



Dentally Speaking

with Dr. James E. Metz

Produced to improve your dental health and awareness

Summer 2007

fromthedentist

Dr. Metz is a graduate of The Ohio State University; he received his Bachelor of Science in Biochemistry in 1969 and Doctor of Dental Surgery in 1973. He went into private practice after serving his country as a U.S. Army Major from 1973-1976.



In 1978 Dr. Metz started to provide care in his practice for the management of TMD and orofacial pain. In 1993 he expanded the practice to include treatment of snoring and obstructive sleep apnea. Dr. Metz has always been very dedicated to his patients' dental and overall health needs. The Ohio State Dental Board recognizes his talent and uses him as an expert witness.

June 8-10, 2007 The American Academy of Dental Sleep Medicine holds their 16th annual meeting in Minneapolis, Minn. Dr. Metz will be attending this year and will sit for the exam to become a Diplomat of the AADSM. Dr. Metz has been studying for over a year to achieve this status and is very excited to expand his practice in the area of dental sleep medicine.

Enclosed in this edition of your newsletter is an article Ladies' Home Journal ran in their June 2007 issue; we were very excited when they contacted Dr. Metz regarding his practice and treatment of snoring and sleep apnea with oral appliance therapy.

A Dangerous Misconception

No pain. No problem. It's just not true!

People with high blood pressure often don't know about it. The same can be said of periodontal (gum) disease, a near-painless condition that has been linked to heart and stroke disease, diabetes, osteoarthritis, cancer, pregnancy, and other health issues.

It has been estimated that three quarters of adults over age 35 have some degree of gum disease. Called gingivitis in its early stages, the warning signs are swollen and tender gums, bad breath, gums that may bleed when you floss, and gums that are red, not pink.

You may be at an increased risk for gum disease if you...

- Use tobacco, e.g. cigarettes, cigars, chewing tobacco;
- Have a family history of periodontal disease;
- Have a medical condition such as diabetes, osteoarthritis, or any condition that weakens the immune system;
- Are stressed, clench or grind your teeth, and have poor nutrition;
- Use common medications, including anti-depressants, oral contraceptives, and some heart medications;
- Have partners who have gum disease. They may transfer bacteria by kissing.



Dr. Metz provided cosmetic dentistry for photograph

Bacteria and debris in the gum area will cause a buildup of plaque and tartar that can lead to inflammation and chronic infection if not removed by proper and regular cleaning and flossing. If allowed to spread and grow below the gumline, this buildup will create pockets of bacteria that can destroy your gums and the bones that support your teeth.

The best prevention against periodontal disease is regular dental care and thorough daily brushing and flossing. Dentists screen for periodontal disease every time you visit the office. You can stop infection before this silent disease has a chance to sneak up on your smile. And that's certainly no misconception!

Periodontal Stages



Between your tooth and gums is a space called the *sulcus* which, when healthy, is a crevice about two to three millimeters deep. When tartar and plaque invade, it deepens and is called a *pocket*, providing an excellent hiding place for bacteria.



A healthy smile will last a lifetime!



Unhinged By Pain? Could be TMD!

Your *temporomandibular joints* – the two joints that are located in front of your ears and that hinge your jaws – are quite impressive. They can move side-to-side, back-and-forth, and up and down ... all at the same time! They get a lot of use every time you bite, chew, speak, swallow ... or grind your teeth.

Jaw clenching, teeth grinding, or an improper bite can contribute to teeth and gum pain as well as discomfort like popping, clicking, jaw tenderness, and headaches. *Temporomandibular Joint Disorder (TMD)* is the official name for a host of symptoms that arise in part because of the proximity of these joints to many nerves, muscles, connective tissues, and ligaments.

Experiencing signs of TMD? Dentistry may have a solution.

Uncommonly Adaptable

Incredible implants offer flexible smile solutions

Dental implants have proven themselves time and time again since they were invented in 1952. In the beginning, many people associated them with space-age technology and considered them out of reach for ordinary people. Today, an implant can be used to immediately replace a tooth lost by a young athlete, for example. This is without a doubt the best way to minimize bone loss, the shifting of teeth, and the emotional trauma associated with an altered appearance. Dental implants look natural, can help maintain a more youthful appearance, and they are so versatile that they can be used in combination with other restorative techniques – at any age!

Here are some of the ways that dentistry can improve your smile using dental implants.

