

Oral Health

Operation Smile has been helping children around the world with cleft lips and palates for 35 years, and they're just getting started.

LEARN
how 'This Is Us' star
Chrissy Metz's oral
health advocacy
provides smiles for
children everywhere

BROWSE
more stories online,
including creative
ways to make your
kids' toothbrushing
routine more fun



Spreading Smiles:
Discover how Operation Smile has been inspiring smiles worldwide for 35 years and how you can be involved today. [Page 7](#)



Fixing Gums:
Gum disease is the most common disease in the United States. But what are the facts about treatment? [Page 10](#)



Improving Outcomes:
The AAOM is educating patients and physicians on the types of oral issues found in the exam room. [Online](#)

3 Easy Ways to Care for Your Oral Health

Be mindful of your oral health because you may not realize it, but it affects every aspect of your life.

Research indicates there are associations between dental health and a variety of conditions, including diabetes and heart disease. Until you have a problem, however, it can be too easy to take your dental health for granted. Caring for your mouth shouldn't be difficult or time-consuming. Here are three easy ways to improve your dental — and your overall — health:

1. Brush and clean between your teeth daily

Both children and adults should brush their teeth twice a day, for two minutes each time. The size and shape of your brush should fit your mouth, allowing you to reach all areas easily. You'll want to make sure to replace your toothbrush

every three to four months (or sooner, if the bristles are frayed). A worn toothbrush won't do a good job of cleaning your teeth. When shopping for a toothbrush and fluoride toothpaste, look for products that have earned the ADA Seal of Acceptance, which have been evaluated by independent scientific experts for safety and effectiveness.

Flossing was a hot topic in the news last year, but don't be fooled — you still need to clean between your teeth every day. Cleaning between teeth is important because your toothbrush doesn't reach the space between your teeth. That means that plaque between teeth is not removed by brushing; flossing can be an effective way to avoid having it harden into calculus or tartar.

Flossing may also help prevent gum disease and cavities. The ADA recommends cleaning between



Gary Roberts, D.D.S.
President, American Dental Association

your teeth once a day. Should you do it at night or in the morning? Before you brush your teeth or after? It doesn't matter. Just do it, and do it every day.

2. Maintain a healthy diet

For healthy living and for healthy teeth and gums, think before you eat and drink. It's not only what you eat but when you eat that can affect your dental health. Eat a balanced diet and limit between-meal snacks. Empty calorie foods — like candy, desserts and chips — have been proven to lead to tooth decay. Sugar-containing drinks are particularly harmful because sipping them causes a constant sugar bath over teeth, which promotes tooth decay.

Sipping water is actually one of the best things you can do for your teeth, especially if it's fluoridated.

It washes away leftover food and residue that cavity-causing bacteria are looking for. It also dilutes the acids produced by the bacteria in your mouth. You'll still need to brush twice a day for two minutes and clean between your teeth, but drinking water throughout the day will go a long way toward keeping your smile cavity-free.

3. Visit your dentist regularly

Regular dental visits are important because cleanings can help prevent problems from developing. In addition, your dentist can find dental health problems early on when treatment is simpler and less costly. Visiting your dentist regularly is also important because signs and symptoms of some diseases can first appear in the mouth. Your dentist can help spot these before bigger problems emerge. ■

Publisher **Mary Clare Reid** Business Developer **Jessica Berman** Managing Director **Luciana Olson** Content and Production Manager **Chad Hensley** Senior Designer **Kathleen Edison** Designer **Celia Hazard** Copy Editor **Adam Sass** Production Coordinator **Josh Rosman** Contributors **Karine Bengualid, Faye Brookman, Douglas Fain, Dawn Gregg, Jill Malmgren, Nicole Ortiz, Gary Roberts, Adam Sass, Harold Smith** Cover Photo **Marc Asher**
All photos are credited to Getty Images unless otherwise credited. This section was created by Mediaplanet and did not involve USA Today.



