

Thank you for all your referrals. We appreciate them!



# Smiles for life

## OUR OFFICE LOCATION

2415 Musgrove Road, Suite 309  
Silver Spring, MD 20904

Phone: (301) 384-7800

E-mail: [tekleparker@gmail.com](mailto:tekleparker@gmail.com)

Web site: [www.drtekle.com](http://www.drtekle.com)

**ELSABET TEKLE, D.D.S., AND  
STEVEN PARKER, D.D.S.,  
HAVE JOINED PRACTICES**

## Summer 2011

**Produced for  
the patients of  
Elsabet Tekle, D.D.S.,  
and  
Steven Parker, D.D.S.**

## Sweet tooth?

If your children are growing up thinking candy is a rare and enjoyable treat, good for you. On the other hand, if you see them gobbling sugar-laden sweets on a regular basis, we think you have reason to be concerned.

When a sweet—let's say a candy bar—is eaten, it sets off certain reactions in the mouth. First, the bacteria that live in the mouth jump into action. As they consume the bits of sugary debris left on teeth, they begin to give off acids that can damage the enamel of the teeth. When sugary foods are consumed on a regular basis, these acid attacks can lead to decay.

Learning to make smart food choices as a child can mean developing wise eating habits that will help maintain good overall and dental health throughout life. Although many foods that we don't think of as "sweet" do contain some sugar, they also offer important vitamins and nutrients. When used properly, they are essential to a balanced diet.

To help your child learn preferable eating habits, consider the following suggestions:

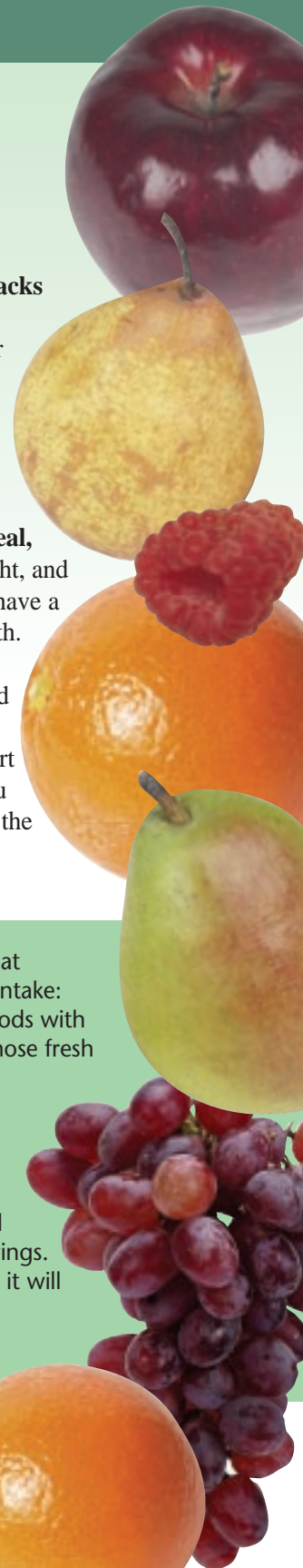
- ★ **Keep between-meal snacks to a minimum** and offer fresh fruit or veggies rather than chips or sweets.
- ★ **Encourage drinking plain water or milk** rather than soda or other sugary beverages.
- ★ **Brushing after each meal**, as well as morning and night, and flossing once per day will have a positive effect on oral health.

Good dental health and good overall health go hand in hand. By teaching your child to make dentally smart choices at a young age, you will help set him or her on the path to better health for a lifetime.

## Ways to CUT the sugar

Want to cut some sugar out of your diet? It's really not that difficult to do. Here are four fast ways to lower your sugar intake:

- 1.** Stock up on fresh fruit and replace your usual snack foods with oranges, apples, and bananas. Be sure to take some of those fresh fruits along to work, too.
- 2.** Drop the carbonated beverages. Replace soda with water and you'll be consuming less sugar and fewer calories.
- 3.** Go nuts! Nuts are actually packed with nutrients, but you have to keep the intake down to avoid fat and calories. Just about a handful is enough to ward off cravings.
- 4.** Eat your oats. Oatmeal is full of protein and fiber, and it will keep you full longer so that you aren't in as much of a hurry for a mid-morning sweet.