Individual implants can replace one or more missing teeth. Because it's created just for you, we can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile.

If you have a number of adjacent teeth missing, implants can be used in combination with a bridge. Both restorations are so natural looking, they're virtually undetectable.

Implants can be used to secure specially modified dentures to improve your appearance and your ability to eat and speak with comfort.

One of today's many dental implant options could provide the dental solution you're looking for!

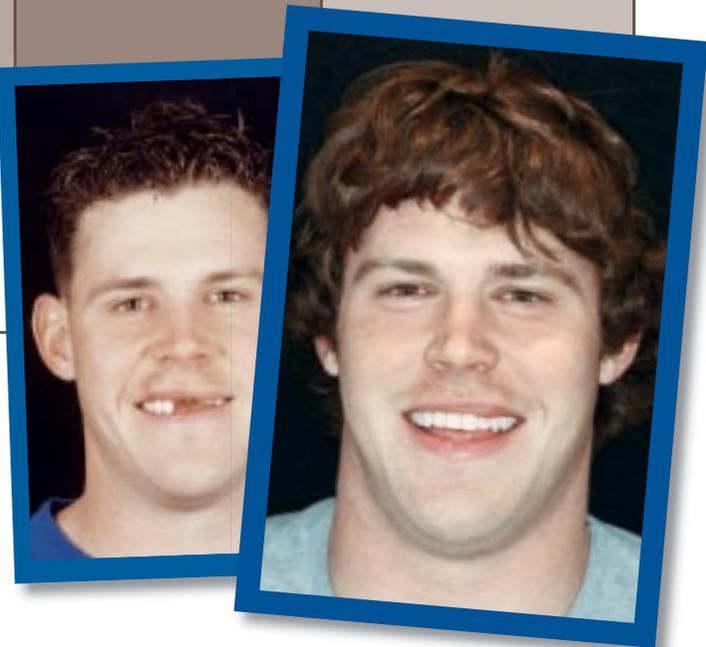
Set A Great Example

Quit today!

Did you know that exposing your child to cigarette smoke could cause cavities or delay development of their permanent teeth? Or that chewing tobacco can cause oral cancer? If you quit smoking or using tobacco, you will also reduce your risk for cavities, gum diseases, tooth loss, emphysema, all cancers, and heart attack and stroke.

Tobacco users actually cost others, as well. Second-hand smoke is harmful and health care costs families and governments. Every cigar or cigarette represents hard-earned money going up in smoke ... and along with it, opportunities for other pleasures and experiences.

Nicotine is very addictive but you can kick it ... and you'll smell great, look younger, and smile more too! And you won't be the only one to benefit: most smokers start very young, so you can set a great example.



MAKE THE Connection

PARTICIPATE IN YOUR ORAL & GENERAL HEALTH!

► **No one knows everything about gum disease and the way in which it affects your general health.** Debate and research about the precise dynamics of this interrelationship will likely continue for a long time to come. It's not clear whether there is a cause-and-effect relationship or even whether the true culprit is bacteria or inflammation or a mechanism we don't yet understand. Fortunately, you don't have to know *everything* to know a good thing when you hear it.

► **For instance, it's good to know that when you take care of your oral health, you are making a positive contribution to your overall health and well-being.** How can this be? Researchers have established links between gum disease and other ailments, and because periodontal disease can be prevented, treated, and in some cases, even reversed, you can participate actively in managing your oral health and therefore your general health.

► **Prevention (a good home care routine and regular dental visits) is your best strategy because gum disease has no symptoms in the earliest stages.** It occurs when plaque (bacterial film) builds up. By the time you experience symptoms like discomfort, bleeding, and bad breath, you will already have damaged your gums and possibly even supporting ligaments and bone. Without intervention, you could experience bone and tooth loss.



Untreated periodontal disease



Regained perio health plus veneers

Here are some links that have been demonstrated between oral health and overall health.

Pulmonary Infection: Harmful bacteria from gum infections has been linked with pneumonia, bronchitis, emphysema, & chronic obstructive pulmonary disease.

Osteoporosis: Women with osteoporosis may be at higher risk for gum disease & people with gum disease may be at a higher risk of underlying osteoporosis.

Diabetes: People with diabetes are more susceptible to gum disease which in turn can make it more difficult to control blood sugar.

Heart Disease & Stroke: People with gum disease are almost twice as likely to suffer coronary artery disease as those without gum disease.