KEEP YOUR FEED FRESH. FOLLOW US @MEDIAPLANETUSA



EMAIL CONTENT INQUIRES TO EDITORIAL@MEDIAPLANET.COM



PLEASE RECYCLE AFTER READING

Don't lose sleep over Dry Mouth

Get relief with **OraCoat** **XyliMelts**
for dry mouth

XyliMelts® discs adhere to gums or teeth and provide temporary relief of dry mouth, day or night, even while sleeping.[†]



- Slowly releases 1/2 gram of Xylitol to coat, moisturize and lubricate[†]
- Stimulates saliva[†]
- Discreetly sticks to gums or teeth
- Long lasting



All-natural[†]

**CALL NOW for
FREE SAMPLES:**
855-275-4766
(Limit: one free sample per household)

Available at:



**Rated Most Effective
by Dentists***

Clinicians Report*, March 2016
Dry Mouth Survey Results

*Survey of 1168 dentists, March 2016 Clinicians Report®, an independent, non-profit, dental education and product testing foundation. Full report available at oracoat.com
[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Can Lasers End Being Afraid of the Dentist?

By Adam Sass

SPONSORED

BIOLASE

Like laser eye surgery before it, laser dentistry is changing the entire game - making patients healthier and less anxious.

"I started with lasers 10 years ago," says Dr. Sanda Moldovan, a Beverly Hills laser periodontist. "My first periodontal laser surgery was on a patient who had had traditional surgery. [Afterward, the patient] told me the pain was much less. They didn't have the usual swelling. I never want to go back to the traditional way. Lasers are here to stay."

Dr. Moldovan reports better patient results across the board with lasers. "The whole health industry is trending toward minimally invasive procedures. Better healing means better comfort. [Laser surgery] improves the patient's comfort and their ability to go back to work. They feel more relaxed and at ease."

Superior tools

"In the history of surgery, we used to make large wounds for access so it could be open enough to see inside," explains Dr. Samuel Low, Chief Dental Officer at BIOLASE, a developer and manufacturer of dental lasers. "With lasers, we make micro-incisions. The width of a blade - even the smallest one - is still wide. But the energy coming off the tip of the laser is much smaller. Only 0.4 millimeters in diameter, on average."

This allows for more conservative dentistry, according to Harold

Flynn, CEO of BIOLASE. "Lasers are more efficient for the patient," says Flynn. "They let you get more dentistry done in one sitting. Traditional drills can actually create micro-cracks and chips. With lasers, you can just go after the cavity, take away only the diseased portion of the tooth and reduce future restorative issues."

Reduced recovery

The precise nature of lasers means less healing time for the patient. "Laser is energy," explains Dr. Moldovan. "The energy involved goes beyond just the laser tip. We can't see it. Laser energy penetrates past the bone and gum tissue. It speeds up the metabolism of the cell for healing and decreases the pain molecules that are released after surgery."

Dr. Moldovan describes the ease with which her patients can now get their necessary dental work done: "We have someone

with a gummy smile, we use a laser to reveal more of the teeth. The laser can evaporate all that gum without bleeding. I had a patient get a gum lift in the middle of their work day and go back to work without [the need for] pain medication."

No pain, no fear

Nobody understands (and dreads) people's fears of sitting in the dentist chair more than dentists themselves. "Children can be treated without needing scary and painful shots," says Flynn. "This decreases their anxiety greatly. A lot of adults with anxiety about going to the dentist had a traumatizing experience getting a shot as a child. Minimizing such trauma is the benefit of minimally invasive microsurgery." "All of our clinical research not only looks at our clinical outcome but patient-related outcomes," says Dr. Low. "How does the patient feel the

next day? Rarely do I send anyone back with a script for opioids."

There's an invisible benefit to creating an atmosphere of less fear and anxiety around getting into the dentist's chair: not avoiding dental work. "One of the biggest misconceptions surrounding gum disease is that because someone doesn't have any warning signs [i.e. bleeding gums, loose teeth], they're therefore okay," says Dr. Low.