## Cavities don't form overnight

The development of a cavity is a long, slow, and ultimately can be a painful process. A cavity can take up to a year to form, and two conditions must be present for it to occur—plaque and refined sugar or simple carbohydrates such as candy, white sugar, or any white flour product.

Whenever plaque and sugar team up in your mouth, bacteria can go to work producing acid that causes demineralization of the tooth, which breaks down the tooth's natural defenses. If this occurs often enough, a cavity (hole) may form.

Amazingly, under certain conditions, teeth can also undergo "remineralization." When remineralization occurs, minerals found in the mouth are absorbed into the tooth to help minimize damage from demineralization. Remineralization may continue if the teeth do not undergo another attack.

Remineralization occurs when plaque control improves and especially when the use of MI Paste™ and prescription-strength fluoride is implemented in the office and at home. Unfortunately, the more often plaque and sugar are both present in the mouth, the less likely remineralization can slow down the decay process.

Understanding how cavities form in the teeth makes it clear why brushing and flossing regularly, and moderating sugar intake, are so important. Just as the right combination of factors can help remineralization occur, the right combination of home care and regular professional checkups can help prevent decay and gum disease, resulting in a healthier mouth.

Brushing and flossing regularly, and moderating sugar intake, are important.

## Why choose fruit?

Fruits are the original sweets. Nature provides a bounty of delightful fruit flavors all year long, just ripe for the picking. Choosing fruits over less nutritious sweets can be a downright delicious and healthful choice for your dental and overall health.

In spite of the refreshingly sweet flavors of many fruits, most Americans (more than 80 percent) don't eat enough fruits on a regular basis. That's too bad, because fresh fruit can provide a variety of nutrients in a delicious and healthy package.

Consider these healthy choices:

- \* Berries are available to please the palate from spring through summer. Blueberries are high in vitamin C, and strawberries, blackberries, and cranberries are all good sources of nutrients and fiber.
- \* Grapes, which are in stores year round, are among the most delicious of fruits, and they contain high amounts of manganese, flavonoids, and vitamin C.
- \* In summer, the cantaloupes arrive, packing potassium and vitamins A, C, and B6. Low in calories and perfect for breakfast, this sweet and juicy melon should not be missed.
- \* In the fall, apples, known for antioxidants and vitamin C, are great "on the go" fruits that make excellent snacks all day long.

Fruits are low in calories, and they can also be filling, which means they may keep you from overeating.

...more than 80 percent of Americans don't eat enough fruits on a regular basis.





## That marvelous MI Paste™

Imagine a paste that can help reduce tooth sensitivity, relieve dry mouth, reduce acid levels in the mouth to lessen the likelihood of decay, and help restore the natural gloss of your teeth. Well, such a paste does exist.

MI Paste™ is a product that contains Recaldent™, a protein derived from milk.\* Applied twice daily, right after brushing or as recommended by your dentist, MI Paste binds to both teeth and mouth tissues to increase salivary levels. Saliva is essential to the mouth, as it removes bacteria and food debris and guards against enamel abrasion. Lack of saliva can lead to increased incidence of decay.

MI Paste is not a toothpaste, and it does not contain fluoride. Therefore, MI Paste should be used in conjunction with a fluoride toothpaste. MI Paste is especially effective when used before bed because it increases levels of saliva, which are often low during sleep.

MI Paste comes in several flavors, including mint and strawberry, so it's a tasty way to increase the health of your mouth. We'll be happy to answer any questions you have about this marvelous new product.

*\*MI Paste should not be used by those who are allergic to milk proteins.*



## GUM HEALTH CORNER

### A better way to floss

In spite of overwhelming evidence that shows that daily flossing is one of the best ways to avoid gum disease—a leading cause of tooth loss—research shows that Americans are not keen on doing it.

A recent national survey found that roughly half of us floss only when we have food in our teeth or are getting ready to go to a dental appointment. When asked to rate their flossing ability, most would barely give themselves a passing grade, and nearly 20 percent admitted they should be flunked.

Apparently, the problem is not with Americans' unwillingness to care for their teeth, but rather with the string floss that is recommended. Fortunately, there are alternative means of flossing.

Many patients have found that the answer to their flossing problems is home-care instruments that hold floss in place and enable the patient to reach between teeth without having to grasp the actual floss between their fingers. These flossers, which come with both short and long handles from a variety of makers, have made it possible for more patients to enjoy the benefits of flossing without having to struggle with the string every day.

