

What is Scaling and Root Planing?

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Dental Focus

Holistic Dentistry for Total Health



There is a misconception that bleeding gums are not a big deal, but this is an important sign of periodontal disease. Pay attention to your oral hygiene and maintain routine oral care. You do not have to lose teeth to periodontal disease.

When plaque and tartar are left on the teeth, bacteria thrive. The bacteria irritate the gums, making them bleed more easily, like when you're brushing your teeth or eating. This is the early stage of gum disease (gingivitis). If gingivitis is not treated, the inflammation will work its way down towards the roots of the tooth, causing a "periodontal pocket". A deep scaling and root planing helps stop periodontal disease from progressing. It gets rid of the bacteria in the pocket and provides the necessary conditions for healing to occur, and for those periodontal pockets to reduce.

How is root planing and scaling different than an ordinary cleaning? A regular cleaning removes plaque and tartar from the surfaces of the teeth. A deep scaling and root planing goes below the gums, where plaque and tartar deposits have formed below the gumline due to deep bone pockets. A deep scaling and root planing cleans and smoothes the root surfaces and sterilizes with a laser. A root-planed surface free of bacteria will allow gum tissues to heal and reattach to it.

A deep scaling and root planing of the entire mouth (all four quadrants) takes approximately two hours. To make the process comfortable, we use a numbing agent that is injected gently into the gum pockets. It is much less invasive than a traditional injected anesthetic, does not numb the lips and tongue, and wears off more quickly.



**FROM OUR
KITCHEN TO
YOURS**



**A delicious dessert from
Dr. Garcia's raw recipes!**

**Raw Strawberry
Mousse**

What can you expect after treatment? You can expect the area to be a little sore for the next few days, plus some sensitivity to temperature. The hygienist will provide you with detailed take home instructions after your appointment. One of the most important things to do is oil pulling twice a day for a week after your deep scaling and root planing. You will then need to return in 4 weeks for the next step of your treatment: a prophylaxis and follow-up evaluation of your teeth and gums.

HAPPY HOLIDAYS AND HAPPY NEW YEAR!



Are Antibiotics Losing Effectiveness ?

The winter season is here so make sure to make healthy lifestyle choices that will boost your immune system and avoid taking antibiotics when unnecessary. Due to over treatment with antibiotics, there is a lot of talk about superbugs and the growing problem of antibiotic resistance. It is estimated that 50% of antibiotic prescriptions may be unnecessary. Unnecessary antibiotics have been given to treat viruses, including the common cold, sinus infections and seasonal flu - antibiotics do not treat viruses. Also, they have been prescribed for treating ear infections in children which often times resolve on their own. Furthermore, let's not forget that we are exposed to antibiotics found in our meats due to the misuse of antibiotics in farming. So, what are superbugs and how does this misuse of antibiotics effect you?

The misuse and overuse of antibiotics has led to the growth of several strains of bacteria that are antibiotic-resistant known as superbugs . How do these superbugs grow? Bacteria is very clever. When antibiotics are taken unnecessarily or too frequently, the bacteria have the ability to change and "outsmart" the antibiotic so the drug is no longer effective. Therefore, new antibiotics will need to be developed. However, the continuous misuse of antibiotics has led to bugs that have been harder to treat. So how do we slow antibiotic resistance? Be responsible. Use antibiotics only when necessary and even more importantly prevent the use of antibiotics by maintaining a healthy lifestyle. Look for organic meats or meats that are labeled with "No Antibiotics Administered". Do your best to take good care of yourself and make healthy choices!

Immune boosting tips: Get plenty of rest, eat well (avoid sugar), exercise regularly. Make sure to keep your Vitamin D levels optimal!

1 cup strawberries
1 tbs. raw cream
1 egg 1/2 tsp vanilla extract
Stevia to taste

Blend all ingredients. Pour in a dish and set in the fridge. Enjoy!

Strawberry Fact :

Strawberries are full of ellagic acid, an antioxidant, which can help fight cancers. Ellagic acid is also found in raspberries, cranberries, walnuts, pecans, pomegranates, and other plant foods.



Five Tips on How to Manage Holiday Stress

What happens in a state of stress? Blood pressure rises, heart rate rises, breathing becomes more rapid, immune system goes down and more.

1. ***Breathe*** - You may find yourself holding your breath during stressful times. Remind yourself to breathe. It is simple yet quite effective.
2. ***Ask for Help*** - Find support from family and friends and stop trying to do everything by yourself!
3. ***Listen to Music and Sing Along*** - Singing releases endorphins (feel good hormones) and is fun which leads to stress reduction.
4. ***Exercise*** - Run, walk, just get moving! This may be the quickest way to improve your mood.
5. ***Smile and Find Joy*** - Remember what the holidays are really about. Peace, love and joy!

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