



Cambridge Dental Group Newsletter

www.cambridgedentalgroup.com

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Office Hours

Monday 9:00 a.m.-8:00 p.m.
Tuesday 9:00 a.m.-7:00 p.m.
Wednesday 7:00 a.m.-8:00 p.m.
Thursday 8:00 a.m.-8:00 p.m.
Friday 8:00 a.m.-5:00 p.m.
Saturday 8:00 a.m.-3:00 p.m.

Appointment and
Emergency Phone:
(313) 274-4040

Sleep Apnea Screening and Treatment Update

Since the article we published in the Summer 2013 newsletter, we have asked many hundreds of our patients the following two questions:

1. Has anyone reported that you snore loudly?
or
2. Do you suffer from daytime sleepiness and require frequent naps?

We often find “yes” responses. This has led to the screening and treatment of many patients with these symptoms to provide relief. We work closely with your physician and your medical insurance, making it simple and affordable. You also can avoid an overnight study in the sleep lab.

We will continue to ask the two questions at your checkups to determine if you have developed sleep apnea, as it can develop at any time.

Yours in health,
The Cambridge Sleep Team

E-mail us at thesleepteam@cambridgedentalgroup.com.



Do you snore?

Are you frequently tired in the daytime?

Cambridge Dental Group Now Offers Dental Sleep Medicine

“Dental sleep medicine” is the screening, evaluation, and treatment of snoring and sleep apnea. While snoring is a condition that is annoying to a sleep partner, sleep apnea is the total stoppage of breathing for a period of time. This often occurs many times each night for extended periods of time (sometimes up to one minute each) in which oxygen levels drop to dangerously low levels. Sleep apnea has been associated with high blood pressure, stroke, GERD (acid reflux), night grinding (bruxism), diabetes, and sudden death during sleep. It frequently results

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We provide all services under one roof.

Cambridge Dental Group Now Offers *Dental Sleep Medicine*

(continued from front page)

Cambridge Dental utilizes state-of-the-art diagnostic equipment for the treatment of sleep apnea and snoring.



in daytime sleepiness and the feeling that it is difficult to get a full night's sleep. This is because in the body's struggle to breathe, once the airway is closed off by the relaxed tongue and throat muscles, slight awakenings (microarousals) occur that prevent full, restful sleep.

You can be screened for these conditions by our Sleep Team at **Cambridge Dental Group**. Once the severity of your condition has been determined, appropriate treatment will be recommended. Treatment is often covered by medical insurance, as it is NOT strictly a dental procedure.

Cambridge Dental utilizes state-of-the-art diagnostic equipment for the treatment of sleep apnea and snoring.

The home sleep study is offered as a screening tool to determine the quality of your sleep and captures a great deal of information about your sleep in the comfort of your own home—no need for you to go to a hospital or sleep lab.

The acoustic pharyngometer and rhinometer is a quick, painless test to determine the shape and condition of your airway to see if you are a candidate for an oral sleep appliance. It also makes the fitting and adjustment of appliances far more precise.



*Please contact your
Cambridge Sleep Team
for more information and your
screening and consultation.*

Golden years

Those who have reached the milestone of age 60 have seen a world of changes since their births. Among these changes is the fact that many more Americans are living well into their 80s and 90s.

Dentistry has changed in the last 60 years, and because of preventive efforts, many children are now growing to adulthood without ever having experienced a single cavity.

Today, dentists know that good dental care is just as important for seniors as it is for their grandchildren. Unfortunately, the incidence of decay and periodontal disease tends to increase as we age. Dry mouth, which is often associated with the use of prescription medications, is commonly cited as a possible reason for this rise.

Senior patients can help fend off cavities and gum disease by making sure they drink plenty of fluoridated water and practicing good daily home care, including brushing and flossing. When fine motor issues make these tasks difficult, electric toothbrushes and flossing implements may increase comfort and efficiency.

Regular dental visits are especially important for seniors. Because changes in the teeth that occur with age may make a patient less likely to feel discomfort associated with cavities, dental checkups are key to detecting decay early enough to save teeth.

To help us provide senior patients with the best care, they should bring a list of medical issues they are experiencing and prescription medications they are currently taking to each appointment. Information about physicians and specialists the patient sees should be included as well. Finally, patients in this age group who smoke should seriously consider undergoing smoking-cessation classes. Smoking is associated with a number of dental problems, including periodontal disease and oral cancer.

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A coffee/cancer connection?

