



Dr. Robert L. Beckelman's

Word Of Mouth

Produced for the Patients of Dr. Robert Beckelman

Spring 2005

fromthedentist

Referrals Do Us Proud

...Every time!

We take great pride in a team that always offers friendly, family-style dentistry. We try always to build on the excellent rapport we develop with you. We are committed to continuing education courses to learn the latest techniques ... but we know that spending time with each of you is the best way to ensure that you are receiving the meticulous care you deserve.

After all, we are *your* dental office and *your* dentist! And you should feel free to share us with your family and friends. We take your referrals as a great compliment and an affirmation that you feel secure and comfortable with our team. We also know this means you've entrusted us with the care of family, friends, and colleagues.

Thank you for your trust!

Dr. Robert L. Beckelman

turnthepage

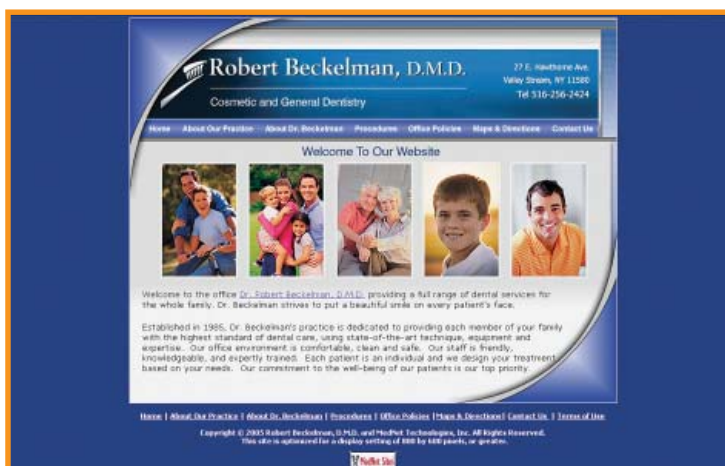
Earaches? Headaches?

Treat yourself to perio health

Amazing teeth whitening!

The Official Launch!

Visit our exciting new web site



Please share our excitement and visit
www.drbeckelman.com.

We can't wait to hear your feedback!

After months of planning and fine-tuning, we're thrilled to officially launch our new web site at www.drbeckelman.com. Consider this as your open invitation to browse and enjoy. There will always be something new and informative for you.

While on our site you can learn about the latest ideas and techniques to give you the smile you have always wanted. You can also learn about my background, practice philosophy, and the complete range of dental products and services available to you when you visit. These include preventive, restorative, cosmetic, general, and corrective services as well as leading-edge products and tools to create the best

smile makeovers!

The Internet will provide another medium in which we can discuss dental health and answer any of your questions. At our web site you can send us email, so feel free to comment or ask questions about any of our services via email. We'd love to hear what you think!

These and other features, like our map and directions to the practice, make our web site particularly visitor-friendly for any family or associates you refer. New patients can even download the patient history and registration form right at home. They can print it up, fill it out, and bring it with them to their appointment to save time in the waiting room.

Thank you for all your referrals - we appreciate them!

Simple TMD?

A complex disorder can have dental origins

If you have been suffering with jaw pain or clicking, earaches, headaches, even sinus pain, you could require dental intervention. In 1982, the *American Dental Association* adopted a new term to describe a constellation of problems that affect the jaw joint: *Temporomandibular Joint Disorder* (TMD).

The temporomandibular joints just might be the most complicated joints in the body. If you place your fingers in front of your ears while opening your mouth, you can feel them. Their movement is controlled by powerful muscles which, along with the joints themselves and your teeth, are connected to the mandible or jawbone.

How can jaw anatomy affect the rest of your body?

- A significant number of your body's nerves pass near the jaw joint.
- Many of the nerves of your body go to your mouth and jaw.
- Much of the brain's processing takes place through the trigeminal nerve ... which links with the facial, hypoglossal, and vagus nerves ... which control the sensation and function of almost all other muscles of your head, neck, and throat.
- Jaw compression can strain the neck muscles.
- Strained neck muscles can affect blood flow to the head and neck.

