

Patient NEWSLETTER

PATIENT Newsletter

Produced for
the patients of
**Edward R. Kusek,
D.D.S.**

Fall 2007

DENTAL TEAM

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Greetings!

As I write this, we are experiencing a drought. Moisture would be appreciated by all. Luckily, the 4th of July (my favorite holiday!) went off without any problems.

I am currently working on converting my presentations from PC to Apple, which was quite a task. My presentation has gotten larger with more photography and video, thus the transition to Apple. I am preparing to present two laser symposiums in August showing how I have changed dental implantology to a gentler and quicker alternative of teeth replacement. The symposiums have resulted in a great deal of feedback from dentists wishing to learn my techniques. For this reason, we are planning to put together a program in Sioux Falls in November. We will be inviting dentists from all over the country for demonstration of and participation in learning these new techniques.

Well, my oldest son, Adam (22), graduated from Simpson College, but at this time is still looking for employment. I know now what my parents felt when I was trying to be independent, out on my own! Amanda (20) is starting her final year in the dental hygiene program. She accompanied me to one of the laser symposiums and is getting training on the use of lasers already, even though it's not in her curriculum. Hopefully, this year will be filled with new and exciting learning experiences for her. Alex (16) got his first job this summer at Monsanto Company (field work for corn breeding). The best part was watching him get up at 7:30 a.m. for work! He will be starting his junior year at Harrisburg High School.

Have a good fall and, as always, thank you for the referrals of your family and friends.

Why don't you like your smile?

A smile is so much a part of you. It represents who you are to family and friends, and it's essential to making a good first impression. Putting your best smile forward means having teeth that you feel confident and comfortable showing.

Unfortunately, many people don't like their own smiles. The reasons for this include:

- ▶ uneven teeth
- ▶ misaligned teeth
- ▶ broken teeth
- ▶ chipped teeth
- ▶ stained teeth
- ▶ missing teeth
- ▶ gapped teeth
- ▶ gummy smiles

In many situations, people who have these and other dental problems avoid smiling. They raise a hand to their mouths when they laugh. They close their lips tight over their teeth when cameras are around. Some men will even grow beards and mustaches to camouflage their smiles.

Whatever it is you don't like about your teeth, we can help. Cosmetic dentistry provides a number of solutions to common smile problems. Whitening, braces, bonding, veneers, and implants can all be used to correct a smile you don't like. Come in and learn about all the options for giving you a smile you'll be proud to show off.



Thank you for all your referrals. We appreciate them!



Preventing oral cancer

Oral cancer affects about 30,000 people each year, and almost a third that many will die annually of the disease. It is diagnosed more often in men than in women. The good news is that the number of oral cancers diagnosed is slowly declining.

What can be done to further impede the progress of this deadly cancer? An important element is discouraging tobacco use. A very large percentage of those diagnosed with oral cancer are tobacco users. Other factors associated with oral cancer are alcohol use and exposure to UV rays.

Knowing the symptoms of oral cancer means detecting it earlier, when the chances for a cure are best. The most common symptoms include a sore in the mouth that refuses to heal, pain in the mouth, a lump in the mouth, or discoloration

of oral tissue. Changes in the voice, trouble swallowing, a feeling that something is stuck in the throat, and a continual sore throat may also be signs. Swelling or discomfort of the teeth or jaw, looseness of the teeth, and numbness in the tongue or other oral tissues can all be symptoms as well.

Although it's good to know the signs of oral cancer, it's even better to visit us for regular oral-cancer checks at the same time we clean your teeth. We have the expertise to detect oral cancer early. Don't let this killer get the edge on you. See us for regular oral-cancer screenings.

Another reason to defeat gum disease

Gum, or periodontal, disease is an infection of the gums and periodontal pockets between the gums and the teeth. Periodontal disease is suspected to affect about half of all adults over the age of 35.

Left untreated, gum disease can destroy supporting bone and ligaments, which can result in tooth loss.

