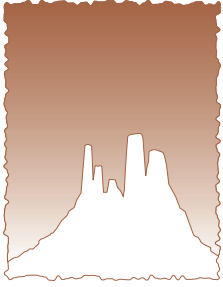


# Distinctive Smiles

## Newsletter

JUNE 2010  
VOLUME III



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FLAG DAY JUNE 14TH

Stop by the office for your free flag

JUNE BRIDES - Free Professional Crest Whitening Strips - Call the office for Details

*From Dr. Turk*



Many patients have asked me about "Bioesthetic Dentistry" and what it means. When I first began practicing dentistry, I mostly focused on repairing and fixing decayed and broken teeth. I began to wonder why some individuals had worn their teeth so severely and had a lot of facial pain and yet others even in their older years had unworn teeth and comfortable chewing systems. I felt it was necessary to find the answer.

In 1992, I began an educational process that answered those questions and changed my approach to dentistry forever. This educational process was about Bioesthetic Dentistry. It involved understanding how human biology entered into the roll of restoring broken-down mouths back to normal function. In the early 90's, cosmetic dentistry was becoming the focus of dental practice, but cosmetic dentistry unfortunately became a cover up of mouths that were not functioning correctly. Cosmetic dentistry also did not address the causes of premature tooth wear, jaw joint pain, chronic fracturing of teeth, grinding of teeth, ringing of the ears and difficulty in chewing i.e. why cosmetic dentistry was needed in the first place.

In short, Bioesthetic Dentistry incorporates the treatment of all of the human chewing system when treating any head and neck dental problems, not just the teeth. It is a dental science patterned after the types of healthy mouths which have not worn down or become involved in headache type pains. By looking at healthy people and seeing what makes their smiles beautiful and their chewing systems so pain free, then incorporating those attributes into treatment of other individuals with compromised health, the mouth can be restored back not only to an attractive smile, but longer lasting more comfortable dentitions and muscles. It can even affect the muscles of the face causing them to relax, creating a brighter look to the eyes.

In 1997, I became a faculty member of the institute that teaches this type of dentistry. Many of my weekends are spent travelling and teaching other dentists throughout the country. As you look around our office, there are many photos of individuals who have experienced this type of care. The staff has also received extensive training in this area and we all continue to log many hours of continuing education each year involving Bioesthetics, implants, patient safety, and updates on materials and techniques.

Head and neck pain is a very elusive pain and can have many causes. One of those causes is from the malfunctioning of the muscles, teeth and jaw joints. If you have chronic pain and notice advanced wearing of your teeth, we may be able to help restore you back to health. If you would like some information on Bioesthetic Dentistry, we would be pleased to send you some. Whether it is the treatment of one tooth, a cleaning, or comprehensive rejuvenation of the chewing system, biology is the backbone of our services.

### Carma's Corner

We are here to help you in using your AARP Dental Insurance: The plan is administered by Delta Dental  
P.O. Box 2059  
Mechanicsburg, PA 17055-2059 • 866-261-4275

Delta Dental offers two plans with AARP. These plan are for patients 50 and over.

Plan A, has an annual maximum \$1500.00 and a \$50.00 deductible. Plan B, has an annual maximum \$1000.00 and a \$100.00 deductible, and reduced benefits for diagnostic and preventative services. Both plans offer immediate coverage for preventative and restorative services. There is a 12 month waiting plan for major restorations, periodontics, and prosthodontics. Under both plans A and B you are entitled to three dental cleanings a year whether it be a routine cleaning or a periodontal maintenance with your dental hygienist. Your premiums are determined by the plan selected.

Dr. Turk is a Dental Premier dentist not a Delta DPO dentist. You can use your delta dental AARP insurance with Dr. Turk. You need only pay the difference of the Delta Dental AARP DPO maximum allowance and the Delta Dental Premier fees.

AARP members must be "active" in order to qualify for the plan. Once the plan is purchased, members must enroll for a minimum of twelve months.

For more information, contact Delta Dental at 866-261-4275 or log on to their website at [www.deltadentalins.com/aarp](http://www.deltadentalins.com/aarp). If you have any questions regarding the AARP Delta Dental plan please do not hesitate to contact Carma at 714-921-2110 Monday through Thursday.

## *The Value of Fluoride*

There are many benefits from fluoride applied topically. A few of these benefits include strengthening tooth surfaces; preventing or slowing the decay process, killing harmful bacteria that cause gingivitis, and desensitization. We are often asked why you need to have fluoride in the office right after your cleaning instead of just doing it at home. When we clean your teeth you lose some of the minerals on the surface of your teeth, so by having you rinse with our prescription strength fluoride we are remineralizing your teeth. This is also the time that your teeth are free of bacteria and debris so the tooth is able to absorb the fluoride from every surface. If you waited until you got home you could already have some bacterial re-growth on your teeth which would inhibit uptake of the fluoride.

If you have teeth that are sensitive to hot or cold, sweets, brushing, or if you're at a higher risk for decay, instead of having you rinse with fluoride, we may paint on a fluoride varnish that actually sticks to the tooth and is absorbed to seal exposed tooth surfaces. Another great benefit of the varnish is that we can concentrate it in the areas it is most needed; such as around existing dental work or in areas where the gums have receded leaving root structure exposed. Most of the time when we apply a varnish we will also send you home with a prescription fluoride paste to keep the teeth from becoming sensitive or decaying between visits. Two examples of these types of pastes are Preident and MI Paste which both have a high concentration of sodium fluoride.

Risk factors that lead to an increased risk of decay include, but are not limited to, xerostomia (dry mouth), high sugar diets, lack of brushing and flossing, wearing braces, and extensive dental work present in the mouth.

Each time you visit our office we will evaluate your current dental condition and suggest the fluoride that most benefits you!

“Our wisdom comes from our experience, and our experience comes from our foolishness.”

Playwright Sacha Guitry,  
quoted in the Associated Press

## *Informed Consents*

Many of you have noticed lately at your dental visits that we have asked you to sign a “Consent Form” prior to your dental treatment. This “Informed Consent” is a valuable tool for us and our patients. Its purpose is to help you, as a dental patient, make an informed decision about your upcoming dental treatment.

Some of the items included on the Consent Form are:

- Recommended treatment for your condition
- Alternatives to Treatment
- Drug reactions & side effects

As always, our top priority in our dental practice is communication and excellent care of our patients. So, when we present you with a consent form, read it carefully and take the opportunity to ask Dr. Turk and the staff any questions you may have regarding your treatment. You deserve to know the details of your treatment. We will gladly answer any and all questions and address any concerns you may have. We give you a copy of the consent form, as well as keep one for your in-office chart.