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OFFICE HOURS

M/T 6:30-4
W 10-7
TH 7-5
F 7-3

STUART A. VENDELAND, DDS • ALICE L. CHEN, DDS, MSD

KATHY, RDH, HYGIENE MANAGER

REBECCA, RDH • RENATA, RDH • MELISSA, RDH • AMY, RDH

601 SOUTH CARR ROAD • SUITE 400 • RENTON, WA 98055

425-228-1033



RECESSION: Not Good for the Economy OR your Gingiva (Gums)

Much like our current financial recession is impacting our economy, gingival recession impacts your overall dental "economy". Even if you have a healthy mouth, practice good home oral health care, and see Dr. V, Dr. C, or one of our excellent Registered Dental Hygienists on a regular basis, you still may experience gingival recession. So, you may ask, what is it, should I be concerned, and how do I either prevent it or treat it?

Protecting the teeth, gingival tissue normally blankets the softer portions of a tooth which is where the roots are. When the tissue recedes or moves away from the crown of the tooth, exposure of the root ensues. This can cause sensitivity along with an increased risk of tooth decay in the softer root area.

There are several causes of gingival recession but the main cause is an

irregular or abnormal tooth position. Usually, this occurs as a result of tooth crowding when the permanent teeth erupt through the gums. This pushes the tooth into an irregular position creating an inadequate coverage of the root structure by the jaw bone.

Inheriting a tendency for thin, fragile, or insufficient gum tissue, aggressive tooth brushing, gingival trauma, and/or periodontal disease are other common causes of recession. Whatever the cause, it should not be ignored because continued recession and bone loss are likely.

Our Hygiene team is tops when it comes to gum care! In collaboration with Dr. Vendeland or Dr. Chen, they'll assess your unique gum structure, evaluate the cause of your recession, and prescribe a treatment regime that can reduce the progres-

sion of the recession. Treatments vary according to the type and the severity of the recession but effective, *gentle* tooth brushing, fluoride treatments, and good oral hygiene methods are paramount.

If your recession is due to periodontal disease, it is important to establish a regular schedule of visits with our Hygiene team for a special type of cleaning, called Periodontal Therapy. Reducing periodontal disease, regular check-ups, and excellent home oral care can help to prevent further gingival loss.

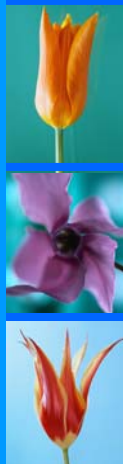
In the event that your recession is severe, Dr. Vendeland or Dr. Chen will thoroughly and individually assess your treatment options, one of which may be soft-tissue graft surgery. This procedure involves taking tissue from another place in the mouth and placing it on the area of recession. The

Canker Sores

Do you have a painful sore in your mouth that has a white, yellow, or gray center with a red border? Most likely, you have the common canker sore, also called an aphthous ulcer.

While the actual cause of canker sores is unknown, fatigue, emotional stress, certain foods, and biting the cheek or tongue can trigger the formation of a canker sore.

It is important to know that canker sores are NOT contagious or precancerous. There is no permanent cure but we do offer an in-office treatment that provides immediate relief from these painful

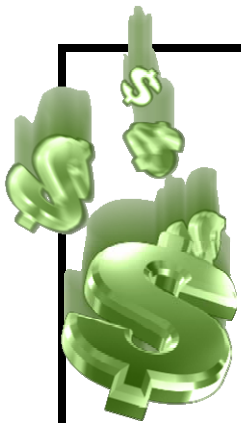


Cold Sores

Caused by the herpes virus (HSV) type 1 or 2, these fluid filled blisters are contagious and painful. The very first infection with HSV may be confused with a cold or the flu as the symptoms can make a person very ill!

Once infected, HSV stays in the body and may activate periodically causing a cold sore or blisters. While they usually heal within a week, they can be quite unsightly.

Drugstore topical anesthetics, anti-inflammatory agents or topical antiviral agents may provide relief, but medications can be prescribed by Dr. V or Dr. C



Paying for Dental Care during Challenging Financial Times

You've been diligent in maintaining your oral health... you know the importance of regular visits to Dr. Vendeland or Dr. Chen both for your oral health and your overall health... but now, you've hit on a financially challenging time. How do you keep your smile healthy and stay within your tightened budget?

We understand and we have some really good ideas to help out! **Dental insurance** or using funds from your **HSA (Health Savings Account)** can assist in paying for oral health care. In addition, **we accept most major credit cards**. If you qualify, our stellar front office team can assist you in applying for **CareCredit**, a program offering a limited financing period with no or low interest rates (extended payment plans have a variable interest rate). **Cash or check full payment at the time of service will allow you a 5% discount** on the professional dental care provided on the same day (not available on products or medications; credit/debit card payments not applicable for discount; returned check fee of \$25 and discount voided; cannot be combined with any other offer). If you are a **“senior citizen” (over 55 years old), you are eligible for a 10% discount on professional dental care** (not available on products or medications and cannot be combined with any other offer). Our **“Sensational Smile Society”** is a great program! Here's how the SSS works... if you refer a friend who schedules and receives a full dental check-up, both you and your friend receive \$50 off your balance (after the completion of the visit by your friend and their balance has been paid in full)! **You can refer as many friends as you like... a terrific and painless way to pay for dental care!**

If you need dental care and feel you cannot afford it, **call us**. Our team of administrative professionals will listen to you, review the dental recommendations made by Dr. V or Dr. C, prioritize your care from most to least urgent, schedule timely appointments, and assist you in finding the most convenient and palatable way to finance your oral health care. It is so extremely important to you, your smile, your oral health and the health of ALL of you!!

As always, we look forward to serving you!!!



Electric Toothbrushes

Are they worth the investment?
YES!

- Electric toothbrushes help you brush consistently using an adequate technique, thus cleaning the teeth better!
- Numerous studies have shown more effective plaque removal with electric brushes, in fact you would have to brush for 6 minutes manually to compete with just 2 minutes

Manual Toothbrush Care

- Change your toothbrush at least every three to four months, sooner if the bristles become frayed.
- Don't share your toothbrush with friends or family members.
- Thoroughly rinse toothbrushes after each use to remove remaining toothpaste and debris.
- Store your toothbrush in an upright position and allow it to air dry (don't store in an enclosed container).



Toothbrush Sanitizers

- If you choose to use a toothbrush sanitizer, choose one cleared by the FDA.
- Sanitizing is not sterilizing as it does not kill all bacteria.
- If you sanitize your toothbrush, regularly check it for “wear and tear” and replace it, if necessary (see Manual Toothbrush Care).
- Some electric toothbrushes have sanitizers included.

*RECIPIENTS of TWO Business Excellence Awards from the Greater Renton Chamber of Commerce:
Community Leadership and Creative Team Building*

*MEMBERS of The American Dental Association, The Academy of General Dentistry, The Washington State Dental Association,
The Seattle-King County Dental Society, and The Greater Renton Chamber of Commerce*