"It's about inflammation of the gums," he continues. "If they have gum disease, it doesn't only have to do with their mouth. There is a direct relation between gum disease and heart disease. There's an indirect relation between gum disease, diabetes and preterm low birth-weight babies. It's the inflammation. People walk around with untreated inflammation, and it adversely affects total body health." If lasers help the dentist's chair seem friendlier, they could be saving lives. ■

SWEET TEETH

8 Tips to Keep Your Dentures Clean

By Karine Bengualid

Dentures aren't just for grandparents anymore. And these days, who can tell them apart from real teeth?

Welcome to the world of dentures. We've been expecting you. Regardless of the reason that brought you here, let's make sure you take proper care of those dentures.

1. Listen to your dentist.

Speak with your dentist about the denture cleaner they recommend. Always look for the American Dental Association Seal of Acceptance on the box or bottle. P.S.: Try not to gargle, swallow or chew denture cleaners. Trust us.

2. No toothpaste.

It probably goes against everything you hold true, but unlike your real teeth, toothpaste might actually harm your dentures. The products in toothpaste that clean the enamel on your teeth are too harsh for your dentures.

3. Use hand soap or dishwashing liquid.

Believe it or not, these are acceptable to clean your dentures. Just be cognizant that most other household cleaners are also too harsh on your dentures. When in doubt, speak with your dentist.

4. Brush, brush, brush.

Just like your regular teeth, it's important to brush your dentures every day. Food can deposit and plaque can build up. It's always best to use a denture brush since these are designed specifically for dentures, with soft bristles (avoid hard bristles) arranged to fit the shape of dentures.

5. Small partials.

If your partial dentures are small, have a safeguard in place in case you drop them down the sink. Closing the sink drain or cleaning them over a towel on the counter are good habits to practice.

6. Rinse, apply, brush.

Before anything else, rinse your dentures to remove any food. Then apply the denture cleaner with a wet brush. Try to avoid bending or damaging the plastic attachments, as this will require an unwanted visit to the dentist.

7. Keep moist.

When sleeping, or not wearing your dentures for an extended period of time, be sure to place them in either a soaking solution or some water. This will help keep their shape.

8. Rinse and repeat.

Always rinse your dentures before putting them back in your mouth, whether it's after brushing or after an evening soak.

When Sleep Grinds to a Halt

Is the teeth grinding of sleep-related bruxism getting in the way of your rest?

Sleep-related bruxism is a common sleep disorder that involves regular or frequent tooth grinding sounds that occur during sleep. These sounds can be unpleasant and disturbing to both you and your bed partner. The grinding also can be loud, which can cause brief arousals from sleep.

A common sign of sleep bruxism is abnormal tooth wear. Other warning signs include jaw muscle pain or jaw locking in the morning. Many people who have sleep bruxism also have painful morning headaches. Most normal sleepers have occasional jaw muscle contractions during sleep. However, these contractions are more frequent and more intense in people who have sleep bruxism. A person with severe sleep bruxism has more than four episodes of jaw muscle contraction per hour of sleep.

Common issues

Sleep bruxism is most common during childhood, occurring in about 14 to 17 percent of children. It occurs in less than 10 percent of adults, affecting men and women equally. In some adults, sleep bruxism may be related to stress or anxiety.

Sleep bruxism also is common in people who have obstructive sleep apnea, which is a chronic disease that involves repetitive episodes of complete or partial upper airway obstruction during sleep. Untreated sleep apnea increases your risk for damaging health problems such as high blood pressure, heart disease and stroke.

Common solutions

Sleep bruxism is commonly treated with an occlusal splint. This is a mouth guard that is custom-fit by a dentist. It protects your teeth and reduces the sound

of tooth grinding while you sleep. Cognitive behavioral therapy techniques, such as muscle relaxation, may also help reduce episodes of sleep bruxism.

