

Doppler Radar with Dr. Douglas continues...

You have likely heard me bemoan our collective loss of common sense and awareness as it shows up as getting our “traffic and weather on the 8’s”. It used to be that the fortunes of our families and communities relied on our innate, natural, honed ability to predict the weather. Our crops and harvest depended on it. Therefore our ability to provide for family and community depended on it. And so it goes with our common sense and sentient abilities to know ourselves, our very personal weather, so to speak. So often when I inquire of a patient as to how they be, the response is one of a few: “Fine. I’ve just come from the doctor.” Or “I don’t know, I have an appointment with my doctor at the end of the week.” Or “I don’t know, I’m waiting on the lab results.” Ouch, so many are living vicariously through the opinion and documentation of physician’s exams, having lost, perhaps never even fully developed, a sentient awareness of just exactly how they “be” from the inside out, day in and day out. This is what is behind the interplay we share at your check up visits. What have you been doing to tend your “self” (dentally, and otherwise)? What do you notice? (bleeding, for example. Very important!) Only thereafter may I provide my assessment and see if we are in concert.

However, if you have not been thoroughly response-abled, having neglected to go where your toothbrush can’t reach, or, in some instances, where your toothbrush can reach and you don’t send it in that direction; then you cannot possibly offer up a fair assessment of your dental wellness. I remind you to mimic our professional tour, go where we go, feel your own investigation as if you are a dental professional. Why is it that so many folks are so very aware of so many of our body parts and spaces and yet pay so little attention to what’s behind the lips? It is not an off-limits-out-of-bounds-foul territory people! You have not only the rights but the freedom to explore these heretofore-for-many-of-you unknown lands before the landscape dramatically changes and there is less of it to explore! And make notes! When is it sensitive? To what? How often? Limiting? All by itself? What makes it better? What’s going on in your world around you when it’s fine? When it’s not so fine? Leaving the diagnostics solely up to me is fine, and, I can be so much more accurate with your support! After all, you’re the one living the sensation!

Whew, that was a number of exclamation points, sorry.

Where was I? Oh yeah, so I’m the tour guide and you own the bus, the plane, the rickshaw, the bicycle built for two, whatever. You accept the response-ability to know how you are travelin’. I will take on guiding you to be a more accurate observer, to smell the roses along the way more sensually, to see the sights more vividly. And, when it comes time to consider the advised treatment, I will do my best to warn you of the potential for potholes and pit falls of beginning the trip now or later. Keep in mind, however, the shortcomings inherent in the blurred-future-vision reception of my crystal ball. You have reasons for pursuing your trip-tik (plans for treatment) now or later. I will guide you in your progress.

Doc’s note: Evidence-based dentistry (EBD) is an approach to oral health care that requires the judicious integration of systematic assessments of clinically relevant scientific evidence, relating to the patient’s oral and medical condition and history, with the dentist’s clinical expertise and the patient’s treatment needs and preferences.
ADA Policy Statement on Evidence-based Dentistry. <http://www.ada.org/1754.aspx>

*“Perhaps I’ve lost my wits or
I’ve been a witting accomplice and what I know now-
I find myself at wit’s end.*

*You see, to bear witness to all that truly is
requires that I have my wits about me.*

*However, that quick reasoning skill
escapes me often at the times I need it most,
leaving a thin veil of disguise for the truth
camouflaged behind my wit.*

*As I seek opportunities,
living by my native wits, I am left witless
Wishing not to lessen
the veracity of the what-is
in a fog of witticisms.”*

- Nici Repose





"Better a witty fool than a foolish wit."

-Shakespeare

Behind a Beautiful Smile May Lurk a Silent Disease

Jean found this article on www.perio.org.

BEHIND A BEAUTIFUL SMILE MAY LURK A SILENT DISEASE

Whether it's the smoldering smirk of Ian Somerhalder or the infectious grin of Sophia Vergara, when most people think about a healthy smile, they picture straight, white teeth. Many never stop to consider the health of the gums and bone supporting those teeth that allow for a beautiful smile.

