



DENTAL HEALTH LETTER

Produced for the
patients of
Catherine L.
Forster, D.D.S.

Spring 2005

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OFFICE HOURS

Our regular hours are
7:30 a.m.-5:00 p.m.

**Appointment and
Emergency
Phone:**
(330) 492-7889

Introducing...a program to save your teeth from gum disease

Our Soft Tissue Management Program provides comprehensive care for your gums, including early diagnosis and treatment of gingivitis and periodontitis *before* these diseases can cause serious problems.

The fact is, periodontal disease is very common. Three of every four adults show some symptoms, and it's the leading cause of tooth loss for adults over age 35.

Periodontal disease occurs when plaque is allowed to build up and cause inflammation of the gums. The inflamed gum pulls away from the tooth, forming a pocket where bacteria can grow and eventually erode the supporting bone. In its advanced stages, periodontal disease may require surgery.

But you can avoid the possible discomfort, inconvenience, and expense of surgery...because periodontal disease *can* be prevented. The key is to catch it in its early stages...and that's the goal of our Soft Tissue Management Program.

At your visit, we'll evaluate your gums to determine where and to what extent gum disease exists. We'll measure and chart any gum separation or pocket formation. Then we'll develop a personalized treatment schedule that reflects your specific needs for short-term therapy and long-term prevention.

The second step is to treat any existing disease by removing calculus (tartar) and plaque deposits from the depths of the

pockets, smoothing and polishing root surfaces, and removing bacterial toxins (scaling and root planing). Pocket depth measurements of 4 to 5 mm need special treatment while the disease may still be reversible.

But our program uses a *teamwork* approach to the treatment of periodontal disease...and in the third step you become the most important member of the team. Vital to the success of the program is your continuing home care. We'll teach you the most effective ways to control plaque deposits—with brushing, flossing, and additional techniques. And we'll schedule the fourth step—personalized follow-up visits for continuing care to keep the disease under control and to monitor your home care—to make sure your gums *stay* healthy. We'll set these appointments on a schedule that's personalized to your needs.

Do your gums need our Soft Tissue Management Program?

Do your gums bleed when you brush or floss? Are they red, swollen, or tender? Are you suffering from chronic bad breath or bad taste? Are your gums shrinking, receding, or pulling away from your teeth?

If your answer to any of these questions is "Yes," call us now—at **492-7889**—to schedule your soft tissue evaluation.

*“Personalized
treatment...for
short-term therapy
and long-term
prevention.”*

Our best patients are referred by our best patients. Thank you!



What happens when you lose a back tooth?

When a back tooth can't be saved by root canal, or the patient refuses to save it and opts to have it removed, the removal of the tooth is not the end of the story. Many people think that, from an aesthetic viewpoint, a back tooth doesn't really matter. However, that is far from the truth.

The loss of a back tooth can have a significant effect on one's appearance. First, the teeth will shift when the missing tooth is no longer available to help support the others. One outer sign of this change inside the mouth is the appearance of pouches on the sides of the jaw. In addition, a sinking or puckering may become obvious in the area between the cheeks and the mouth. Lips may come to look thinner and straighter across the face rather than turning up in a natural arc. All these changes can have a drastic effect on the patient's appearance—especially as he or she ages.

Fortunately, this doesn't have to occur. Often, a root canal can save the tooth in question, avoiding these problems completely. However, if a root canal isn't possible, a bridge can be used to keep the teeth functioning properly and maintain their stability. A fixed bridge helps retain the patient's natural bite, prevents drifting of the teeth, delays the occurrence of periodontal disease, and keeps the surrounding teeth in their natural positions. In some cases, implants may be the treatment of choice. In addition to all this, the cosmetic changes that might have appeared if the space had been left unfilled won't occur. We think that will leave you looking better and smiling more brightly for a long time to come.



