

Dental *focus*

Holistic dentistry for total health

Conscientious dental practitioners can help reverse the trend in prescription painkiller overdoses and restore health and well-being to their patients.

Painkiller Overdoses Kill More People than Cocaine & Heroin

Overdoses of prescription painkillers kill more Americans annually than heroin and cocaine combined, according to a new report published by the Center for Disease Control (CDC).

The CDC says fatalities caused by narcotic painkillers such as OxyContin (oxycodone) and Vicodin (hydrocodone) have *tripled* over the past decade, killing over 40 people every day in the United States.

Calling prescription painkiller overdoses a “public health epidemic,” the CDC reported that almost 15,000 deaths were caused by such overdoses in 2008, including the death of actor

Heath Ledger. And nearly 500,000 emergency department visits in 2009 were due to people misusing or abusing these drugs.

Almost 5,500 people start to misuse and abuse prescription painkillers every day. In 2010, 1 in 20 Americans over the age of 12 said they had used prescription painkillers for recreational reasons, according to the National Survey on Drug Use and Health. That’s a total of 12 million people.

CDC Director Thomas Frieden, M.D., M.P.H., said:

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Dr. Garcia on One Radio Network Nov. 21st!



This Monday, November 21, at 9:00 a.m. CST, Dr. Garcia will be interviewed for Patrick Timpone’s One Radio Network, a live radio broadcast focusing on health, wealth, and wellbeing. Dr. Garcia will be talking about the overuse of prescription painkillers in the dental field and how practitioners can control access by using more holistic methods to help with their patients’ healing. Go to the Network website at <http://www.oneradionetwork.com>, where you can click to hear the broadcast!

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Use It or Lose It!

The end of the year is approaching quickly, and you may still have some unutilized dental benefits or FSA money left that could be going toward your needed dental treatment. Why not put those benefits to good use?

Remember that if your 2011 benefits are not used they will be LOST. If you have considerable dental needs, you can split your treatment plan between the current year and the beginning of next year. It's also an opportunity to fit in that regular cleaning, which helps prevent and detect any early signs of cavities, gum disease, oral cancer and other dental problems. Remember, if you don't use it, you lose it!

Please call us at (847) 426-9000 with any questions regarding your treatment or to schedule your next appointment. We will be happy to help!



Giving Thanks

Thank you all for being such loyal patients and friends for the past 20 years! We look forward to caring for your teeth and overall health for many years to come!

From Our Kitchen to Yours...

This is another recipe from Dr. Garcia's raw food files. It would be a delicious addition to a Thanksgiving dinner or a fresh salad.

Miso Caesar Dressing

½ c. olive oil
¼ c. flax oil
3 cloves garlic
2 stalks celery, finely chopped
3 T. light miso
2 T. dark miso
3 T. lemon juice
¾ c. water
4 dates, pitted and chopped
3 T. kelp powder
3 T. dulse flakes*

Combine everything in blender and process until smooth.

*Dulse is a red seaweed that can be added to food in the form of dried flakes or powder for a slightly salty flavor.

Painkillers: Everyday practice usually does not warrant prescriptions

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“Overdoses involving prescription painkillers are at epidemic levels and now kill more Americans than heroin and cocaine combined. States, health insurers, health care providers and individuals have critical roles to play in the national effort to stop this epidemic of overdoses while we protect patients who need prescriptions to control pain.”

As a dental practitioner who practices in three different hospital locations, and does surgeries every day, I have found *no need* to use prescription pain medications, for the most part. The reason is that we use proteolytic enzymes, homeopathy, and nutrition to help our patients heal after surgery. If necessary, patients take an over-

the-counter pain reliever such as Advil or Tylenol. Ninety-five percent of the time, that is all they need!

Once the infected tooth or tissue is removed, the body has a much better chance to utilize its own healing properties. Therefore, patients should recover faster with less pain and less discomfort.

I have seen too many practitioners automatically prepare prescriptions for patients, no matter the difficulty of the individual case.

There is no reason for endodontists, implantologists, or oral surgeons to *automatically* prescribe painkillers and antibiotics for all surgical procedures. These medications should only be used in emergency situations, or when complications arise, NOT in everyday practice.

Improving the way in which prescription painkillers are prescribed can reduce the number of people who abuse these powerful drugs.

As a holistic health provider, I take responsibilities to limit the use of prescription drugs and antibiotics in my patients. Most of my patients don't even need to use over-the-counter drugs, due to the gentle, conscientious, and holistic way in which I practice.

I am also very proud to help and guide other professional healthcare practitioners to help our country, community, and children to control access to prescription painkillers. We all must take responsibility for our part in battling this epidemic.

For more information, see “Prescription Painkiller Overdoses in the US” (CDC Vital Signs November 2011) and “Prescription Painkiller Overdoses at Epidemic Levels” (CDC Press Release November 2, 2011).

The best compliment our patients can give us is a referral of their friends and family. ~ Dr. Garcia & Staff