### Another way to stimulate your gums

Gum stimulators that can be bought at most pharmacies have slender handles and rubber tips that are mounted at an angle to help you reach between teeth. The stimulator should be used on the gum line in a circular motion for about 10 seconds per tooth, front and back.

The rubber tip stimulates the gums to increase circulation and disorganizes the bacterial biofilm that gets attached to the tooth at or below the gum line. They are often recommended for gums that are loose or inflamed; the massaging action of the tip of the stimulator against the tissue helps the gums attach more tightly to the tooth. Stimulators should be used daily and replaced each time you replace your toothbrush.

**Elsabet Tekle, D.D.S.**  
**Steven Parker, D.D.S.**

2415 Musgrove Road  
Suite 309  
Silver Spring, MD 20904

**Appointment and Emergency  
Phone: (301) 384-7800**

**E-mail: tekleparker@gmail.com**

**Web site: www.drtekle.com**

**Office Hours**

Monday	8:00 a.m.-5:00 p.m.
Tuesday	8:00 a.m.-5:00 p.m.
Wednesday	8:00 a.m.-5:00 p.m.
Thursday	8:00 a.m.-6:00 p.m.
Friday	By appointment only

## Gunning for gum disease with Perio Protect®

Bacteria that live in the spaces between your gums and teeth and are invisible to the human eye without the aid of a microscope are responsible for gum disease.

These bacteria silently form colonies that work to destroy the foundation of your teeth—the area where the teeth are anchored to the gums. Among the first signs of trouble are bleeding when brushing and bad-smelling breath. Without proper treatment, the teeth may eventually fall out.

Perio Protect® is a new method to fight gum disease. Perio Protect combines in-office treatment with the use of a special tray that exposes the teeth to prescription solutions right in the patient's own home.

The Perio Protect method merges the effectiveness of in-office scaling and root planing, which removes plaque and tartar buildup, with doctor-prescribed solutions that can keep bacteria at bay.

The system is customized to each patient, enabling the dentist to prescribe the solution that will be most effective in each case. The solutions work to chemically debride and cleanse the gums. At-home treatment is uncomplicated and takes only minutes per day.

To learn whether this new treatment could be effective against your periodontal disease, please give our office a call or ask about it at your next appointment.

**A DYNAMIC DUO!**

## How does fluoride protect teeth?

Fluoride can help your teeth in one of two ways, depending on how the body receives the fluoride.

When a child or young teen ingests fluoride through drinking water, drops, or tablets, the fluoride helps the teeth to develop stronger enamel.

When a dentist gives a fluoride treatment, the fluoride helps the enamel present on the outsides of the teeth to become harder and more resistant to the acids that cause decay.

By using toothpastes that contain fluoride, you can help your teeth maintain this tough outer shell, making it less likely that decay will mar your beautiful smile.

## A winning combination

When used together, fluoride treatments and preventive resin restoration (PRR) have been shown to be a winning combination in fighting cavities in children. The success of fluoride has become well known, but preventive resin restoration (PRR) is a more recent entry into the war against tooth decay.

Studies have shown that children who received preventive resin restoration (PRR) were nearly 80 percent less likely to require restorative work for cavities, and of those who received both preventive resin restoration (PRR) and fluoride treatments, more than 90 percent reduced their likelihood of developing decay.



## HPV affects oral-cancer risk

New research has shown a distinct connection between the presence of oral HPV (human papillomavirus) and the incidence of oral cancer in both men and women. The presence of HPV could raise the likelihood of developing oral cancer by as much as 30 percent.

About half of oral-cancer cases now being detected may be HPV related; however, the presence of oral HPV is not a guarantee that cancer will develop.

A salivary test is now available to help detect the presence of HPV. Early detection of HPV can mean earlier detection of oral cancer and an increased chance of effective treatment.

The test is simple. It involves the patient swishing a saline solution in his or her mouth and then spitting into a special container for testing at the lab.

Our office now offers this salivary test, which can determine the presence of HPV. This, coupled with other factors, such as having a family history of the disease or the presence of suspicious lesions, could result in a referral to a specialist, such as an ear, nose, and throat doctor.