A recent study from the Centers for Disease Control and Prevention (CDC) shows that nearly one out of every two American adults aged 30 and over has gum disease, also known as periodontal disease. Periodontal disease is a chronic inflammatory disease that affects the gum tissue and bone supporting the teeth. The early stages of periodontal disease are often asymptomatic; many adults may have the disease and not know it.

"Periodontal disease is insidious," warns Nancy L. Newhouse, DDS, MS, President of the American Academy of Periodontology (AAP) and a practicing periodontist in Independence, Missouri. "Many people don't even know they have a problem until it turns into a severe case. Just because your teeth and gums don't hurt, doesn't mean your mouth is healthy."

Over time, inflammation as a result of periodontal disease causes the gums and bones surrounding the teeth to recede. "When you lose teeth or the structures holding your teeth in place, the overall look of your face, mouth and smile will be impacted," says Dr. Newhouse."

What's more, periodontal disease can affect more than just your smile. Research has indicated that periodontal disease is associated with other chronic inflammatory diseases, such as diabetes and cardiovascular disease.

Symptoms of periodontal disease include:

- Bleeding gums during brushing
- Red, swollen or tender gums
- Gums that have pulled away from the teeth
- Persistent bad breath
- Pus between the teeth and gums
- Loose or separating teeth
- A change in the way your teeth fit together when you bite

Dr. Newhouse recommends routine brushing and flossing as well as receiving a comprehensive periodontal evaluation, or CPE, every year. A CPE gauges your periodontal health, diagnoses existing disease, assesses risk for disease, and determines any treatment, if needed. The CPE can be performed at your regular check-up by a member of the dental team, including a general dentist, dental hygienist or periodontist.

"By maintaining your periodontal health, you are not only helping to support your overall health, but also ensuring that your smile lasts a lifetime," says Dr. Newhouse.

[Source: http://www.perio.org/consumer/silent_disease]

Dr. Douglas' Once Upon a Time and Happily Ever After...

It used to be, some time ago, that babies were born. (Oh yeah, I reckon they still are!) Anyhow, babies were born and soon thereafter, as still apparently happens today, the time presented when a baby sprouted teeth. This was often discovered painfully for someone (Baby or Mama) and celebrated around the kingdom (once the pain passed) as a joyous rite of passage. Eventually, as more teeth sprouted, more distance evolved between Baby and Mama, naturally (for safety's sake, perhaps). And so, as the story continued to unfold, even more distance widened in the relationship between Baby and Mama, keenly noticed when the first set of teeth gave way to the second set of teeth (this distance became known as adolescence) and the gap between this special duo only began to close as the last teeth erupted (and, in this day, are often removed) completing the circle when wisdom (extractions before college while still on Mom's insurance) reunites the ties that bind...

It is important to be mindful of our role as parents for the early establishment of wellness practices when it comes to our children's teeth. You will often hear me advise you, as parent, grandparent or caretaker to initiate dental wellness practices from the get-go, and sustain this positive, pleasant awareness of exploration, sensation, and sustenance throughout the early months and into the early years. We are all born as oral investigators. Our world is known by our first tastes, our first nourishments. Our first requests are received and met orally. I remind you that the establishment of oral investigation, examination and manipulation early on cannot be emphasized enough. If you wait until approximately 18 months, your child will not recognize your new exploration, will story it as a foreign incursion that has not been part of the normal routine, and will likely begin a rejection and aversion that can last well into adulthood (thanks a lot for the sumo wrestling tongues and catapulting lip muscles that kick me out of the 'hood at the most inopportune times!).

So, how to begin? At the first sign of the eruption of the first tooth, or the first birthday – whichever occurs first – schedule an appointment with us. We will examine your baby's mouth. We will cover all of the basics with you about hygiene practices, dietary reminders, thumbsucking, Fluoride treatments and things to look out for along the way.

Already a bit beyond that stage? Please remember a few **VERY IMPORTANT TIPS**: no bottles at bedtime/in bed; your baby should be drinking fluoridated water (by 6 months, fluoride is so very important for healthy teeth, and fluoridated water can be just the right source); your baby's gums need to be cleaned even where there aren't yet teeth; new teeth require thorough, timely brushing.



"Everywhere in between
Are most places I've seen
Standing at the start or end
Is no place I've been."
- Níci Repose

