



# Patient NEWSLETTER

## PATIENT Newsletter

Produced for  
the patients of  
Edward R. Kusek,  
D.D.S. &  
Angela Curry, D.D.S.

Summer 2008

### DENTAL TEAM

Vicky Neve  
Judith Pastrano  
Jeanette Miranda  
Cindy Dellman  
Amanda Kusek  
Tina Simunek  
Kristie Meyer  
Courtney Struble  
April DeVille

***In celebration of  
the beginning of  
my 25th year of  
practice, we will  
offer \$75 for  
each referral to  
the practice, to be  
used for future  
dental needs.***

Expires 6/30/09.

## *Greetings*

As I write this article, it is a cold spring day. In fact, the only time it was warm this spring was when I was in Germany. Germany was a definite learning experience. I was able to meet dentists from all over the world. I presented a poster presentation at the world implant symposium. A dentist from Austria asked if he could come over to my office to watch me do my surgical procedures! I am one of the few dentists who use laser technology to aid in implant surgery.

In May, I will be speaking to the State Dental Meeting on using laser dentistry in gum treatment and everyday clinical procedures. This summer, I will be speaking on laser technology in implant dentistry for a summer symposium in Chicago. I have also been selected to speak at the regional implant meeting in Toronto, Canada, in September.

Hopefully by the release of this newsletter, I will have had my sixth article published. The title of the article is "The Use of Laser Technology (Ir;Cr:YSGG) to Aid in the Placement of a Subperiosteal Implant."

This summer, I will be starting my 25th year in practice! Dentistry has changed a lot since my graduation, but I feel as though I've stayed on the cutting edge of technology. The use of CAD/CAM technology is the latest device we have implemented in the practice. This technology scans the crown preparation with a laser scanner. The crown is designed chairside with the aid of computer technology, then milled, or fabricated, with the computer technology. The result is a crown in one day (no temporaries, no impressions, no second appointment). The fit is far superior to other procedures done in the past.

In celebration of the beginning of my 25th year of practice, we will offer \$75 for each referral to the practice. In June, **Angela Curry** will join us as our second dentist in the practice. We share similar qualities, such as passion for dentistry and a desire to add technology to dentistry. All of this gives our practice the ability to handle emergencies in a timely fashion and maintain our philosophy of one-stop dentistry. Many offices refer out for treatment of root canals, extractions, implants, sedation, and braces. Our practice provides treatment for these procedures and in some areas is considered to be a leader in dental treatment.

We have one child left at home, but it has still been busy for us at home. Adam is 23 years old and working for Monsanto in Des Moines. This spring, Adam coached my club soccer team while I was out of the country. The team made it to the semifinals but lost in a shoot-out. The boys seemed to enjoy his personality as a coach. Amanda is 20 years old and has graduated from hygiene school at the University of South Dakota. Amanda will begin working in our office this June. It seems just like yesterday when she was coming to the office on father/daughter day, or when she would come with me to dental meetings! Everyone should enjoy her infectious personality, and her soft touch! Alex is now 17 years old and finishing up his junior year. He went to his high school prom in April and got back his ACT scores. He scored rather well without studying for them, which made both of his older siblings jealous.

Again, thank you for the referrals of family and friends.

***Thank you for all your referrals. We appreciate them!***

## Your teeth are what you eat

Ever wonder why diet affects your dental health? Or why the foods you love are the same ones that are linked to decay? A balanced approach can enable you to enjoy foods you love in moderation and save your teeth, too.

### Choose healthy first

Foods that are best for your teeth include fresh fruits and vegetables, dairy products, and lean meats. Look to these foods first in your dietary choices. You'll find that choosing these foods is better for your waistline as well as your gum line.

### Moderate sweets and starches

Eating healthier doesn't mean you can never have a treat. It does, however, mean eating starches such as breads, cereals, and sweets in moderation. Limiting these foods to one or two small servings a day is best for your overall health.

### Rinse well and repeat

Drinking lots of plain water is good for your body, but it also rinses debris from your teeth between brushing sessions. Be sure to brush after every meal, and take special care to brush thoroughly after a sweet snack. Then, rinse with water to be sure you've removed all the food debris from your mouth.

## What's hurting your teeth?

Tooth sensitivity is nothing to smile about. The pain associated with cold weather or eating very cold or very hot foods can cause even the toughest among us to cringe. And there are quite a few of us suffering—perhaps as many as 45 million Americans have tooth sensitivity.

In some instances, sensitivity only causes mildly painful reactions. In other cases, extreme discomfort can ensue. Tooth sensitivity can result from a number of causes.

