



express

SPRING 2010

TEETH AND GUM DISEASE Serious Risks among Pregnant Women

Oklahoma is one of the top states in overall premature births and low birth weights, and studies show these characteristics may often be a result of periodontal disease in pregnant women. A pregnant woman with periodontal disease is seven times more likely to have a baby that is born prematurely. Many believe prostaglandin, a labor-inducing chemical found in oral bacteria, is to blame for this link.

About half of all pregnant women also suffer with pregnancy gingivitis, which can cause gum redness, tenderness, bleeding or swelling when combined with a mother-to-be's changing hormone levels.

These serious conditions can be prevented with daily brushing and flossing and regular exams to prevent and treat infections that can enter a pregnant mother's bloodstream and jeopardize the health of her growing baby. A healthy mouth and teeth are also essential to a pregnant mother's chewing ability, which affects how efficiently food can be used by the body, processed and absorbed by the baby in the womb.

Shortline Dental can help protect pregnant mothers and their children with regular deep cleanings and exams. Shortline Dental also specializes in removal of wisdom teeth, fillings and extractions of painful teeth.

All of these services are covered by Medicaid during and shortly after a patient's pregnancy.



Dear Friend:

At **Shortline Dental**, we offer full-service dental care for adults and children, but we have a special place in our hearts for our pediatric patients – and we hope it shows!

As experienced dental professionals, we know early intervention is key for young children. That's why our wonderful dental team celebrated National Children's Dental Health Month in February by performing free dental screenings for students at Tulsa Public Schools, Union Public Schools and area privately owned preschools. During the screenings, students were taught the basics of flossing and brushing and were sent home with free dental supplies.

While school-age children must practice taking good care of their teeth, professional dental care should begin earlier than some might realize. Research shows that visiting a dentist by the time the first baby tooth appears helps to minimize a child's tooth decay and cavities and enables him or her to begin a lifetime of preventive dental care.

In March, our staff participated in Tulsa's 11th annual Baby Fest and Family Expo, a free two-day event where we spoke with thousands of new and expecting parents about the importance of this early intervention. We also gave away a Step 2 deluxe train set to one lucky Tulsa family!

Please join with us to stress the importance of good oral healthcare for tiny teeth. Visit our Web site, www.shortlinedental.net, for a list of Shortline's comprehensive dental services for children and adults.

Together, we can help Tulsa's children "put their dental care on the right track!"

Sincerely,

Michael Riggs, D.D.S.





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ORAL SEDATION Available at Shortline Dental

Several sedation techniques are commonly used to help relieve a patient's stress before a dental exam or procedure. IV sedation, also called "sleep dentistry," allows patients to remain conscious during treatment, inducing a state of deep relaxation.

Oral sedatives are anti-anxiety pills that help calm a patient's nerves during an exam or procedure while allowing them to remain awake. While these medications control a patient's anxiety, they do not fully control pain and are commonly used in conjunction with local anesthetics.

In addition to nitrous oxide, Shortline Dental offers oral sedatives Versed or Halcion to patients who request sedation. Taken about an hour before a dental appointment, these medications provide a calming effect. It is important that patients who choose a sedative do not mix it with alcohol or other depressants, a point we stress before and after the appointment.

A patient may be a candidate for oral sedation at Shortline Dental if he or she:

- Experiences high anxiety before a dental appointment
- Will undergo an extensive procedure
- Expresses fear of dental treatment
- Has a history of traumatic dental experiences
- Experiences difficulty getting numb
- Has a very sensitive "gag reflex" or extremely sensitive teeth
- Has not received professional dental care in many years
- Experiences sweaty palms or grips the armrests during dental treatment



MINI DENTURE IMPLANTS Offer Patients Ease and Convenience

Shortline Dental is a full-service denture office that specializes in mini denture implants (MDIs) for lower teeth. These implants allow lower dentures to snap in and out and offer many patient benefits.

MDIs are a little bigger than a toothpick and can be installed under local anesthesia in about 30 minutes. Made out of a titanium alloy, they often can be placed directly in the lower jawbone without gum incision. Patients typically experience minimal discomfort during the MDI procedure and are able to eat with the dentures immediately after surgery.

In addition to MDIs, Shortline Dental also offers:

- Complete dentures
- Partial dentures to replace one or several teeth
- Denture refitting

Shortline's denture specialist, Carolyn Williamson, has more than 25 years of experience making and fitting dentures to replace missing teeth lost from periodontal disease, tooth decay or injury.

Shortline patients can enjoy a free exam and X-ray with an initial denture visit – a more than \$150 value.



Meet Our Newest Team Members

Becky Campbell

Dental Assistant

Becky has worked at Shortline Dental's South Tulsa clinic for six months and previously was employed in the Tulsa denture industry. "The best part of my job is seeing the confidence come back to people once they have a smile they are proud of," she says. Becky is originally from Broken Arrow and enjoys spending time with her family, including playing with her grandbaby.



Connie Stephens

Social Service Director

At Shortline's South Tulsa clinic just over three months, Connie previously was a case manager for the Department of Human Services and a court counselor for Family & Children's Services. She enjoys meeting new friends and learning about their jobs and interests. Originally from Kansas City, Mo., Connie has lived in Tulsa the past 20 years. Her hobbies include gardening and antiques.



Shortline has many Spanish-speaking team members.

Dental Fast Fact

Tooth decay affects more than one-fourth of U.S. children aged 2-5 and half of those aged 12-15. About half of all children and two-thirds of children aged 12-19 from low-income families have had decay.

Source: Centers for Disease Control and Prevention, 2009 "ORAL HEALTH Preventing Cavities, Gum Disease, and Tooth Loss"

A Little Dental Humor

Little Tommy came to his mom with toothbrush in hand.

"I dropped my toothbrush in the toilet," he said.

She replied, "It's dirty now, we need to throw it away."

A few minutes later Tommy returns with his mother's toothbrush and says, "Mom, do we need to throw your toothbrush away, too? I dropped it in the toilet last week."



Source: Richard Neufeld, D.D.S. "Dental Jokes - Dentists Like to Laugh, Too - It's Not All About Cavities and Gum Disease"

A woman and her husband interrupted their vacation to go to the dentist.

"I want a tooth pulled, and I don't want Novocain because I'm in a big hurry," the woman said. "Just extract the tooth as quickly as possible, and we'll be on our way."

The dentist was quite impressed.

"You're certainly a courageous woman," he said. "Which tooth is it?"

The woman turned to her husband and said, "Show him your tooth, dear."

Source: Dr. Sumaiya Khan via Buzzle.com

After losing another tooth, 6-year-old Timmy became more curious about the mysterious tooth fairy.

Finally putting two and two together, he came right out and asked his mother, "Mom, are you the tooth fairy?"

Assuming he was old enough to hear the truth, she replied, "Yes, Timmy, I am."

Timmy seemed to take this news quite well.

But as he headed for the door, he slowly turned back toward his mother with a curious look on his face and said, "Wait a minute, Mom. How do you get into the other kids' houses?"



Source: CleanJoke.com