

# Dr. Robert Laurenzano's Advances in Dental Care Update

Winter 2006

## Mouth-Body Connection

### Oral health can improve overall health

Researchers are providing more evidence each day of an important connection between your overall health and your oral health. Here are just some of the ways in which periodontal disease, or gum disease, may affect other conditions you have, or those that you might develop.

With **heart disease and stroke**, the facts are compelling. People with periodontal disease are almost twice as likely to suffer from coronary artery disease as those with disease-free gums. One study found that 85% of heart patients studied had periodontal disease. The most likely explanation is that somehow plaque and oral bacteria find their way into the blood stream and contribute to the thickening of the walls of the coronary arteries.

**Diabetes** and gum disease affect each other equally. Diabetics are more likely to have gum disease than most people. And gum disease itself makes it more difficult for the diabetic to control blood-sugar levels.

The connection is clear with regard to **premature birth**. Pregnant women who have periodontal disease may be as much as seven times more likely to have a baby born too early. Why? Some research suggests that gum disease may increase levels of the biological fluids that induce labor.

There is also evidence that periodontal disease contributes to **respiratory diseases** and **osteoporosis**.

Simply put, periodontal health is a top priority for your overall continuing health.



## Office Information

### We Welcome New Smiles!

If you presently have a dentist  
you are happy with, please  
consider this information helpful.

If you are looking for a dentist,  
please think of us.

#### Advances In Dental Care

Robert S. Laurenzano, DMD, FAGD

Charles B. Parr, DDS

Claire L. Clarke, DDS

Quince Orchard Medical Park

11904 Darnestown Road, Suite A

North Potomac, MD 20878-3460

#### Office Hours

Mon/Tue 9:00 am – 5:00 pm

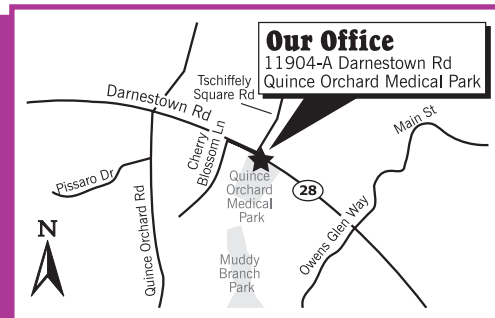
Wednesday 2:00 pm – 8:00 pm

Thursday 9:00 am – 9:00 pm

Friday 8:00 am – 5:00 pm

Saturday 9:00 am – 2:00 pm

**Call Today!**  
**(301) 519-3455**



#### Our Services Include:

- ❖ Family & cosmetic dentistry
- ❖ Emergency dental care
- ❖ Bad breath advice & treatment
- ❖ Tooth whitening
- ❖ Dental fittings & dental implants
- ❖ Bonding, veneers, crowns & bridges
- ❖ Hypnosis
- ❖ Treatment for diabetics & chronically ill
- ❖ Root canal therapy
- ❖ Visa, MasterCard, checks, CitiHealth Card and cash welcome





# Striking A Balance

## Healthy gums

Healthy gums help create balance and symmetry in the appearance of your smile. They draw our eyes to small areas of vibrant pink **color** of sufficient **intensity** to contrast against the whiteness of your teeth. They also provide contrast of **shape** and **scale** by creating a small, intricately shaped frame for each larger tooth shape. So why tip the balance with periodontal disease?

Red, swollen gums that bleed easily are caused by an imbalance in the bacterial levels in your mouth. When the good bacteria are overwhelmed by bad bacteria, inflammation, infection, gum and bone recession, and tooth loss can occur.

You have the power to restore your smile's equilibrium! Call for a consultation and bring back nature's symmetry to your smile.

### Did you know?

- **75%** of adults over age 35 are affected by gum disease.
- **Up to 30%** of people may be genetically susceptible to gum disease.
- **Regular screening** by the dentist can detect periodontal disease in its earliest stage.
- **Tartar/calculus** are hard calcium deposits that infect your gums, spreading below the gumline, destroying your gums and the bone that support your teeth.
- **Only the dentist** or hygienist can remove tartar/calculus.
- **Brushing, flossing, and rinsing** at home can help you prevent gum disease. Only regular visits to the dentist can help you keep it completely at bay.

# Smile Smarter

## Music and exercise – a great combo

Turn on some tunes and take care of your teeth. Too much of a stretch? Not if you're physically fit. Music enhances reasoning, and exercise benefits your overall and dental health. What happens if you combine music and exercise?

Apparently, you get smarter. Volunteers who listened to Vivaldi's *Four Seasons* while on a treadmill performed twice as well on a test of verbal ability than when they exercised without music. The next step will be to test people using music they choose themselves.

Getting smarter is nice, but the volunteers said they felt better emotionally and mentally after working out – with or without the music.

## Here's how exercise can benefit you.

- Increases bone density for stronger bones and teeth.
- Increases cardiovascular efficiency.
- Increases flexibility.
- Increases endorphins which make you feel like smiling.