For example, the way you brush may have affected your teeth. Not brushing long enough enables plaque to build up, resulting in gingivitis and gum recession, which exposes sensitive roots. Brushing too aggressively with a hard-bristle brush can also cause the gums to pull away from teeth—again exposing the roots—and damage enamel. Holding the brush at the wrong angle can contribute to tooth sensitivity as well.

Other problems that can damage teeth and lead to sensitivity include broken restorations, bruxism (grinding the teeth, especially at night), and eating foods that contain acid, which can eat away at protective dentin. Using too many whitening products too frequently can also cause sensitivity.

Fortunately, a professional diagnosis of your condition is the first step toward finding relief. For instance, bruxism can often be alleviated with the use of a custom-fitted nightguard. A broken restoration can easily be replaced, and switching to a desensitizing toothpaste can bring comfort in many cases. If you're experiencing tooth sensitivity, don't hesitate to seek professional help for your situation.

...a professional diagnosis of your condition is the first step toward finding relief.

## Where your brush can't reach...

Many people brush every day...they may even brush after every meal...but do they floss? Brushing has become an important part of most Americans' daily hygiene routine. Their parents taught them to brush, just as their grandparents may have taught their parents. But did anyone teach them to floss?

Flossing isn't just something the hygienist tells you to do a few times a year. Flossing is an essential part of good oral hygiene. If you haven't flossed, you haven't really cleaned your mouth.

You see, flossing reaches the areas that your brush can't. The areas between your teeth and under the gum line aren't easily accessible to the bristles of the brush. Only floss can truly clean these areas of debris that attract bacteria which can harm teeth, cause bad breath, and lead to gingivitis and gum disease. Flossing daily can make all the difference in the cleanliness and health of your teeth and the freshness of your breath. If you aren't exactly sure how to floss, ask us. We'll be happy to show you just what you need to do to get your mouth fresh and clean.

# DIABETES AND *acute periodontal disease*

Diabetes is a prevalent disease. A full third of the U.S. population may have it, but only about half of those cases are already diagnosed. Diabetes tends to manifest itself in dental-health problems.

Among the ailments more common in diabetics are:

- gum disease
- dry mouth
- dental caries

Diabetics who keep their blood sugar under control, practice good home care, and visit their dentists according to a specific schedule are less likely to experience dental problems related to their disease. However, those who don't control their blood sugar or take care of their teeth are more likely to suffer from gum recession and decay. Both of these can lead to premature tooth loss.

Diabetics who have the best dental outcomes are those who take charge of their situations. Learning to control your diabetes rather than letting it control you can mean positive changes in both your dental and overall health. Proper diet and exercise coupled with good home and professional dental care can mean a healthier future.

Acute periodontal disease can crop up quickly. Regular dental exams enable us to identify this problem sooner and treat it more effectively.



## FOR HEALTHY TEETH

- keep blood sugar under control
- practice good home dental care
- visit the dentist according to a specific schedule



## GROWING *beautiful smiles*

Those first two tiny teeth tend to pop through the lower gums at around six months of age. Twenty teeth should have arrived by the age of three. With good care, these tiny pearls can eventually develop into a beautiful smile made to last a lifetime.

Growing that great smile begins with giving special care to those baby teeth. The first teeth are very important in helping a child learn to speak and chew correctly. In addition, these baby teeth help guide the permanent teeth into their proper positions.

As soon as there are teeth present in your child's mouth, plaque is there. When your child ingests starches and sugars, the bacteria present in plaque begin to feed and excrete acids, which then attack tooth enamel. This can lead to tooth decay if proper care isn't taken to defeat it.

The remedy for tooth decay in primary teeth is found in a four-pronged defense. The first prong is nutrition. Feeding your child a healthy variety of fruits, vegetables, and dairy products as opposed to snacks high in sugar or starch will help avoid decay. The next prong is good home care. Cleaning the teeth with a damp cloth or soft brush after each meal keeps them clean and helps your child develop good habits. Next, fluoride administered in the form of paste, drops, or tablets might be recommended by your dentist. Finally, professional dental care from an early age can help assure good smileage for years to come.

**Edward R. Kusek, D.D.S.**  
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*Here's your  
dental newsletter!*

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## Reach for a cold...?

All that hot fun in the summertime can cause you to work up quite a thirst. It can make you want to reach for the first cold drink available, but...wait a minute! You don't just want anything that's cold. You want something that won't add to your waistline or damage your teeth. What's the best choice? Let's look at the options:

**Sodas**—Soda, pop, soft drink, tonic (does anyone still call it tonic?)...no matter what you call it, it has been around for decades. In all its different incarnations, it's known for both fizz and flavor. It's also known for destroying the enamel on teeth.

