

The least important thing we did today was clean your teeth.

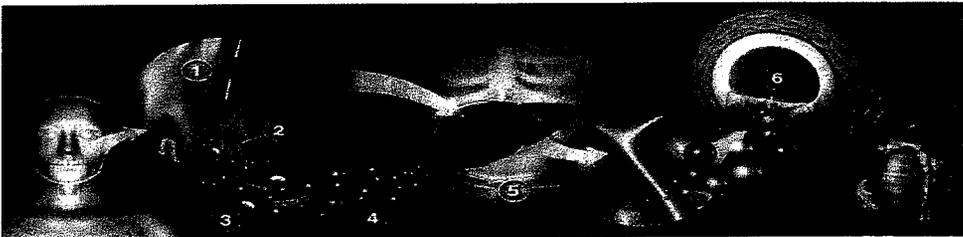


Stop coming to us just to get your teeth cleaned! You should be seeing us regularly since only with our help can you keep oral inflammation to a minimum over your lifespan. That's really important. Here's why...

Dentistry has actually known for some time that if you have gum inflammation, cleaning the teeth will make them feel good for a day or two but will have no effect on eliminating the underlying inflammation. Medical research is confirming that inflammation *anywhere* in the body is a significant factor in many of the chronic diseases of aging (heart disease, diabetes, cancer, Alzheimer's disease). It turns out that the mouth is a significant source of inflammation when gum disease is present.

Gum inflammation rarely causes any symptoms - most people who have gum inflammation do not even know it. Gum inflammation occurs when microscopic bacteria, in the form of a biofilm, collect below the gum line beyond where your toothbrush can reach. Left unchecked, this biofilm causes the silent inflammation in your mouth that can lead to other serious health problems.

While everyone has bacteria in their mouth not everyone develops gum inflammation. There are identifiable risk factors that make some people more susceptible to gum inflammation. We know



that it takes about 3-6 months for the inflammation-causing biofilm to reform underneath the gum line. Thus, if you have gum disease risk

factors it is even more important for you to partner with us on a regular basis to determine if any gum inflammation has developed and then to do what is necessary to eliminate it.

In this new era of dental medicine, your regular visits to a dental profession should be mainly focused on determining:

1. If there any areas of gum inflammation in your mouth.
2. If you have any risk factors for gum disease.
3. The method which will result in the most rapid elimination of your gum inflammation.
4. A customized daily program which will allow you to keep gum disease at bay.

Only after that is accomplished do we clean your teeth to make them look good.

Partnering with us over your lifespan to keep oral inflammation to a minimum will pay dividends to your oral and overall health.

Gum Disease Can Kill More Than Your Smile

Gum disease is caused by bacteria. When your gums are inflamed bacteria from the mouth *are* getting into the bloodstream. This leads an increased risk for the serious health problems listed below.

HEART DISEASE

Bacteria from the mouth can get into the bloodstream when the gums are inflamed. These bacteria can attach to platelets. These clumps of platelets and bacteria can lodge inside the walls of blood vessels causing *heart-stopping* clots to form. These clots are what lead to heart disease.

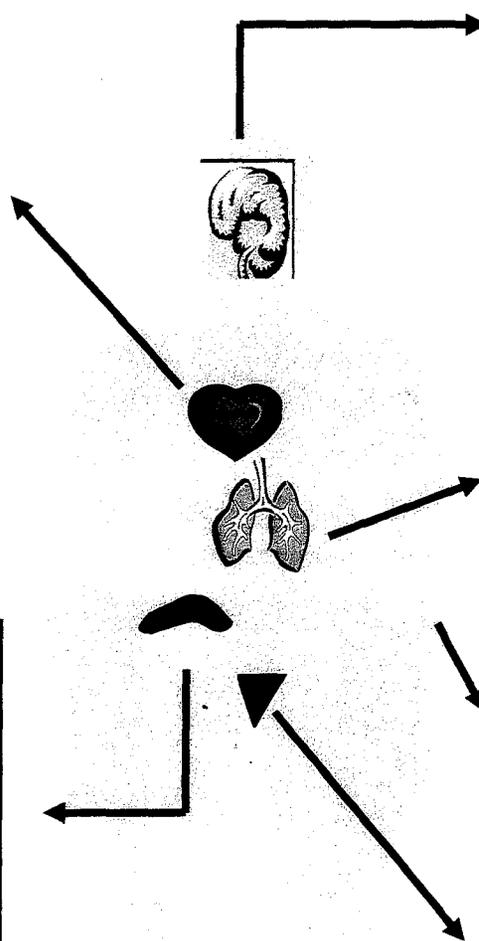
Keeping your gums healthy can reduce your risk for a heart attack.

