

New Location. New Look.

SAME GREAT DENTAL CARE!



Healthy Gums for Life!



At Dr. Diane D Romaine and Associates our emphasis since the beginning has been healthy teeth and gums for life. Now science is showing that there is more of a connection between your dental health and your overall health than was initially understood. Periodontal Disease (or gum disease), which is the number one cause of adult tooth loss, affects nearly 80% of Americans over age 65 according the American Dental Association. Given the fact that today, people are living longer than ever before; good oral hygiene may prove to be more critical than just preserving your smile. A growing body of research suggests that periodontal disease may play a role in a variety of systemic health problems as wide ranging as diabetes, respiratory illness, pregnancy complications, and heart disease. Like any new area of scientific inquiry, some data paint a very clear picture while other results are still inconclusive. New information on this “oral-systemic link” emerges almost daily.

So what exactly is the connection between what happens in your mouth and your overall health? Some of the millions of bacteria that lurk in our mouths (numbering more than all the cells in our bodies) are the primary culprits—along with the subsequent inflammation they cause. These microorganisms form complex colonies of sticky plaque. This plaque — what microbiologists call “biofilm” — is composed of durable, coral reef-like structures, which build up at the gum line and in between teeth.

Some of the approximately 500 species of bacteria in your mouth cause gingivitis, infecting gums. As your immune system steps in to fight these invaders, gums become inflamed, and may bleed when you brush. Interestingly, if this same type of infection appeared on your arm or another body part, you would no doubt go running to the doctor for treatment—but bleeding, tender gums are often ignored.

Untreated, this tenderness progresses into full-blown periodontitis, and here the immune system shows its dark side. This simmering inflammation ulcerates gums and finally destroys the soft tissue and bone that anchors your teeth. It also sends inflammatory substances throughout the body. This inflammation link is just one of a number of hypotheses explaining how chronic oral infection may trigger or intensify systemic diseases. As the interrelationship between the mouth and the rest of the body becomes clearer, dental professionals, doctors and patients will need to rethink the term “oral health.”

Excerpts taken from the Scientific American Oral and Whole Body Health article “Our Mouths, Ourselves” by SHARON GUYNUP were used and edited with permission. Ms. Guynup is editorial director of Oral and Whole Body Health.

Our Team of Dental Hygienists

Getting Personal About Their Fight for Your Health

In each issue of our news letter, we focus on different members of our dental team. We hope you will learn more about your oral health as you get to know us a little better. In our inaugural issue, we are focusing on our talented team of dental hygienists. While keeping your mouths clean is vitally important, dental hygienists are responsible for much more than “just a cleaning.”

PERIODONTAL THERAPY An Important Part of the Hygienists’ Job

The primary role of the dental hygienist is to assist the patient in preventing oral problems such as cavities and gum disease from developing. However, when gum disease does develop, the hygienists take the lead role in helping the patient treat and manage their disease.

In Periodontal Therapy, our hygienists have replaced sharp, metal tools with blunt-tipped ultrasonic instruments resulting in a method that is faster and more comfortable to both the patient and hygienist. Ultrasonic tips vibrate water to remove the tartar and plaque

off the teeth while killing bacteria in and around the gums, resulting in healthier tissue. Ultimately, this method is gentler on gum tissue while treating inflammation better than older methods. Periodontal Therapy does take time, requiring multiple visits to ensure that affected areas are restored to a healthy condition. Visits are scheduled 10-14 days apart to keep bacteria from reforming. Each patient is unique, so treatments are tailored individually until healthy tissue is achieved. Six weeks later, we re-evaluate to determine how often a patient should return to maintain their health. As in all dental procedures, good home care is the key to a successful outcome.

Have Your Steak *and*

Eat it Too!

Dental Implants can give you teeth that are both functional and attractive.



Did you know that it is almost never too late to work towards healthy teeth for life? Today, even after losing some or all of your teeth, it is often possible to replace them with prosthetic teeth that look and function almost exactly like your own.

“implant stabilized dentures... give you confidence”

Dental Implant technology has been around for over 25 years and today is proving to be a viable long term solution to many of the problems associated with tooth loss. One of the more exciting

applications of this technology is the stabilization of dentures. While the investment in both time and finances is more than traditional dentures, implant stabilized dentures help prevent bone atrophy or loss, make your denture more comfortable and give you confidence that your dentures won't slip when eating or speaking. Lower dentures can often be secured with as little as two implants.

If you would like to learn more about dental implants and find out if you are a candidate for denture stabilization or any other tooth replacement procedure, please call our office to set up an appointment.

VACATION WITH Disney

From January 28th until February 1st of this year, the Dr. Diane D. Romaine & Associates staff did not dress in their usual scrubs and hold dental instruments over patients' mouths. Instead, staff members, family and friends boarded the Disney Cruise Line for four days of fun and relaxation. "It was a beautiful thing to observe how the Disney staff treat each other and their guests with the utmost respect and a constant smiling face," commented Dr. Romaine. "Our goal is to be just as gracious when we treat our dental patients."



Our Hygiene Team... UP CLOSE

JACKIE SKIDMORE, R.D.H.



Jackie has worked in this office for 26 years, 20 of those years as a dental hygienist. Jackie feels a hygienist is not just someone who "cleans teeth" but rather "an educator, a periodontal therapist and a friend." She believes Periodontal Therapy benefits her patients

because it is less stressful on the patient and the hygienist and most importantly, her patients are healthier and happier. Some tips she likes to share with her patients are to floss, get regular check ups, and get Periodontal Therapy if necessary.

TASHA BAKER, R.D.H.



For the past 6 years, Tasha has worked full time as a dental hygienist. In May, 3 of those 6 years will have been spent at Dr. Diane D Romaine & Associates. A tip she would like to offer her patients is "Floss every day, even if your gums bleed. Bleeding is an unhealthy sign

and not continuing to floss is the worst thing you can do." As a hygienist she feels it is not only necessary to help patients with the prevention of tooth and gum disease, but also to provide a listening ear for her patients. Ultrasonic hand pieces have been beneficial to Tasha because she has more control over the instruments, but more importantly, her patients are healthier.

LYNN NILAND, R.D.H.



After working in this office for over 28 years, Lynn believes a hygienist is not only someone who performs a multitude of dental procedures but also someone who educates the patient on maintaining healthy teeth and gums. Patients don't realize the systemic ramifications of poor

oral hygiene." She wants to help her patients succeed at taking care of their teeth and gums at home, whether it is teaching them to use a water-pick, or showing them how to floss correctly on a daily basis. Before Periodontal Therapy became customary Lynn considered retiring from hygiene, but now she has felt motivated to continue working and witnessing the successful outcomes of periodontal therapy, which is her favorite part of the job.



NEW BUILDING, NEW LOOK

Visit us at our new location!



While we have been in business for the past six years, our office has been serving dental patients for over 30 years. As the practice has grown, so has the need for a larger facility. Slated for completion by mid-summer 2007, our new, elegant and modern building will provide much needed space inside, as well as ample parking outside. The new office is conveniently located on Bishop Murphy Drive, only a quarter of a mile from the current office.

One of our goals for the new space is to keep the atmosphere light, fun and comfortable. We've also paid attention to detail—from the covered drop-off area and soothing waterfall gracing the entrance, to the intra-oral cameras in all twelve patient rooms. Three treatment-planning rooms will also be available so patients can discuss insurance and treatment needs privately.

This new, modern facility nestled in the woods will not only serve our patients better, it will bring added warmth, hospitality, and technology to our practice, helping to achieve our primary goal—healthy teeth and gums for life.

Healthy teeth and gums
FOR LIFE.