We understand that living with the complex symptoms of TMD is no simple matter. We'll work with you toward a solution!



Detecting TMD

Some questions we may ask:

- Do you have pain when you move your jaw or do you hear noise in your jaw joint?
- Have you ever had medical treatment for jaw or facial pain?
- Have you had a recent injury to your jaw or head?

We may also:

- Check how wide you can open your mouth.
- Feel your jaw joint for clicking, and identify pain and tenderness in and around your jaw, face, and head.
- Inspect your teeth for wear (indicating grinding) and all other causes for your pain or discomfort.

Cinnamon

Say *Cinnamomum*. That's the genus the sweet, aromatic spice cinnamon belongs to. One of the earliest known and most sought after spices, it has been credited with creating the momentum to discover America. Research now credits cinnamon with the ability to do much more than that!

With no known risks and virtually no calories, cinnamon can:

- inhibit disagreeable mouth odors by destroying sulphuric bacteria;
- help the body to use insulin more efficiently, reducing the risk of type 2 diabetes which has been linked to periodontal disease;
- cut blood sugar levels by as much



as 20-30% to help prevent diabetic complications that can be aggravated by periodontal disease;

- reduce total cholesterol, bad cholesterol, and triglycerides that can affect cardiovascular health.

So do yourself and your oral health a *flavor*, and spice up your diet with cinnamon!

Give Yourself A Treat

Perio health creates the best cosmetic results

A cosmetic procedure like teeth whitening can give you the great looks, self-confidence, and motivation to take care of your oral health. We're all for that! But we'd like to remind you that only natural tooth structure will lighten. If you have calculus on your teeth, having them cleaned first will achieve the best results.

Calculus is also commonly called tartar, and it builds up when you miss removing bacterial plaque during your usual brushing and flossing routine. Removing hard yellow tartar has to do with a lot more than looks. Tartar causes periodontal or gum disease. Here are some interesting facts.

- The word *periodontal* literally means "around the tooth."
- Periodontal disease is a chronic bacterial infection that affects the gums and bone supporting the teeth.

- There are many forms of periodontal disease. The most common ones are *gingivitis* and chronic *periodontitis*. Left untreated, both these diseases can lead to tooth loss.

Gingivitis is the mildest and earliest form of periodontal disease. It causes your gums to become red, swollen, and bleed easily with virtually no pain. **Chronic periodontitis** is present when gingival inflammation has progressed to within the supporting tissues of the teeth causing gum recession and bone loss.

In most cases, periodontal disease is reversible with professional treatment and good oral care at home.



Teeth Whitening Is #1

It's easy & effective!

Cosmetic teeth whitening is a surefire way to set your smile ablaze with glamor. That's why it's the number-one cosmetic dental procedure. Even though natural tooth color varies from individual to individual, and patients differ greatly in tooth color, enamel thickness, and degree of staining, science allows us to reliably predict shade results. Art added to science makes glamor look radiantly natural.



Whether life or time has dimmed your smile, only you can decide if it's time to turn up the wattage. We can recommend a safe, reliable, and *very* effective supervised teeth whitening program that will let you brighten your smile. Some smiles brighten up a few shades ... some to up to ten!

We'd be pleased to show you how teeth whitening can transform your smile!

Seeing is believing! Just think what a difference modern teeth whitening can make in your smile. In a few hours or a few weeks ... it's up to you.

Smile Savers

Brush and floss the kinder way

Remember ... the purpose of brushing and flossing is to remove the *soft*, sticky film called plaque *before* it hardens into calculus and spoils your smile. You don't have to brush hard or floss vigorously because overzealous care can damage your tooth enamel and gums.

Try these kinder, gentler smile savers!