## You Do The Math!

A lifetime of oral health and great-looking smiles is a substantial return for investing three minutes a day. Only flossing can reach between your teeth where your toothbrush can't. Experiment with different types of floss until you find one that works best.

### It's This Easy!

- ✦ Take about eighteen inches of floss and wrap securely around your middle fingers.
- ✦ Hold about a half-inch length between index fingers and thumbs.
- ✦ Gently ease the floss between teeth. Press tightly against each side of each tooth, forming a C shape.
- ✦ Ease floss up and down several times. Be sure to go below the gumline.
- ✦ Research shows this could add almost seven years to your life!



# Real Men Really Care

## Teeth whitening is a big priority

A magazine survey revealed that 83% of their male readers intended to get their teeth whitened before their wedding. That's twice as many as those getting into better physical shape. This mirrors the experience of many dentists who are seeing more men for teeth whitening procedures.

Dentist supervised teeth whitening is a safe, reliable, non-surgical way to make your smile dazzling. A dentist can provide a system that's right for your smile.

## Grooms' Prep Plans

83% plan teeth whitening

46% plan getting into better physical shape

33% plan a self-tan

20% plan manicures

Why should men care about their smile?  
Three words: courting, career, and competition.

People notice a smile first.

The opposite sex considers a smile to be number-one on the attraction scale.

A white smile can make you look younger and healthier.

A white smile makes an impression – before you even say a word!

# Crown & Bridge

## Will make all the difference

Improving your smile enhances more than appearance. True, repairing structural problems like missing teeth with crowns and bridges can only make you look better ... even your best. But when function is restored, so will your ability to chew, speak, and socialize freely.

Here are some crown and bridge facts.

- A **crown** is a cap that covers a damaged tooth. It helps restore its normal shape and size – and strengthens it.
- When a replacement tooth is required to fill a gap, it can be affixed permanently with a **bridge** attached to the teeth on either side of the space.
- If a space is left untended, the surrounding teeth will drift, alter your bite, encourage cavities, and

negatively affect your appearance – beyond the original gap.

- High-tech materials along with custom fitting result in a strong, natural-looking restoration.
- It takes only one or two visits to the dentist to restore your smile and prevent further problems.
- No one will know you have a crown and/or bridge unless you tell them.

Could you benefit from crown and bridge treatment? You may be an excellent candidate. Please consult with a dentist. A crown and bridge can make all the difference.

Information included is not intended as dental or medical advice. Contents may not be reproduced without permission from the publisher. © PATIENT NEWS PUBLISHING (800) 667-0268



Printed on recycled paper.

ND05-2-A

## Systemic Disease... & your oral health

We cannot definitively tell our patients that treating gum infection will prevent a future heart attack or any other vascular disease ... *yet*. However, a large number of studies suggest a link between oral health and systemic diseases. The nature of the data is circumstantial, yet there are a number of systemic diseases in which there is clearly a benefit to eliminating or controlling periodontal diseases.

For instance, aspiration of oral bacterial pathogens has been linked to pneumonia in the institutionalized elderly. Further, patients with blood dyscrasias – blood or marrow abnormalities – benefit by more frequent periodontal maintenance.

It'll take years to complete studies, but it seems that optimizing oral health has significant benefits for patients with systemic disease.

## For A Brighter, Healthier Smile Call Today! (301) 519-3455



## Community Counts

### *What you can look forward to...*

Dear Neighbor,

There's a good possibility that we're exactly right for one another. As you know, the need to feel comfortable with – and confident in – your family dentist is very important. You see, we care a lot about this community and we are extremely proud of our reputation as providers of dental care. That's why we'd like to share some of our team's background and values with you.

During the years that we have practiced here, we have been proactive in ensuring patient-centered, preventive, minimally-invasive dentistry. Oral health has an impact on overall health. When we actively support people in overcoming their dental fears, teach them about preventive care, and provide non-surgical and minimally-invasive treatment, we know that we are contributing to the well-being of our community.

Meeting the needs of patients in the most beneficial, satisfactory, and cost-effective way is an integral part of our practice philosophy. That's why we believe that the best patient is an educated, informed patient, and why we are committed to ensuring choice in treatment options. Dental technology has made such significant strides that even very anxious patients can look forward to comfortable dentistry.

We look forward to meeting you and your family ... and hopefully developing a long, mutually beneficial relationship. Our team will be happy to answer any of your questions. You'll discover that we offer the kind of personal attention only a neighbor can give you.

Sincerely,

Dr. Robert S. Laurenzano

***For more information visit us today at  
[www.kentlandstoday.com](http://www.kentlandstoday.com) – click on  
Advances In Dental Care.***

**Advances In Dental Care**  
**Robert S. Laurenzano, DMD, FAGD**  
Quince Orchard Medical Park  
11904 Darnestown Road, Suite A  
North Potomac, MD 20878-3460

PRSRT STD  
U.S. POSTAGE  
**PAID**  
PNP 14304