As if this weren't enough, a number of other health problems have been associated with gum disease. They include:

- cardiovascular disease
- low-birthweight infants
- diabetes
- respiratory disease
- pancreatic cancer

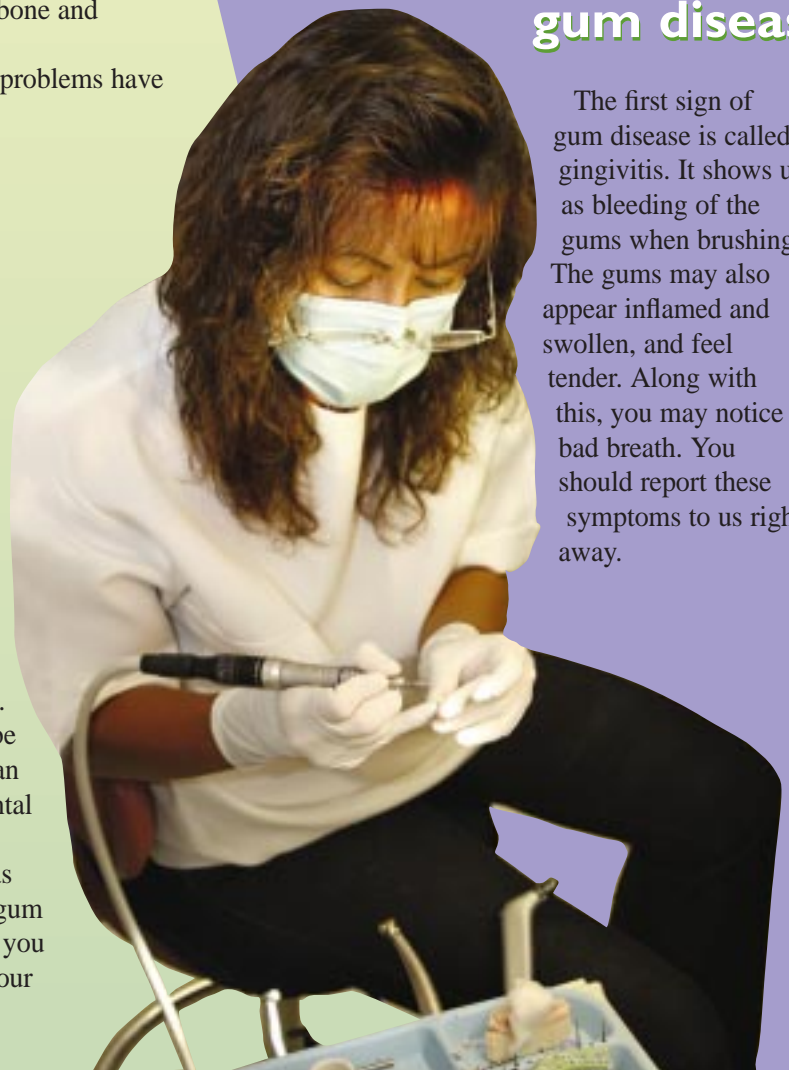
All these links are still being studied. The most recent association—to pancreatic cancer—has only recently come to light. The study that uncovered this association involved 50,000 men. Researchers found that the risk of pancreatic cancer was higher for those who also had periodontal disease. However, both pancreatic cancer and tobacco use are linked to periodontal disease, so there's a possibility that smokers are simply more likely to develop both problems.

More research is obviously necessary to establish the exact nature of the link between these two diseases. What is clear, however, is that a healthier mouth may be associated with a healthier body. Periodontal disease can often be treated successfully with a combination of dental and home care.

Knowing the signs of periodontal disease can help as well. See us if you experience any early symptoms of gum disease. The sooner we begin treatment, the less likely you are to lose teeth, and the more likely you are to keep your mouth healthy.

Warning signs of gum disease

The first sign of gum disease is called gingivitis. It shows up as bleeding of the gums when brushing. The gums may also appear inflamed and swollen, and feel tender. Along with this, you may notice bad breath. You should report these symptoms to us right away.





What those tiny cracks in your teeth might tell us

Could engineering methods used to determine the safety of engines also be utilized to diagnose the stability of a tooth?

A system known as the Kitagawa-Takahashi diagram is employed to help engineers discover whether a small crack in an engine can eventually lead to failure of that piece of equipment. Now there's consideration as to whether that same technology could be applied to the integrity of a tooth.

Very tiny cracks in tooth enamel are common. However, it hasn't been possible to tell from examination of those cracks whether the tooth will eventually give way under pressure. Engineers have ways of understanding cracks in metal that may have applications for dentists.

Engineers believe that by using a 3-D image of a tooth, they may be able to help dentists determine when preventive treatment could be employed to avoid a break later on. The idea is to take technology that's employed on a large scale—say, with a jet airplane engine—and make it applicable to something as small as a tooth. This research shows great promise, but it's not yet ready for use in our offices. We'll keep watching to see if this technology could some day benefit our patients.