If your doctor determines that you have sleep apnea, then one treatment option is to get an oral appliance that is custom-fit by a qualified dentist. It supports the jaw in a forward position to help maintain an open upper airway during sleep. In addition to treating sleep apnea, oral appliance therapy may reduce sleep bruxism in people who have both problems.

Talk to your dentist if you are concerned that you or your bed partner may have sleep bruxism because getting help is good for your teeth and your sleep. ■

By Harold A. Smith, D.D.S.,
President, American Academy
of Dental Sleep Medicine

GRINDING YOUR TEETH
CAN BE ENOUGH PRESSURE
TO CRACK A WALNUT



STOP THE PAINFUL GRIND.
PROTECT WITH

DenTek



DENTEK™ DENTAL GUARDS
Snug, Comfortable, Protection.



Protect with **DenTek**
Use as directed

© 2017 Prestige Brands

Efferdent



**New & Improved
With More Oxi-Action**



**Attacks Plaque
Between Dentures!**

Efferdent

Anti-Bacterial Denture Cleanser
Use as directed

© 2017 Prestige Brands

Good Oral Care May Extend Your Pet's Life

By Faye Brookman

Often overlooked, pet oral care is as important as a well-balanced diet, exercise and yearly checkups.

"Maintaining pet oral health can help reduce the risks of many issues that can prolong their life," says Dr. Christine Newman, owner of Harlingen Veterinary Clinic in Belle Mead, N.J.

Inside the issue

Harmful types of bacteria hiding in the mouth are suspected to increase the risk of kidney disease, heart problems and could even complicate diabetes. A glimpse into your pet's mouth by a professional can also lead to early detection of cancerous tumors.

According to the American Animal Hospital Association (AAHA), 80 percent of dogs and 70 percent of cats will have some evidence of periodontal disease by their third birthday that could benefit from professional therapies.

A veterinarian is the best first line of defense because they can gauge oral exams at yearly checkups. When deemed beneficial, veterinarians perform evaluation

and treatments under anesthesia so the pet stays still, ensuring safety for both the animal and the physicians.

Healthy habits

Red flags you can look for on your own include pet odor—making it unbearable to go "nose to nose" with your furry pal—along with bleeding from the mouth, decreased appetite, dropping food or messy eating, avoidance of drinking cold water and swelling of the jaw or under the eyes.

"Maintaining pet oral health can help reduce the risks of many issues that can prolong their life..."

Daily brushing with a pet friendly toothpaste (not a human version, which can be toxic) is recommended along with the use dry pet food, low-fat animal treats and other products designed to enhance pet oral health. ■



PHOTOS: COURTESY AMERICAN ANIMAL HOSPITAL ASSOCIATION

CARE FOR HIM LIKE YOU CARE FOR YOURSELF



**DENTAL.
VITAMINS.
ALLERGY CARE.**

PROSENSE

Inspiring Smiles Worldwide for 35 Years with Operation Smile

By Nicole Ortiz

After taking a trip to Naga City in the Philippines, Dr. William Magee and his wife Kathleen found themselves in a precarious situation: They wanted to help every child suffering from a cleft lip and palate across the world.

“At least 300 kids came in to see us in Naga City, and we took care of maybe 40 and had to turn over 250 away,” said Dr. Magee. “Without a doubt that was probably one of the most emotionally distressing moments of all our lives.”

With a shared love for children and helping others, the couple embarked on the ambitious endeavor together. Since Operation Smile’s foundation in 1982, they have provided more than 300,000 children in 60 countries with safe surgical care.

Founded with love

Operation Smile is dedicated to bettering lives and puts a strong emphasis on the emotional connection formed between its volunteers and its patients. Dr. Magee shared that he always makes a point to tell parents that they have a beautiful child, “because that child is beautiful, and [I] can see past that deformity.”