DIABETES (pancreas)

The presence of any gum inflammation can make it much more difficult for a diabetic to control their blood sugar. Elimination of any gum inflammation can *directly* improve diabetic control.

OTHER LINKS

Links between gum disease and rheumatoid arthritis and even kidney disease are being investigated. Do what ever is necessary to eliminate inflammation anywhere in your body.



ALZHEIMER'S DISEASE

Studies continue to demonstrate a link between gum disease and an increased risk of Alzheimer's later in life

LUNGS

The bacteria that collect in your mouth when gum disease is present are the same bacteria that can cause pneumonia and other respiratory disease.

ARTHRITIS

Gum disease is closely linked with arthritis. If you already have arthritis, eliminating gum disease has been shown to potentially lessen the crippling effects of arthritis.

PRE-TERM BIRTHS

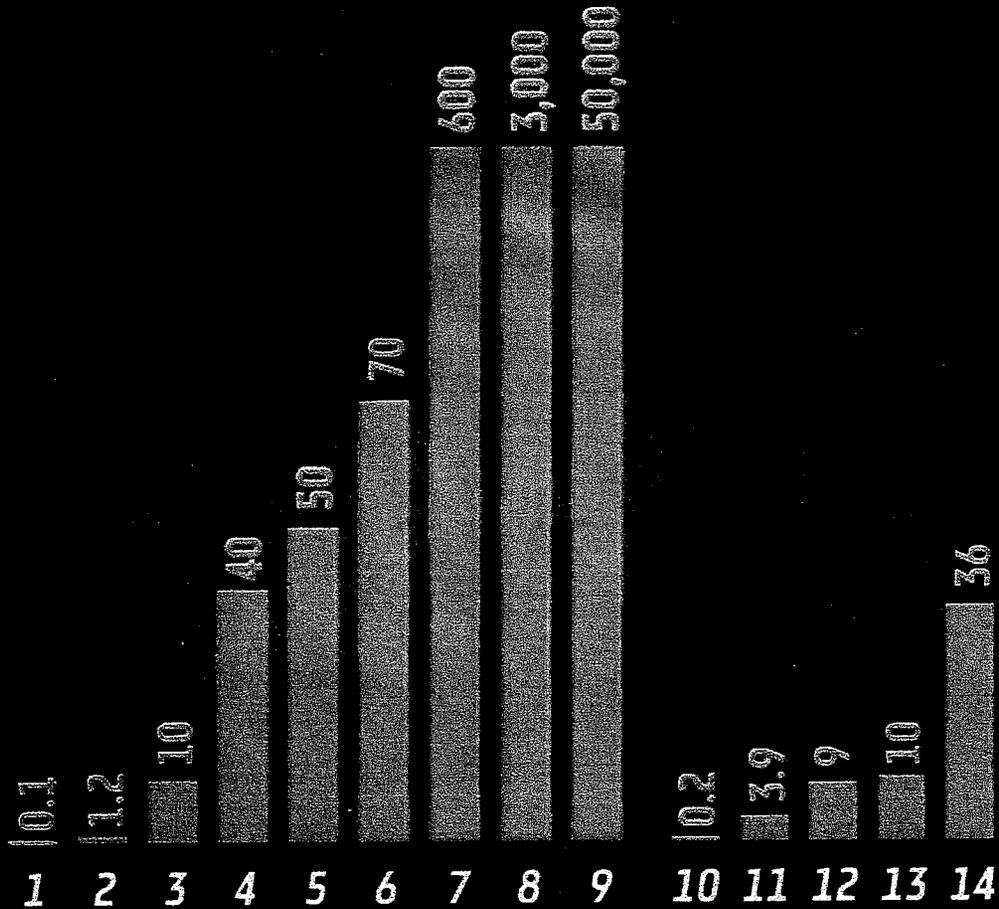
Women with gum disease are seven to eight times more likely to give birth premature to low birth weight babies. Researchers believe that gum disease causes the body to release inflammatory chemicals which are linked to pre-term birth.



Midtown Dental Associates
ROBERT J. WOOLFON D.D.S.

How much radiation am I getting?

(μ Sv - micro Sieverts)



1. Eating a banana.
2. One day visit to Grand Canyon.
3. Daily dose of natural background radiation.
4. Airplane flight from NY to LA.
5. Chest x-ray.
6. Living in a brick house for one year.
7. Abdominal x-ray.
8. Mammogram.
9. Radiation worker (medical) allowed max per year.
10. Single x-ray in this office.
11. Full mouth series in this office.
12. Cephalometric x-ray in this office.
13. Panoramic x-ray in this office.
14. Cone Beam Computed Tomography (3DCT).