- Use a soft toothbrush. It's twice as gentle on your gums as a hard brush.
- Take the time to brush all of your tooth surfaces. That only takes about three minutes – not 30 seconds.
- Switch to your opposite hand when brushing.
- Try a new toothbrush that gives a warning when too much pressure is being placed on the gums.
- Make an appointment for an oral hygiene brushup to refine your technique.

The Alzheimer's Link

Gum disease has been linked to systemic disease

According to research, people with diabetes have a significantly increased risk of developing Alzheimer's disease later in life. What does this have to do with dentistry? Well, diabetes has been linked with periodontitis, or gum disease, a bacterial infection that affects the soft tissues and the bone that anchors teeth.

Diabetics are vulnerable to these bacteria, and high blood-sugar levels

slow down healing and accelerate gum disease. As well, diabetics who have periodontal disease have more difficulty controlling blood sugar levels. This increases the risk of other diabetic complications ... including Alzheimer's.

Gum disease has been linked to systemic diseases other than diabetes. These include cardiovascular diseases, osteoarthritis, and oral cancer. *Anyone* with untreated gum disease risks the

loss of teeth and the supporting bone in the jaw.

You may be one of the three quarters of adults over age 35 who have some degree of gum disease. Bacteria and debris in the gum area that are not removed by proper and regular brushing and flossing will cause inflammation and infection, resulting in these symptoms:



- Red, swollen gums;
- Bleeding when you brush or floss;
- Persistent bad breath;
- A bad taste in your mouth.

If you have any of these symptoms, call for a consultation. We can help to restore your oral health and your smile ...then we can show you how to keep your smile at its healthiest.

Facts And Figures

■ "It seems clear that gum disease, far from being just an oral health problem, actually represents a significant health risk to millions of people." *Dr. R. Genco, DDS, PHD, Chief Editor, Journal of Periodontology*

■ According to a poll of periodontists, their patients who practiced the worst home oral care were overwhelmingly men.

■ Only about 20% of people over age 65 who have never smoked are missing teeth, while a whopping 41.3% of daily smokers over age 65 are missing teeth.

■ Some good news: After eleven years of non-smoking, your chance of advanced periodontal disease is no different than that of non-smokers.

office information

Robert L. Beckelman, DMD
27 East Hawthorne Avenue
Valley Stream, NY 11580-6301

Office Hours

Monday 9:00 am – 9:00 pm
Tuesday 8:00 am – 2:00 pm
Wednesday 7:30 am – 1:30 pm
or 8:00 am – 7:00 pm
Thursday 8:30 am – 5:00 pm
Friday Closed
Saturday 7:30 am – 1:30 pm *

* closed occasional Saturdays

Contact Information

Office (516) 256-2424
Fax (516) 825-1258
Email drbeckelman@optonline.net

Office Staff

Doreen Office Manager
Angela Dental Hygienist
Carol Dental Hygienist
Janet Dental Assistant

Citi Health



Welcome Carol

Our new hygienist, Carol Greenberg, comes to us with many years of experience. She was very happy to join our staff last October. Carol recognizes many of our patients faces, as she lives locally. Her daughter is a freshman at *Hewlett High School*. Her husband recently closed his store, *The Davey Shop*, a landmark in Cedarhurst for 59 years. Carol prides herself in treating all her patients as she would want her family treated.



It's No Gag

Dental teams are trained for the sensitive

Nature intended the gag reflex to be a good thing. It's a contraction of the back of the throat designed to prevent choking. Just touching the soft palate at the back of the mouth triggers this reflex in most people, but some individuals are extremely sensitive.

Dental teams know that anxiety can contribute to this sensitivity, and that embarrassment can lead to a lot of missed dental appointments. Avoidance of the dentist can turn minor oral health problems into major ones.

If you're apprehensive about the dental office, the first step is to call. We can work with you to eliminate the discomfort and fear that create barriers to better oral health.

If you're dining under water, a sensitive gag reflex can be a serious problem...but not if you're visiting the dentist.

