

# Louis Siegelman, DDS

Produced to improve your dental health and awareness

from the dentist

## Spreading The Word

### *Thank you so much*

The power of spoken words cannot be denied! When used to help improve the lives of others, words not only bring positive change, they often bring life-long results. And, when spoken as a referral or “personal testimonial,” all kinds of good things spring forth.

Do you know how we measure the quality of care we provide for you? Every time you return to our practice, give us your positive feedback, and tell your friends, family, and colleagues to come see us for their dental care, you are letting us know that what we do for you matters. Your support motivates us to continue raising the bar on the superior standards you expect.

Thank you, from all of us, for your wonderful feedback, your loyalty, and your ongoing new patient referrals.

*Yours in good dental health,  
Dr. Louis Siegelman*

## Just Because You Can't See It, Doesn't Mean It Isn't There

If you've ever tried to inspect the teeth in the back of your mouth, you know it's nearly impossible. That's why it's very common to have problems on your back teeth that you're not aware of, until you go to the dentist for an exam and the problem is discovered. Even when your dentist can clearly see what's going on, you still can't.

The intra-oral camera we have at our office gives you the ability to see what is going on in your mouth, to actually see yourself what needs to be corrected and take the necessary steps to get the right treatment you need.

This camera wand can take pictures of your mouth and send it to a computer screen, where you and the doctor can view full color images and determine what procedures you will need.

The pictures can be printed, duplicated or sent to insurance companies to help better reimburse you. Finding out you have tooth decay is not good news, but it's important information to know, for some good reasons:

1. Being made aware of problems with your teeth and gums so you can address and treat them before they become even more serious.
2. Offering an evaluation of your home care. How well are you doing with your home care?
3. Helping your dentist to form a comprehensive treatment plan for the future.

Our office is committed to accessing the latest techniques to make the best options available to all our patients. Please contact us today to schedule a consultation.

# Gum Recession & Treatment

## What is gum recession?

Gum recession is when gum tissue surrounding the crown of the tooth recedes and exposes more of the tooth.

### GUM RECESSON SYMPTOMS:

- Gum recession is a progressive condition and can be difficult to detect in the earlier stages.
- Increased Sensitivity
- Tooth Mobility
- Exposed root, tooth may look long

### CAUSES OF GUM RECESSON:

There are several possible causes for gum recession. Here are the most common.

- Plaque Accumulation
- Periodontal Disease
- Aggressive Brushing and Flossing
- Genetic Predisposition
- Bruxism
- Smoking or Chewing Tobacco
- Natural Aging

### GUM RECESSON TREATMENT:

Early detection and minimal treatment are ideal. The first step is to address the cause and develop a corrective plan of action. There are many treatment options for gum recession. Mild gum recession can be treated with scaling and root planing, also known as a deep cleaning. There are a few different types of surgical grafting options for more advanced cases of gum recession. Our office offers the latest techniques for treating gum recession. The Pinhole Surgical Technique is the most advanced, non-invasive treatment for gum rejuvenation. Unlike traditional grafting techniques, the Pinhole procedure is minimally invasive. The recovery is fast and the results are natural looking and long lasting.

If you have any questions or concerns about gum recession, call us today!

## FLOSSING MATTERS

**Many of my patients brush twice a day but flossing is another story....**

Flossing your teeth is very important for your overall health. It should be done once a day along with brushing two times a day to prevent gum disease. Brushing alone can't adequately clean between the teeth & under the gums. Floss is a tool specifically made to remove plaque from tight spaces in between the teeth. Brushing & flossing keeps your mouth/gums healthy & can also help prevent much more serious health problems. Not sure how to floss or if you're doing it right? Stop by the office anytime - I'd be more than happy to review proper home with you!

*Melissa R.D.H*



# 9 Risk Factors

## Could you lose teeth to gum disease?

Periodontal disease is the leading cause of tooth loss and it has been linked to systemic diseases. It develops gradually over time if the natural bacterial film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria. If you fit any of these nine risk indicators identified by dental experts, you could be susceptible to gum disease and the tooth loss associated with it.

1. Are you older than 35?
2. Have not received – or avoided – dental care?
3. Have you never – or only irregularly – used dental floss?
4. Do you smoke? Have you ever?
5. Do you have diabetes?
6. Do you have high blood pressure?
7. Do you have rheumatoid arthritis?
8. Do you have gum disease around your front teeth?