IMPORTANT "firsts"

First smile...first tooth...first dental visit—a baby's first year is full of...well, "firsts." The very first visit to the dentist stands out, though, for an important reason: it sets the stage for a child's dental health for life. You see, that first visit begins to teach the child that dental health is important. It's one of the essential steps in starting him or her off to a life of good dental care and good dental health.

Preparing your child for the first visit with us should involve talking to him or her about what to expect. Let him or her know that sitting still and being cooperative will

be valued. Be prepared to complete a form detailing his or her medical history as well. A first visit generally includes examining and counting the teeth. We'll also look at the bite and check the health and development of the oral tissues. If we see any potential problems, we'll discuss them with you at that time.

The other essential part of growing healthy teeth is good home care. This begins with cleaning the baby's gums after feedings with a clean, damp washcloth. When the first teeth arrive, brushing them with a soft brush and a tiny bit of fluoride paste is recommended. Never put a child to sleep with a bottle of anything but plain water. Baby-bottle tooth decay is a very real problem that can wreak havoc with a child's first teeth. Instead, encourage your child to begin brushing after every meal by doing this for him or her and allowing your child to do it when he or she is ready.



Bad breaks

Teeth are made of tough stuff. In fact, teeth are among the hardest parts of the body. They are not, however, indestructible. Breaks in teeth can range from the hardly noticeable to the downright painful. Whether you're experiencing pain or not, a trip to our office is in order.

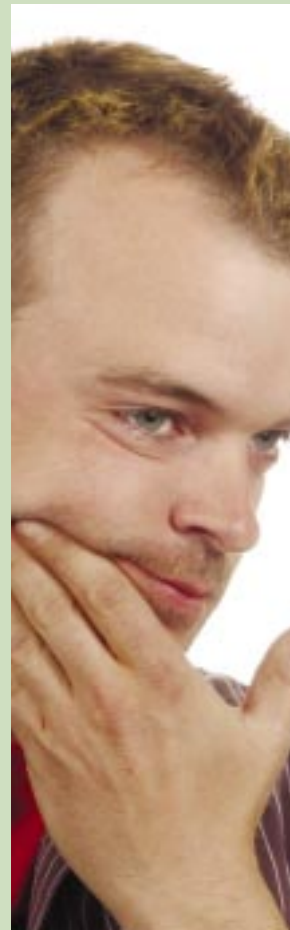
From bad to worse

Any break in a tooth is bad, but some are worse than others. **Bad**—It's possible to chip the enamel of a tooth and not realize you've done it. When you do discover the chip, however, give us a call and have it checked out. Left untreated, the tooth is a target for decay.

Worse—A break that exposes the dentin of the tooth will be sensitive to cold. This degree of break probably won't go unnoticed. Again, call our office and describe your symptoms.

Dental emergency—A break that reaches the pulp of the tooth is going to result in extreme pain and maybe bleeding. You've got a dental emergency. Seek treatment without delay.

Treatments for broken teeth range from smoothing the area and restoring it, to covering the pulp with a material that will retain the integrity of the tooth until a crown can be put on. In some cases, these teeth may require root-canal therapy or even extraction. Any tooth break requires dental investigation. Don't delay in contacting us when a break occurs.



Edward R. Kusek, D.D.S.

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Sioux Falls, SD 57110

*Here's your
dental newsletter!*

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Needle-less dentistry... *is it possible?*

Over the years, a number of devices have come along that promised to take the needle out of dental procedures.

These products have had varying degrees of success. Still, there is hope for a dental future in which patients who need certain procedures can be anesthetized without a needle being used.

The University of Buffalo is currently undertaking the study of a new product that promises to make the future of dentistry more comfortable. The product is a nasal spray, and its possible application to dentistry was discovered almost by accident. The spray has been

used by ear, nose, and throat doctors for surgeries involving the nose. When patients reported that their mouths



were numbed by the spray, it became a consideration for dental procedures as well.

The spray has been shown to numb the upper part of the mouth. The \$100,000 study hopes to make it possible to anesthetize the upper arch without a needle.

The research is designed to discover the best dose for both safety and effectiveness. Researchers hope to have the results of the study available in late 2007.

FAMILY & IMPLANT
DENTISTRY

Dr. Edward R. Kusek

4921 E. 26th St. #1
Sioux Falls, SD 57110

Office Hours

Monday	8:00 a.m.-5:00 p.m.
Tuesday	9:00 a.m.-6:00 p.m.
Wednesday	8:00 a.m.-5:00 p.m.
Thursday	8:00 a.m.-5:00 p.m.
Friday	8:00 a.m.-Noon

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*For a lifetime of
beautiful smiles—*
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YOUR TEETH**