Some people neglect to visit us because they have healthy teeth. They think to themselves, *"My teeth are in good shape...I keep them clean... maybe I'll go in once in a while for a cleaning, but I don't need regularly scheduled checkups, right?"*

Regular appointments with us are about more than just clean teeth. For instance, when you visit us, we always check for signs of oral cancer. Finding a precancerous lesion early on can mean preventing full-blown oral cancer. In fact, about ten percent of patients exhibit suspicious lesions that could be oral cancer. This disease often appears as a small spot in the mouth. It is generally painless, flat, and may be red or white. If the spot looks the least bit suspicious, a

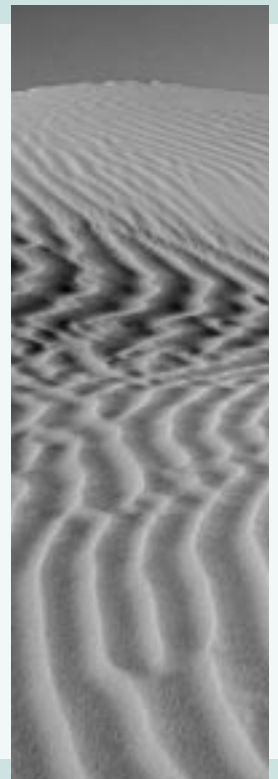
painless brush biopsy is performed to discover whether any cancerous cells are present. In a very small number of cases, a scalpel biopsy may need to be done using local anesthesia.

In addition to seeing us for regular oral cancer checks, you can help to prevent oral cancer by avoiding substances that are known to cause the disease. These include tobacco (cigars, cigarettes, pipes, and chewing tobacco) and alcohol. Avoid excessive sun exposure as well, since this may be a factor in lip cancer. Watch for signs such as changes in color inside your mouth, tenderness, changes in your bite alignment, lumps, rough spots, or sores that don't heal. Report anything unusual to us.

Feelin' dry?

Some medications can make your mouth feel like a desert. Whether it's blood-pressure drugs, anti-histamines, or antidepressants, that cotton-mouth feeling can be miserable. In addition to how it makes you feel, it also can increase the likelihood of developing a cavity. How can you whet your whistle and save your teeth?

Whatever you do, don't reach for the hard candies. Sure, they'll increase saliva production, but they'll also get those bacteria working away to produce the acids that can break down enamel. Instead, grab a glass of water or a bottle to take with you. Sip all you want. If that doesn't do the trick, rinsing your mouth with water can sometimes provide relief. Occasionally, reach for a sugarless hard candy. This combination of remedies should do the trick to keep your mouth watering and hold bacteria at bay.



Great expectations

Dental care for mothers in waiting

When a woman becomes pregnant, she will be concerned about a number of changes occurring in her body. Chances are good that her teeth will be way down on the list, and the changes that arise in her dental health will probably surprise her. However, pregnant women have special dental needs they should be aware of.

For instance, a problem called pregnancy gingivitis shows up in most pregnant women. It's caused by increases in hormones that change blood flow throughout her system. The gums may become puffy and bleed easily. Scrupulous home care can help relieve this phenomenon, which means brushing after each meal and flossing every day to reduce plaque buildup. Antiplaque and fluoride rinses may be recommended as well.

Acids from morning sickness (which may occur throughout the day) can erode the enamel that protects teeth. Rinsing with baking soda and water right after an episode of sickness can help neutralize this acid. If you don't have baking soda available, rinse well with plain water.

Pregnancy tumors may affect some women. Often, these occur when gums are tender from pregnancy gingivitis. These benign growths normally resolve themselves. However, it's important to be aware that they can erupt. Sometimes they interfere with eating or are in uncomfortable spots. When this is the situation, removal may be recommended.

The need for some dental procedures and treatments may be questioned during pregnancy. For example, x-rays will be performed only if there is an emergency. Elective procedures will be postponed until the second or third trimester, or after delivery. Procedures that cannot wait will be scheduled for the middle trimester if at all possible.

We are prepared to handle the special needs of our pregnant patients. We share your excitement as you look forward to the blessed event, and we are eager to have the opportunity to assist you in raising a cavity-free child. If you have any questions about pregnancy and your dental health, don't hesitate to ask.