Dr. Magee attributes much of Operation Smile’s success to love: “Love by definition is self-sacrifice. Love is the decision to make some-



PHOTO: ZUTE LIGHTFOOT



PHOTO: PAUL FETTERS

body else’s problem your problem. I think the beauty of medicine is that you get to share love every single day.” He believes that once you connect with a patient and the burdens they’re shouldering, you become bonded with them on a deeper level.

Emphasis on preparedness

Much of Operation Smile’s future plans center around training more volunteers — not just surgeons, but nursing staff, anesthesiologists and other integral

members — and focusing efforts on research studies. They’re also attempting to get through the backlog of patients they have while instilling a value in safe surgery. “We’ve been very focused on creating the infrastructure of safe surgery so that, although we’ve taken care of somewhere around 300,000 children, what we’ve left in those places that we’ve visited is an infrastructure that promises to take care of anybody who comes into those operating rooms,” said Dr. Magee. ■

TIPS & TRICKS

Cavities Are Not
Supposed to Happen

Though many think of cavities as a “normal” part of growing up, the truth is that cavities really shouldn’t be happening.

With 60 percent of children affected by tooth decay by age five, it’s easy to believe that cavities are just a normal part of life. But tooth decay, especially in children, can be prevented by developing positive oral health behaviors from an early age. Here are three simple steps you can take to ensure your child enjoys a lifetime of good oral health:

1. Make dental visits a priority.

While most parents would never miss their child’s medical appointments, dental visits are often delayed or skipped completely. Visit a pediatric dentist once every six months, starting at age one or when teeth first begin to erupt, to ensure any identified problems are quickly resolved.

2. Commit to regular home care.

Daily brushing and flossing go a long way in preventing cavities in children. Brush for two minutes, twice per day, with a fluoride toothpaste in the morning and before bed. Floss at least once per day.

3. Make water your drink of choice.

Sipping juice, soda or other sugary beverages throughout the day produces acid that can severely damage children’s teeth. Make water your child’s default beverage, limiting other drinks to mealtimes only. Never send a baby or toddler to bed with anything other than water in their bottle.

Cavities should be the exception to the rule, not the norm. Keeping your child’s teeth healthy can help them avoid painful cavities, dangerous infections, sleeplessness and an array of other serious health consequences. Taking a moment to evaluate your daily routines can make all the difference in ensuring your child has a happy, healthy smile.

**By Jill Malmgren, Executive Director,
America’s ToothFairy: National Children’s
Oral Health Foundation**

Chrissy Metz Wants to Help Children, One Smile at a Time

Hollywood is home to some of the most beautiful smiles in the world. One of the women behind those smiles, “This Is Us” star Chrissy Metz, talks about the importance of Operation Smile and bringing awareness to cleft lips and palates.

By Karine Bengualid



PHOTO: ANDREW MACPHERSON

people’s lives,” Metz says. “I’m grateful to know there is a solution and [that] I can be a part of it.” With a simple 45-minute surgery, the results are seen (and felt) almost immediately by both the patient and families.

More than a smile

These surgeries aren’t just about fixing the ‘appearance’ of cleft lips and palates, but resolving and preventing other, more serious problems. Eating and drinking are affected, as the food and liquid needs to be redirected; chronic ear infections and potential hearing loss can occur as a result of fluid build-up in the ears; dental problems occur such as missing, malformed, extra or displaced teeth; speech impediments or difficulty speaking could also form.

Contrary to what some might think, the surgery costs less than \$300 and can help a child in more ways than one. Because cleft lips and palates are one of the most common birth defects in America, it’s important to speak up about the potential problems and dangers they can cause, as well as sharing how affordable the remedy actually is. Although the cause of cleft lips and palates is still unknown, what is known is the cure the effects of which are life-altering.

“With Operation Smile, you see the results,” says Metz. “You understand the quality of life and the basic needs are essential, and everyone has the right to that.” ■

Chrissy Metz wants to spread awareness of Operation Smile, as well as the impact cleft lips and cleft palates have on kids and adults. Operation Smile started in 1982 and has since grown to be the oldest and largest volunteer-based charity that offers free surgeries for kids born with cleft lip and/or palate or other facial deformities in developing countries.