Gum disease has been linked with diabetes, cardiovascular diseases, and arthritis. No one is immune! So what can you do? *A lot!* Brush, floss, and rinse, and maintain your regular dental visits!

## Oral Cancer Check: It could save your life!

Did you know that every time you come to us, you also get a free oral cancer check? It might be surprising to hear that the death rate for oral cancer – about 7 million people world wide per year – is higher than other cancers that get more “air time” (like cervical cancer, leukemia,

Hodgkin’s lymphoma, thyroid cancer, and melanoma).

That’s why every patient that steps into our office receives an oral cancer exam ... whether they realize it or not. Each member of our professional team is trained to detect the signs and symptoms

of oral cancer so that we have a chance to catch them before they develop into serious problems.

It only takes a minute to do the screening – complimentary with every hygiene visit – but it can save a lifetime!

## Getting The Most From Your Insurance

### We’re here to help!

We realize that understanding your insurance benefits and regulations can be a time-consuming and daunting task. Often patients will let us know that they’re struggling with questions about their insurance. Am I covered? For how much? When? What if I’m not?

Because your health is our top priority we really want to “get it out there” that we care sincerely and can easily help answer these questions.

- We’ll review your insurance plan with you so we both understand what is available.
- We can prioritize your treatment over a pre-determined length of time.
- We can make certain you receive all the benefits you’re entitled to.

With most plans you shouldn’t have to pay any significant out-of-pocket expense. We’ll take care of it

all, including filing your claims for you. With electronic filing and depositing, you will usually receive payment directly into your bank account within a few days.

At some point, everyone has questions, so please call us when you do. For starters, let’s make sure you’re not missing out on any benefits owed during any fiscal period. And remember, we’re always here to help.



# Put A Little Moisture In the Air

As the season starts to change and we head into the fall, the air tends to dry out. So do our sinuses, which can bring on bloody noses and cracked, dry lips.

Cool mist humidifiers can help soothe these problems caused by dry air and even ease the symptoms of a cold, allergies and asthma. They really work great but they do need regular maintenance. If you don't keep your humidifier clean it will breed mold and bacteria which can make you sick... **To keep humidifiers free of harmful mold and bacteria here are some tips that can help:**

1. Use distilled or demineralized water - tap water contains minerals that can create deposits inside your humidifier that promote bacterial growth.
2. Change the water often - don't let film or deposits develop inside your humidifier. Try and change the water everyday if possible.
3. Clean your humidifier every 3 days - Remove any mineral or film deposits from the tank. You can use a 3% hydrogen peroxide solution, or a little bleach, depending what the manufacturer recommends.
4. Replace old humidifiers - Over time, humidifiers will build up deposits that are difficult or impossible to remove. The best thing to do at that time is just throw out your old humidifier and get a new one.

## Love Those Rave Reviews!

We are always grateful for the referrals you send our way. It is an incredible compliment to know that you trust us enough to send your friends, family, and colleagues to our practice, and we will always welcome them enthusiastically.

**Thank you for ongoing loyalty and support!**

### office information

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#### Our Team

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Eileen Mackesy ..... Dental Assistant

Paddy Beston ..... Dental Assistant

Fernanda Lorange..... Dental Assistant

Sara Helms..... Marketing

**COMMUNICATION IS IMPORTANT TO US – DON'T BE AFRAID TO ASK QUESTIONS!**

## It's Pumpkin Season - How About A Little Soup! Cream Of Pumpkin Soup

### WHAT YOU'LL NEED:

**2 tbl butter**

**1/2 yellow onion, sliced thin**

**1/2 cup peeled, thinly sliced carrots**

**1 rib celery, chopped**

**2 cups canned pure pumpkin**

**3 cups chicken broth**

**Ground white pepper, to taste**

**1/4 tsp ground ginger**

**1 1/2 tsp salt**

**1 cup of cream or half & half**

**Shelled pumpkin seed for garnish**

### HOW TO MAKE IT:

In a 4 qt. saucepan, sauté the onions in butter until transparent. Add all the other ingredients except the cream. Bring to a simmer & cook, stirring occasionally until the vegetables are very soft. Place in a blender & carefully puree until completely smooth. Pour back into the sauce pan & add the cream. Bring back to a gentle simmer, turn off the heat & adjust the seasoning if necessary. Serve in warm bowls & garnish with pumpkin seeds - Enjoy!