**Sports drinks**—They may aid you in replenishing electrolytes, but they also stain teeth, and they aren't much kinder to enamel than sodas.

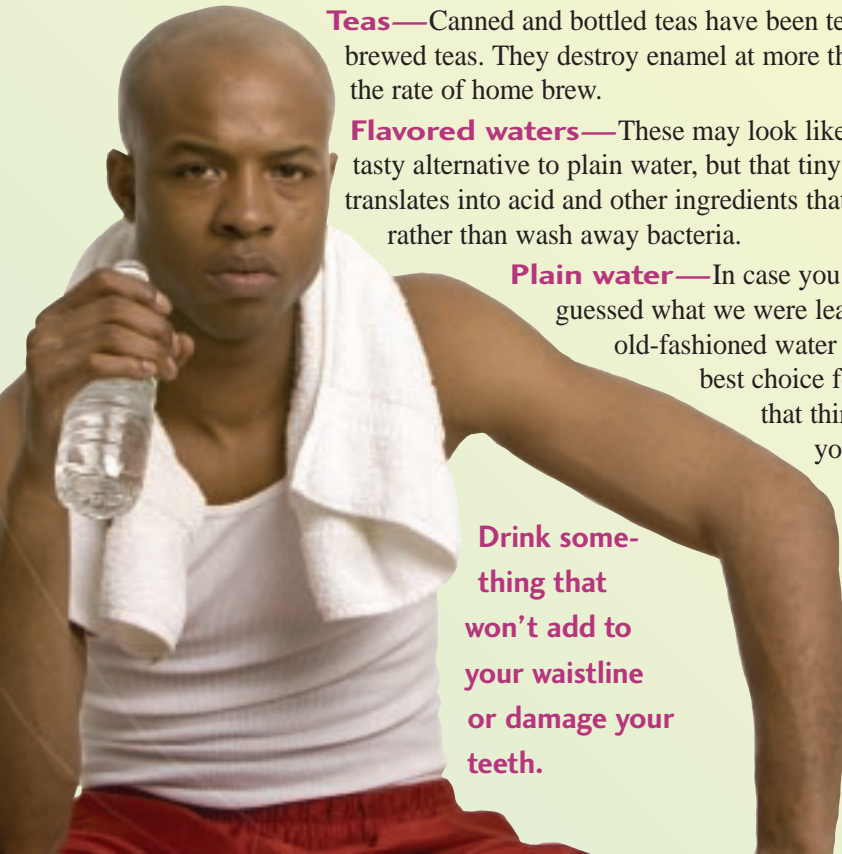
**Teas**—Canned and bottled teas have been tested against brewed teas. They destroy enamel at more than 25 times the rate of home brew.

**Flavored waters**—These may look like a more tasty alternative to plain water, but that tiny bit of flavor translates into acid and other ingredients that attract rather than wash away bacteria.

**Plain water**—In case you hadn't guessed what we were leading up to, old-fashioned water is still the best choice for quenching that thirst and saving your teeth.

Reach for it anytime!

**Drink something that won't add to your waistline or damage your teeth.**

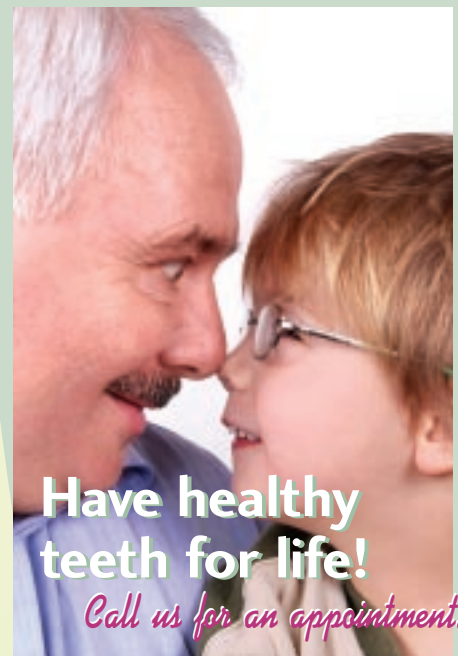


**Dr. Edward R. Kusek**  
4921 E. 26th St. #1  
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### Office Hours

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

**Appointment and Emergency  
Phone: 605-371-3443  
Web site: [www.drkusek.com](http://www.drkusek.com)**



**Have healthy  
teeth for life!**

*Call us for an appointment.*