



The Monthly Mouthful



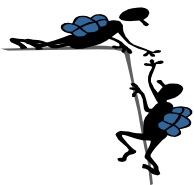
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VERY SPECIAL THANKS!

THANKS AGAIN TO A GREAT GROUP OF FRIENDS WHO HAVE EXTENDED THEMSELVES AND RECOMMENDED OUR PRACTICE TO THEIR FAMILY AND FRIENDS. THANKS AND PLEASE KEEP IT UP. SOME OF YOUR FRIENDS NEED LOTS AND LOTS OF REMINDERS AND PUSHES TO CALL US THAT FIRST TIME.



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The Doctor's Corner

Did you know that there are more than 600 species of bacteria that can be found in your mouth?

When people think of bacteria, they often automatically think of this in negative terms. And it *is* true, many bacteria are responsible for illness, infection and disease — not to mention bad breath. So, it is also not uncommon for us to think of antibiotics as a means of combating these bacteria.

What receives far less attention, but is unquestionably no less important in a discussion of oral health and immune response, is the use of probiotics.

Simply put, while there are bad “bugs” that can make us ill, there are also good bugs that can keep us healthy. One such species is called *Streptococcus salivarius* and — as you might have guessed from the name — it can be found in saliva. This species has several strains. Some have been shown to be effective in fighting periodontal disease. Others fight bad breath, while still other strains have been shown to control recurring tonsillitis and some viral in-

fections.

Researchers have been able to isolate these strains and incorporate them into a lozenge that can be taken orally. Dissolved slowly in the mouth, the lozenge can help restore the natural and healthy bacteria of the mouth and throat often destroyed by antibiotics. Just increasing the numbers of beneficial bacteria can take up the physical space that the bad bacteria need to colonize; it also has the effect of using up the ‘bad guys’



food supply. The good news is that probiotics can be used in conjunction with antibiotics.

This is positive because antibiotics tend to wipe out all of bacteria, bad or good. Used shortly after administration of antibiotics for infection, the probiotic lozenge can allow the good bacteria to colonize and flourish.

This is exciting news and may have cardiovascular implications. Bacteria in the mouth are a source of chronic inflammation, which is definitely bad for your heart.

Sincerely,
Dr. Walicki

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Now you can keep up with the very latest in dental news and fun. To find us just type “ToothWiz Dental” into the search box while you are logged into your Facebook account. It is totally free to join if you don’t already have an account.

As you may already know, Facebook can be a great way to keep in touch with friends and to stay current with what is going on with them. We have just recently created our office Facebook page and invite you become a fan.



You will find several funny videos and lots of informative articles about what you can do to stay in top dental shape.

Why don’t you pop on over there right now? Not only will you learn something, but I’m sure you will get a good chuckle out of at least a couple of the videos.

In This Issue:

<i>The Doctor's Corner</i>	
<i>Visit Us on Facebook</i>	1
<i>New Technologies ☺ Tooth Decay</i>	2
<i>This Month's New Monthly Mouthful Offer!</i>	3

NEW TECHNOLOGIES

Wouldn't it be great if someone would invent a machine that could keep cavities from getting worse, could instantly reduce tooth sensitivity, and while they were at it, get rid of those pesky mouth ulcers that last for a couple of weeks and just drive you crazy every time you eat something sour?

Just think of it . . . no pain, no drilling, *and* avoid root canals! Just another pipe dream? Not really. Such a device has been available for at least eight years. Just don't expect to see it in your local dental office.

The FDA hasn't approved it, and the American Dental Association doesn't even want dentists *talking* about it at their conventions.

Still, many patients and dentists in Europe not only swear by it, but have the clinical results to back it up. It's called the HealOzone and works by killing bacteria with ozone. Maybe someday . . .



Tooth Decay

While people actually lose teeth as a result of periodontal disease more than they do from cavities, tooth decay is still a significant source of problems for many patients.

Probably one of the most significant reasons for this has to do with dental anatomy. After nearly twenty years of practice, I have come to appreciate that most people are simply unaware of the fact that tooth decay can exist without pain. The reason for this is quite simple: decay works its way from the outside inward. Think of the tooth as being comprised of three layers. The inner layer is soft and makes up the pulp. This contains the blood supply of the tooth as well as the nerves which give the tooth sensation. Covering and protecting the pulp is a harder layer called dentin. This runs throughout the tooth and goes from the root part of the tooth that is buried in bone, all the way to the part that is visible in your mouth. We refer to the part of the tooth that sticks out above the gumline as the "crown" of the tooth — not to be confused with artificial crowns that we make when a tooth is destroyed by

extensive decay. The crown portion has still another layer over it that is even harder. It is called enamel. This is quite literally the hardest substance in our bodies. What makes it unique, though, is that it is almost entirely mineral — meaning it has **no** nerve endings.

That also means it has **no** feeling. If you think about it, this makes sense, because you wouldn't want to have pain every time you bit into something to chew your food. Unfortunately, it also means it won't give you much warning if it starts to break down. The sad part is I see this happening all the time. Patients usually get to me late in the game. By the time a tooth starts to become uncomfortable, it is pretty far along. This means a cavity filled at that point is likely to bother you, even if it didn't before. If the discomfort persists, patients typically face extractions or root canal therapy. The moral? NEVER wait for pain to have your teeth evaluated. Your chances of avoiding more pain will be lower if you visit the dentist regularly.

The Monthly Mouthful Offer



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or

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