



Dr. Tiberii's

SMILE FILE

www.yoursmiledoc.com

Produced for the Patients of Dr. Dorothy A. Tiberii

Summer 2010

From Your Hygienist

As a hygienist, my concerns with health go far beyond the mouth. Many health professionals are becoming more aware that poor oral hygiene and gum disease can become a catalyst for other diseases.

Your body's reaction to plaque in the mouth can have far reaching effects for the rest of the body due to inflammation. As your mouth accumulates plaque and bacteria your gums can become red and inflamed. Bleeding when brushing or flossing indicates the first stage of gum disease, gingivitis. Left untreated, gingivitis can develop into periodontitis. At this stage you will experience the effects of bone loss around the teeth. Either form of gum disease, early or advanced, produces toxins which are released into the blood stream. This process of chronic inflammation generates C-reactive Proteins (CRP) which cause the immune system to become overactive, unintentionally causing harm to healthy areas of the body. High levels of CRP are associated with cardiovascular disease, diabetes, stroke and even cancer.

Although poor oral hygiene may not cause these diseases, good oral hygiene is one of the best preventive measures you can take. Your dentist or hygienist is often the first line of defense in recognizing the early stages of many diseases. A yearly exam and frequent cleanings can insure not only a healthy mouth, but also a healthy body.

Coleen Walker

Registered Dental Hygienist

Goodbye Stained Teeth

We can give you a reason to smile

The number one requested cosmetic dental treatment is ...teeth whitening. If you feel your smile is not as bright as you want it to be, we can help! You'll have no reason to hide your teeth after using our *KöR Whitening Deep Bleaching™ System*. We proudly offer this service to successfully enhance the smiles of our patients and give you the bright smile you've been waiting for!

The KöR Whitening system is deep reaching. Unlike some other teeth whitening options, it has a very high success rate with tetracycline stains and other set-in stains, which can save you from the need to cover up these unsightly discolorations. KöR Whitening is even safe for those whose teeth are too sensitive for the usual whitening methods and is ideal for anyone between the ages of 14 and 90! KöR Whitening gives predictable consistent results, without you having to give up stain-causing coffee, tea, or wine. You don't need to experiment with any more "hit and miss" techniques, you can have whiter teeth for life.

KöR Whitening is completely safe for teeth and gums, plus there have been very few reports of sensitivity developing after treatment.

Call us and ask about KöR Whitening. Then come into our office and get the WOW smile you have been waiting for!



*For more information go to:
www.korwhitening.com*

Thank you for all your referrals. We appreciate them!

When You Lose You Win

What you need to know about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it's different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

And it's getting more complicated...

Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

How's that?

Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

How will you know?

Initially you probably won't because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

Is there any good news?

Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there's more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn't show weight loss!



Many challenges? We have many ways to beautify a smile!



Oral Cancer Bites

Start early & win!

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the *human papilloma virus* (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

A Check your tongue, lips, cheek lining, and gums.

B Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

C Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancer can be cured.

Reality Checks

We can tell you why it is what it is!

We're happy to say that most dental problems can be treated successfully ... but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here's why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, color, and feel of your tissues;
- early signs of lip cancer and tumors in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!



LIKE NIGHT & DAY

What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle *and* reducing your carbon footprint.

- ◆ If you take really long showers, you could save more water and energy by soaking in the tub until you're clean, relaxed, and ready for bed. If you don't like baths, use a timer or energy-saver shower head.
- ◆ Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- ◆ A slightly cooler bedroom temperature can improve sleep, conserve energy, and save dollars, so lower your thermostat, open a window, or install an energy-efficient fan.

Monkey See...

Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don't go to the zoo ... come see us for a demo!

The Importance of Regular Oral Cancer Screening

Oral cancer is one of the deadliest forms of the dreaded disease – and because almost 70% of all oral cancer victims are diagnosed in the later stages, the five-year survival rate is only 50%. But the survival rate skyrockets to 90% for oral cancers discovered in its early stages. Because early detection is essential to increase chances for successful treatment, we always check your entire mouth. We use a tool called Oral CDX that can painlessly and easily check for suspicious lesions. It is a brush biopsy. It looks like a small bottle brush and all we need to do is simply swipe across the area a few times, to get some of the cells from the skin. Those

cells are then wiped onto a slide and mailed to a special laboratory that checks the sample with a computer- assisted microscope.

Oral CDX was found to be accurate 100% of the time. In fact, it found cancer or dysplasia (the step before cancer) in an amazing 5% of lesions that were only slated for observation. Oral CDX provides us the ability to quickly, accurately and painlessly check your mouth's health. We are very excited to have this technique available to you.



To increase our efficiency and service levels and, in turn, enhance your dental experience, we are updating our records. Please call or drop by to provide us with your email and cell phone numbers. This way we can communicate with you more quickly and effectively.

office information

Dorothy A. Tiberii, DMD

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Sarasota, FL 34238-2804

Patient Hours

Monday 8:00 am – 5:00 pm
Tuesday 8:00 am – 5:00 pm
Wednesday 9:00 am – 5:00 pm
Thursday 8:00 am – 5:00 pm
Friday 9:00 am – 5:00 pm **

* Closed daily from 1:00 pm – 2:00 pm

** Fridays are hygiene only

Contact Information

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Email dr.tiberii@verizon.net
Web site www.yoursmiledoc.com

Our Team

Dental Assistants: Linda LaPaglia, Carolina Turner, Christy Coleman, Felicia Larsen

Front Desk: Linda LaPaglia

Hygienist: Coleen Walker

Business Operations/Tech Support:
Marcia Foote, BA



We're Here To Help!

You're important to us and so is your oral health. We know that oral health is linked to our overall health and well-being, so regular recare and follow-up visits are very important. Part of our job as your dental care provider is to work with you to ensure that your personal financial circumstances do not interfere with your dental health care decisions. This is why we recommend *CareCredit*®, an affordable payment program that has a unique no-interest payment plan. CareCredit enables us to offer flexible payment options to cover many costs that many insurance plans currently don't. And don't forget that summer marks the half-way point with most dental insurance companies. Remember to utilize your insurance benefits before they expire. Once those benefits are gone, they are lost forever and don't apply to next year.

New Patients Welcome!

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients – the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving your family and friends.

