Jessie their dog, and Violet their cat.



## 888-SMILE UPDATE



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.

Some of you have commented on why it is okay for us to call you asking to change your appointment time, sometimes the same day. These calls are done as a courtesy in order to avoid you from possible extended waiting time due to an uncontrollable emergency with another patient. If you prefer to keep your scheduled time, please let our caring team know.



### ASK US HOW YOU CAN GET YOUR SMILE BACK

Dr. Wexler has been doing smile makeovers for years. Check-out his "Smile Gallery" page on our website [www.888-SMILE.com](http://www.888-SMILE.com) or call 888-SMILE for a free cosmetic consultation and view other smiles Dr. Wexler and his team designed in their "Smile Book." Don't forget to bring old pictures or magazine pictures of what your dream smile will look like.

**Warning:** If you are taking medications for osteoporosis (Actonel, Boniva, Fosamax, or other bisphosphonates), you may be at risk for a devastating condition known as osteonecrosis of the jaw after certain dental treatments. Even though the likelihood is <1% if taken orally, it is important to discuss with Dr. Wexler.

**DON'T FORGET ABOUT OUR REFER-A-FRIEND PROGRAM WHERE YOU CAN EARN VALUABLE GIFT CARDS. DOWNLOAD THE FORM ON OUR WEBSITE [www.888-SMILE.com](http://www.888-SMILE.com)**

### Did you know.....

- 80% of the population has some form of **periodontal disease (gum disease)**. Gum disease has 2 major forms: gingivitis & the more severe periodontitis. Periodontitis is a very serious dental disease and the major cause for tooth loss and loose teeth. Both periodontal diseases are linked to specific bacterial infections, but gingivitis is the only one that can be cured. Gingivitis involves bleeding gums, whereas, periodontitis involves the loss of gum tissue and/or bone surrounding the teeth which will never grow back. Stress, smoking, hormonal changes, poor nutrition, medications, and systemic diseases (diabetes, autoimmune diseases, etc.), amongst others are factors that can increase your risk of periodontal disease. Patients with periodontal disease are at higher risks to various other diseases and health problems including stroke, low birth weight babies, cardiovascular diseases, preeclampsia, preterm labor, respiratory diseases, and others still unknown. Keep in mind, periodontal disease is normally a chronic disease process, which much like cancer, goes in and out of remission. Proper homecare and regular suggested dental visits will help us properly treat and keep your periodontal problem in remission.
- 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
- **Note,** Dr. Wexler continues to take courses and investigates new technologies to better serve our patients. We are proud to offer our patients laser cavity detection via the **Diagnodent**, oral cancer screening via **Vizilite**, and **Digital X-rays to reduce radiation by as much as 80%!**

## A Laser to Diagnose Cavities?

Many of you have heard Dr. Wexler and Lilian talk about whether we should take out the laser for the doctor's portion of the exam. The LASER we are talking about is called the Diagnodent. This LASER diagnoses the depth of cavities in tooth structure and deciphers cavities from stains caused from foods we eat or habits we have such as smoking or chewing tobacco, which stains our teeth similar to the stains caused from cavities. Dr. Wexler had participated in research with the Diagnodent in the past and has found it to be over 98% effective in diagnosing when to treat a cavity and when to monitor one. The Diagnodent is very beneficial to the patient by allowing us to treat a cavity when it is small, instead of when it causes a patient discomfort or pain. The majority of the time when a patient has pain due to cavities, the tooth will require more than a simple filling, and often-times, it will require a larger procedure such as a root canal and/or a crown which is much more involved and costly to the patient. When having cavities treated after being diagnosed with the Diagnodent, a local anesthetic ("shot") oftentimes is not necessary. Dr. Wexler may give you the option based on your preference.

### YES! A SUGAR THAT FIGHTS CAVITIES

Did you know **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 slows the destructing of your teeth. It is best to chew after meals and only if you don't suffer from TMJ problems.

A local dentist is developing a new soft drink that uses **Xylitol** as its sweetener so be on the look-out for Kurij in your favorite supermarket.

### Does Your Spouse Keep You Up at Night From Snoring?

Dr. Wexler would be happy to discuss with you how a **Silent Nite** snore-guard will allow both you and your spouse a peaceful night of sleep.