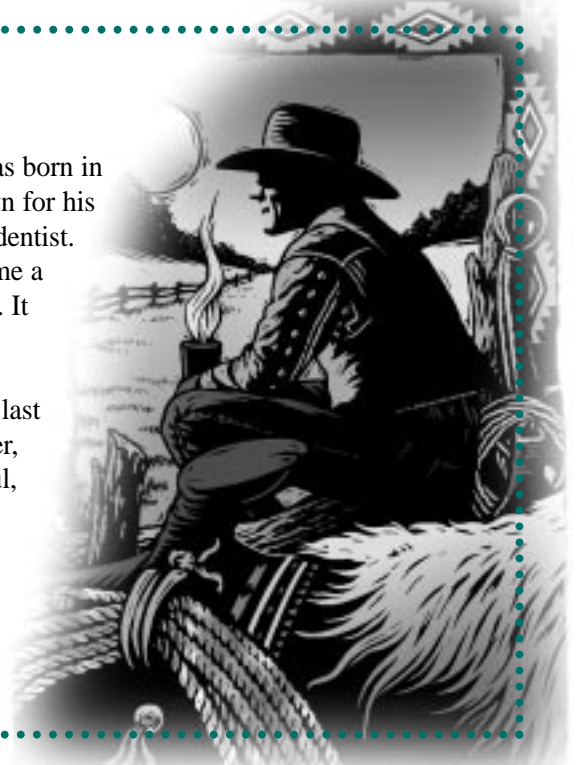
"I'll take 'Famous Dentists' for \$200"

Zane Grey, once the highest-paid writer in the world, was first a dentist. He was born in 1872 and given the name Pearl Zane Gray. The successful author, best known for his colorful westerns, was the son of an Ohio farmer, preacher, and (you guessed it) dentist.

Zane's dad longed for his son to follow in his footsteps, but first the boy became a crack baseball player who scored a scholarship to the University of Pennsylvania. It was there that he first wrote a story about fishing that appeared in *Recreation Magazine*.

After college, Grey (he dropped his first name and changed the spelling of his last name in 1902) began practicing dentistry in New York City. His practice, however, was short-lived. By 1903, he had self-published his first book. It was unsuccessful, but Grey was not easily defeated.

The erstwhile baseball player and dentist went on to publish more than 80 books. Later, he was to see many of his stories come to life in *Zane Grey Theater*. There is a museum that honors him in his hometown of Zanesville, Ohio, and he appeared on a postage stamp in 1972. Quite a famous ending for a man who began his career as a dentist from Ohio.



Catherine L. Forster, D.D.S.

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Here's your dental newsletter!

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Registration form for Great Strides

We are asking for your help in making Great Strides! On Saturday, May 7, 2005, the Canton Great Strides Walk-A-Thon for Cystic Fibrosis will be held at McKinley Senior High School.

Cystic fibrosis (CF) is a genetic disease that affects more than 30,000 children and adults in the United States. A defective gene causes the body to produce abnormally thick, sticky mucus. The abnormal mucus impairs digestion and leads to chronic and sometimes fatal lung infections. Currently, there is no cure for CF; however, new therapies and treatments are being developed.

In-Kind Donors: You or your organization can choose to donate an item of your choice to the walk, including food, drinks, goodies, etc.

Team Leader: Simply ask 5–10 of your closest friends, family members, or colleagues to join your team!

Remind your walkers of the date of the walk and their \$150 fund-raising goal.

Remember, ask 15 people for \$10 and you're done!

Walker: You don't have to be on a team to walk the walk! Join ours or simply go out and do a little of your own fund raising. Just keep in mind your goal of \$150.

Volunteer: We always need help the day of the walk! Help with registration, hand out t-shirts, help set up the walk route, or hand out water and food to the walkers.

Personal Donation: \$500, \$250, \$100, \$50, \$25, other \$_____

Corporate Sponsorship: There is a variety of levels at which you and/or your organization may wish to become a sponsor, including:

Site Sponsor \$5,000 donation

After-Walk Party Sponsor \$1,000 donation

Halfway Sponsor \$500 donation

Start/Finish Sponsor \$300 donation

Kilometer Marker \$150 donation

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Jennifer (6) & Emily (8)

For as little as \$7, you can give a gift and receive a gift!

We have adorable bean-bag toys available at our office. With a \$7 donation, you can choose from patriotic teddy bears, bunnies, fun chicks in eggs, and other cute critters! All donations will go to support the Cystic Fibrosis Foundation. Stop by our office and pick up yours today!

Please mail or fax this form to:

Dr. Catherine L. Forster

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Fax 330-492-7966