Cleft lip means that, during pregnancy, when the tissue doesn’t completely join at the lips, it causes an opening in the upper lip that can be either small or rather large and run into

the nose. It is also possible for the same thing to occur when the tissue in the roof of the mouth doesn’t completely come together before birth — this is known as cleft palate. According to the CDC, more than 7,000 babies are born with cleft palate, cleft lip or both each year in the United States.

One surgery at a time

Metz first became involved in supporting this cause when a close family member was born with a cleft lip and palate. Seeing how this birth defect affected her family, especially the child, she decided to become an ambassador for Operation Smile.

“It’s incredibly exciting to be a part of a cause that completely transforms

It used to take weeks to make a dental crown.
Now it just takes a dentist with CEREC.®

Call **1-800-DENTIST** or Visit
www.1800dentist.com/CEREC
to book an appointment today.



Not every dentist does everything the same way. Some use advanced dental technologies. Need a crown? Some dentists use CEREC – it makes a custom, permanent crown in a single visit. No temporaries, no return appointments. It's awesome. And the easiest way to find dentists like these? 1-800-Dentist – it's the fast, free way to find the right dentist. Need one that's close to work? Good with kids? Or that uses technology like CEREC? We're here 24/7.

Call **1-800-DENTIST** or Visit **www.1800dentist.com/CEREC**
to book an appointment today.

Find a Dentist with Awesome.

Need a crown? CEREC makes a permanent crown in minutes, in your dentist's office. And it's easy to find a dentist who has one: 1-800-Dentist.



- Thousands of trusted dentists
- Live help from referral specialists
- Insurance matching
- Same-day appointments
- 24/7 emergency help
- Book appointment online

**We ask what's
important to you:**

- | | | |
|--|---|--|
| ☒ My Insurance | ☒ Near Home | ☐ Chair TVs |
| ☐ Convenient Hours | ☒ CEREC | ☒ Reviews |
| ☒ Play Area | ☐ Wi-Fi | ☒ High Quality |

**We find a match, and
make an appointment.**





WISE UP

Understanding the Wisdom Behind Extracting Wisdom Teeth

Although your wisdom teeth may not be causing you any pain, are they silently risking your health?

A family dentist recommends a teen patient visit an oral and maxillofacial surgeon (OMS) for removal of his wisdom teeth. But what if he's not experiencing any problems with the teeth right now? What OMS's want every patient (and parent) to know is that pain-free doesn't mean problem-free when it comes to wisdom teeth.

Third molar risks

Wisdom teeth, clinically called third molars, are those teeth in the back corners of the mouth that grow in the late teens or early 20s. Even wisdom teeth that are symptom-free pose an increased risk for chronic oral infections, periodontitis and tooth decay, according to results of a seven-year clinical trial conducted by researchers for the American Association of Oral and Maxillofacial Surgeons.

Wisdom teeth need to be extracted when they are unable to properly enter the mouth. They may grow sideways, emerge only partially or even remain trapped beneath the gum and bone. These "impacted" teeth can cause many health problems, even tumors or cysts around the roots that can destroy the jawbone and nearby healthy teeth. Partially erupted teeth may allow bacteria to grow, potentially leading to gum disease (gingivitis) that causes swelling, stiffness, pain and illness.

Oral bacteria associated with periodontal disease have been linked to more serious health problems, including coronary artery disease, stroke, kidney disease and diabetes. The "Third Molar Clinical Trials" research added a new perspective to the possible risks for young women. Periodontitis affecting retained wisdom teeth can lead to inflammation throughout the body, increasing the risk of delivering a low birth-weight infant.

Avoiding potential trouble

Third molars often push adjacent teeth out of alignment, thereby altering the bite and threatening jaw integrity. Many orthodontists refer their patients to an OMS for third molar extractions before beginning treatment to minimize the risk of gingivitis and other problems that could affect the success of the orthodontia.