Could drinking four cups of caffeinated coffee a day help reduce the risk of mouth and throat cancers? While a definitive answer to that question is not yet available, research shows that those who consume four cups of caffeinated coffee daily may have a lower risk of developing these types of cancers.

A recent study involving more than 900,000 men and women, who were followed for more than 25 years, found that coffee drinkers had a nearly 50 percent reduced risk of dying from mouth or throat cancers.

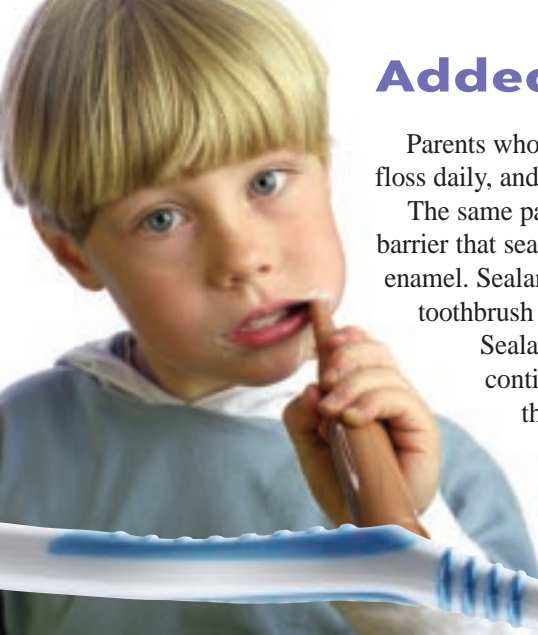
Mouth and throat cancers are particularly deadly. Researchers suspect one of the reasons these cancers have such a high mortality rate is because they are difficult to diagnose. Seldom are these cancers caught in the earliest stages.

For this reason, dentists recommend watching for specific signs of the disease, such as a mouth sore that does not heal or pain that does not recede. In addition, regular oral-cancer exams at our dental office may help to catch these cancers earlier, when treatment may be more effective.

Researchers studying the coffee/cancer connection are quick to point out that caffeine may not be the active ingredient responsible for the lowered risk of cancer. Instead antioxidants and other compounds found in coffee are considered a possible link.

The researchers also suggest that while their results provide good news for coffee drinkers, they are not making the recommendation that those who currently do not drink coffee begin consuming the beverage on a regular basis. Although there may be some health benefits from drinking coffee, those studying the subject will not go so far as to call it a healthy alternative.





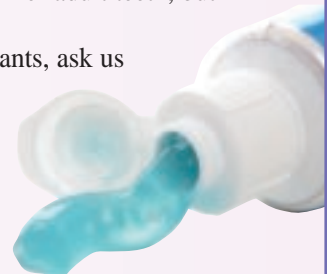
Added protection

Parents who want their children to avoid the discomfort of cavities teach them to brush after meals, floss daily, and choose foods that are less likely to lead to bacterial activity that causes tooth decay.

The same parents may choose to consider the added protection provided by sealants, a thin plastic barrier that seals the chewing surfaces of the back teeth. Sealants block acids that can damage the enamel. Sealants are applied on premolars and/or molars to fill the pits and fissures of the teeth where toothbrush bristles can't reach.

Sealants are strong enough to last for a number of years and can be reapplied to provide continuing protection. They are often applied after a child has all his or her adult teeth, but they can provide protection to teens and adults as well.

If you're interested in learning more about the benefits of sealants, ask us at your next appointment.




Don't forget your dental appointment!

Cambridge Dental Group
313-274-4040

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For your specific situation, please consult our office.

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Customized anesthesia

It's estimated that as many as 40 million Americans experience some form of dental anxiety. For people who struggle with this type of fear, obtaining appropriate dental care can be difficult or impossible.

Fortunately, conscious sedation, or "sleep dentistry" as it is sometimes called, can enable patients to undergo necessary dental procedures in various states of relaxation. Utilizing a combination of anesthesia, including novocaine, along with oral medications and nitrous oxide or intravenous medications, sedation dentistry can be customized to provide just the amount of sedation a patient needs.

When sedation dentistry is utilized, a range of states of relaxation can be achieved. Patients may feel aware of what is happening and be able to respond to the dentist, but also feel completely relaxed and have no memory of the encounter.

If dental anxiety has been a problem for you, conscious sedation can help you put that problem behind you, and you'll have a healthier smile to show for it. Contact us about ways we can customize your anesthesia to enhance your comfort during dental treatment.

