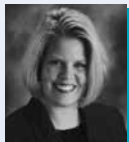


# From Your **DENTIST**



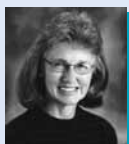
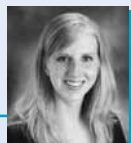
Dr. Renee Maikon

Dr. Amy Stodola



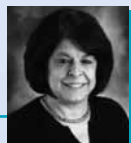
Jody Anderson  
Dental Hygienist

Stephanie Loberg  
Dental Hygienist



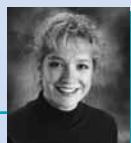
Brenda Buscher  
Dental Assistant

Teresa Haddad  
Dental Assistant



Chelle Patterson  
Dental Assistant

Kim Beck  
Dental Receptionist



## Office Information

Family SmileCare Center, PLC  
1630 32nd St. NE  
Cedar Rapids, IA 52402  
Phone: 319-362-8657  
Fax: 319-362-1824  
email: familysmilecarecenter@mchsi.com

### Office Hours:

Monday-Thursday .....7am to 6pm  
Friday..... 8am to 12pm



# Family SmileCare Center, PLC

Newsletter Winter 2008

**Our Mission:** Helping you keep your smile for a lifetime.

## What is Periodontal Disease?

Periodontal (gum) disease is an infection that affects the tissues and bone that support your teeth. The disease starts when bacteria in plaque and tartar form under the gumline leading to infection (overgrowth of bacteria). As the body fights the infection, the gums become inflamed (irritated and swollen). Pockets form between tooth and gum, making plaque harder to remove. As the disease advances, bone damage occurs and can lead to tooth loss.

### Gingivitis

This is the mildest form of periodontal disease. The gum becomes inflamed. The space between gum and tooth deepens, forming a pocket. Gums become red and swollen and bleed when touched. Gingivitis can often be reversed with dental cleanings and good home care.



### Periodontitis

Infection and inflammation spreads to the bone supporting the teeth. The pockets become deeper and harder to clean. Redness, swelling, and bleeding may worsen. Disease begins to destroy gum, ligaments and bone.



### Advanced Periodontitis

As periodontitis advances, pockets deepen even more and can fill with pus. Bone loss occurs and teeth may loosen. Some teeth may be lost and some patients may need to be referred to a gum specialist for further treatment.



### What puts you at risk?

- Smoking
- Poor Oral Hygiene
- Diabetes, especially if poorly controlled
- Stress
- Teeth grinding or bite problems
- Hormone changes, such as pregnancy
- Certain medications
- Weakened immune system
- Hereditary - passed on from a family member

### The Periodontal Exam

*At each check up, we will check:*

- your gums for bleeding, swelling, firmness, recession and sensitivity;
- your teeth for movement or biting problems;
- your health for a history of diabetes, smoking, heredity, and current medications;
- x-rays to detect bone loss;
- pockets around the teeth with a periodontal probe, which is a tiny ruler that is gently inserted between the tooth and gum. Deeper pockets indicate more severe disease.



### Your Treatment Plan

The goal of treatment is to create conditions that enable tissues in the mouth to heal. The first step is a special cleaning, called scaling and root planing performed by your dentist or dental hygienist. The plaque and tartar are removed to help gum tissue heal and pockets to shrink thus making them easier to clean. This procedure may take more than one visit and local anesthetic (numbing the gum tissue) may be given to make the procedure more comfortable.

### Follow Up

Once your periodontal treatment is completed, we will want to check your healing. We may recommend more frequent checkups to keep the plaque and tartar from building up. In some cases, you may be referred to a gum specialist called a periodontist. Good oral hygiene at home is essential to helping keep periodontal disease from becoming more serious or from recurring. We will provide you with instructions for taking care of your teeth at home.