In general, a young adult's wisdom teeth have incomplete root development, making tooth removal relatively uncomplicated. As wisdom teeth continue to grow, however, the roots lengthen and may become tangled with the sensory nerves that run through the lower jaw or the sinus area.

While not all wisdom teeth need to be extracted, all of them need to be managed. OMS's provide their patients the best advice based on a thorough examination, appropriate imaging and tests and discussions with the patient and family. If a decision is made to keep the wisdom teeth, patients are advised to keep the areas meticulously clean and get an annual examination to assess any changes in the teeth or gum tissues.

By Douglas W. Fain, D.D.S., M.D., F.A.C.S., President, American Association of Oral and Maxillofacial Surgeons

Know How Gum Disease Affects Your Total Health

Gum disease, or periodontal disease, is the one of the most widespread diseases in America, affecting 85 percent of all US adults. Despite its prevalence, it is largely dismissed by the public.

Part of the disregard of gum disease is due to lack of awareness — most who have gum disease simply don't

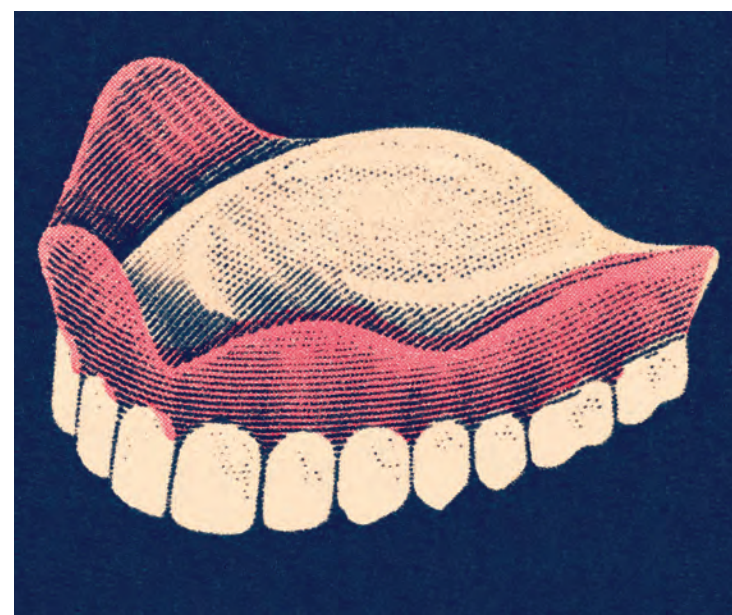
know they have it. The typical warning signs of puffy, red gums, bleeding or persistent bad breath don't materialize until the disease has reached a severe level.

However, this dismissive attitude toward oral health may have a huge impact on your total health. Research has shown links between gum disease and several other systemic illnesses, including heart disease, stroke and breast cancer. Systemic diseases affect multiple organs and tissues, lowering your body's ability to fight off infection and inflammation.

Body disease potential

Swelling links gum disease and heart disease. In heart disease, swollen and hardened arteries decrease the flow of blood to your heart, which can lead to a heart attack or a stroke. Swollen gums are a main symptom of gum disease with the infection below the gum line. Bacteria can now travel throughout the body via the many vascular pathways in the mouth, including those leading back to the heart.

Researchers found that severe gum disease increased the risk of an ischemic stroke, particularly for men and for subjects under 60 years of age. Post-menopausal women who have gum disease



have a 14 percent overall increased risk of breast cancer. The percentage jumps to over 30 percent if the woman smokes or has smoked in the past 20 years.

Gum disease has also been connected to diabetes, Alzheimer's, pancreatic cancer, rheumatoid arthritis and pre-term birth, among other conditions.