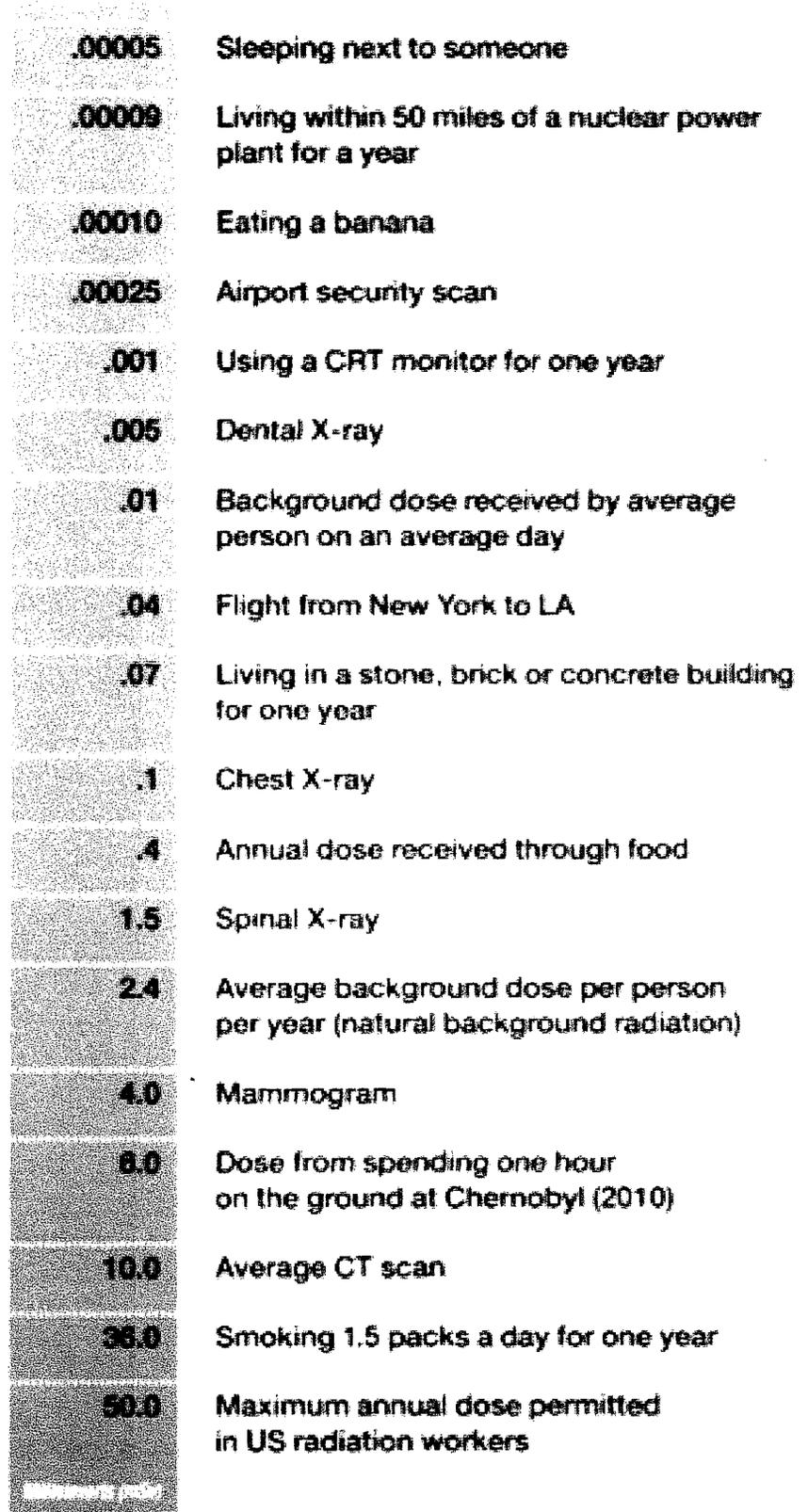
This office
is dedicated
to providing
our patients with
the safest,
most comfortable
experience possible.

Good quality
diagnostic x-rays
are crucial
to maintaining
your overall health.

Be assured we are
doing everything
possible to keep
you healthy
by following the
ALARA* principle.

Please do not
hesitate to
ask questions
or discuss
your concerns.

RADIATION DOSAGE CHART



Sources: BBC Guardian Catalog, Mayo Clinic, ICRP data, <http://www.radiationchart.com>
Note: logarithmic scale & average doses used.

DENTSPLY
RINN

*ALARA (as low as reasonably achievable)

is a radiation safety principle for minimizing doses and releases of radioactive material by using all reasonable methods.

See Title 10, Section 20.1003, of the Code of Federal Regulations (10 CFR 20.1003)