Root causes

Evidence suggests inflammation could be the connection between these diseases. As a result, treating the bacterial infection causing inflammation in the gums might help manage connected systemic conditions. There is a difference between treatment and successful treatment. Some

dental laser procedures can kill bacteria without harming healthy tissue. In March 2016, the FDA cleared one procedure to regenerate the bone and tissues lost to gum disease. If you consider laser treatment, know there are different types of dental lasers with different wavelengths and results. Ask about the research and FDA clearances associated with both the laser and procedure.

Take charge of your total health with a periodontal checkup at your next dental visit. ■

By Dawn M. Gregg, D.D.S., CEO & Training Director, Institute for Advanced Laser Dentistry



ZAP away gum disease!

The LANAP® protocol kills periodontal bacteria in minutes—and speeds recovery

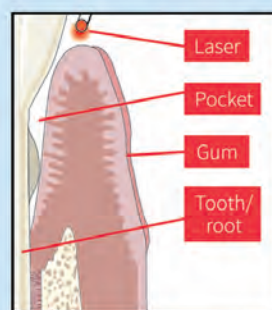
The laser beam, which has long been used in medicine, is now being employed by dentists. The FDA has approved the PerioLase® MVP-7™, the only laser designed to treat periodontal disease. According to a Temple University and Nova South-eastern University study, the PerioLase® MVP-7™ and the LANAP® protocol are more effective in killing bacteria than traditional methods. It also allows dentists to remove diseased tissue in the periodontal pocket - the hole that develops between the teeth and gums - faster and less painfully. Recovery is quicker because there is no need for stitches. "After traditional gum surgery,

patients often need narcotics to ease the pain - but with the LANAP® protocol there is no need for narcotics, and no need for patients to go off blood thinners," says Robert H. Gregg, II, DDS, the developer of the PerioLase® MVP-7™ and patent-holder of the LANAP® protocol. "With the PerioLase®, you can take ibuprofen and go right back to work." The cost of the LANAP® protocol is the same as conventional surgery, but without the fear of cutting gums or getting stitches.

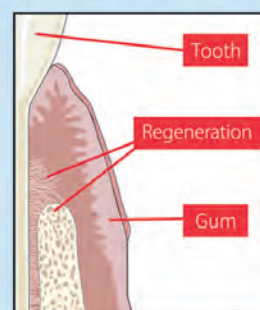


To find a LANAP certified dentist call Millennium Dental Technologies at (877) LANAP4YOU or visit LANAP.com

How the PerioLase® laser works



The PerioLase® MVP-7™ allows dentists to vaporize bacteria and inflamed, diseased tissue in the periodontal pocket.



Once the bacteria is gone, the tissue can heal and the pocket (the gap between teeth and gums) closes up.



True
REGENERATION™

**World's First & ONLY
FDA Clearance for
True Regeneration™**

PerioLase MVP-7 with the LANAP protocol is the only dental laser FDA cleared to regenerate all three tissues lost to gum disease including new bone.

To learn about oral and facial surgeons,
visit our website at MyOMS.org.



Oral and maxillofacial surgeons:
The experts in face, mouth and
jaw surgery.™

> WHAT WE DO > WHO WE ARE > NEWS > VIDEOS > CONTACT

 FIND A SURGEON

Oral and maxillofacial surgeons: The experts in face, mouth and jaw surgery®

Dental Implant Surgery

Administration of Anesthesia

Wisdom Teeth Management

Dental and Soft Tissue Surgery

Treatment of Facial Injury

Head, Neck and Oral Pathology

Corrective Jaw Surgery

Obstructive Sleep Apnea

Facial Cosmetic Surgery

Cleft Lip/Palate and Craniofacial Surgery

TMJ and Facial Pain





Find a Surgeon

To locate a surgeon, please type in
address, city or ZIP code

Ex: 123 Main st. ... within miles

Locate >

[Advanced Search](#)

Featured Procedures



Dental implant surgery

Dental implant surgery is a surgical procedure, surgery,
and is best done by a trained surgeon
with specialized training.



Oral and maxillofacial surgeons:
The experts in face, mouth and
jaw surgery®