Oral Cancer: An association has been found between serious periodontal disease & pre-cancerous lesions & oral tumors.

Pregnancy: Periodontal disease during pregnancy has been linked with toxemia, pre-term delivery, & babies with lower birth weights.

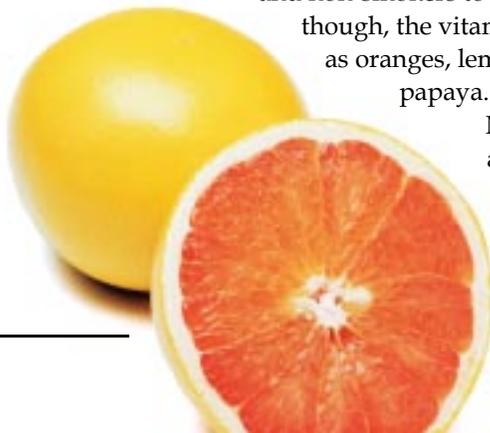
Diverse & Abundant!

Put the "C" in cuisine!

Do you enjoy the idea of belonging to an elite group? Well, along with a fruit-eating bat, a species of trout, apes, guinea pigs, and the red-vented bulbul bird, humans are among the few species that cannot synthesize their own vitamin C! Your gums need vitamin C to stay pink and healthy and to give you nice-smelling breath and a youthful appearance.

How do you get enough vitamin C? Well, you could eat two grapefruits a day like the participants in one study. The increased vitamin C helped both smokers and non-smokers to improve their periodontal health. Thankfully, though, the vitamin is abundantly available in foods as diverse as oranges, lemons, spinach, potatoes, kohlrabi, guava, and papaya.

Now, get ready to smile – because humans are special in another way! Only we humans cook. So you can get vitamin C whether you're dining vegetarian or nouvelle cuisine, Chinese, Kosher, Italian-American-Mexican, or Indian curry takeout!



The weather can be unpredictable, but our dental procedures are not.

Could you imagine being in the middle of a dental procedure and the electricity suddenly going out? There you are sitting in the dental chair. You are anesthetized and only half of the dental treatment is done. What do you do now?

I can assure you this will never happen at my office. My generators are guaranteed to take over when ever there is a problem like this. My patients can relax and know they will be leaving with completed dental work.

The generators are manufactured by Carrier. They are natural gas fired. Both generators are 15 KW and are fully automatic in 10 seconds.

officeinformation

James E. Metz, DDS
1271 East Broad Street
Columbus, OH 43205-1429

Office Hours

Mon - Fri 8:00 am – 5:00 pm

Contact Information

Office (614) 252-4444
Fax (614) 252-6474
Web site www.columbusdentistry.com

Office Staff

Angela Davies.....Business Manager
Trish Lutz.....
..... OSA/TMD Treatment Coordinator
Megan Bacome.....RDH
Brenda Poynter..... DA
Vladimir Ovchinnik..... CDT
Steven Gable..... DA/Lab Technician
Myka Johnson..... Lab Technician

Dr. Metz is proud to be affiliated with:

American Dental Association • Ohio Dental Association
Columbus Dental Society • American Academy of Restorative
Dentistry • Pierre Fauchard Academy • International
Academy of Gnathology • American College of Dentists •
American Academy of Dental Sleep Medicine



Committed To You Now and always

Have you ever wondered why we are so committed to continuing education and to leading-edge technology, procedures, and materials? You are the reason.

Your enthusiasm and commitment to our team and our practice is contagious and encourages your friends and family to come and see us. In turn, our healthy, bustling practice is the engine that generates our ongoing ability to invest time and money in excellence.

Please accept our gratitude for your support and commitment to our practice family ... and yours. It's been our privilege and pleasure to provide the highest standard of preventive dental and oral health care to you, our patient, your families, and your generous referrals.

In The Spotlight Who's making you happy?

We'd like to take this opportunity to let you know a little more about one of our caring staff members, Vladimir Ovchinnik, a Certified Dental Technician (CDT).



Vladimir emigrated from the Ukraine with his wife Svetlana because of "the opportunities the USA would provide for my family and me." The Ovchinniks have one son, Valeriy, and pet Dachshund Sonya.

Vladimir graduated as a CDT in his native Ukraine, spending more than 6 years learning the fine points of dental technology. Vlad earned the distinction of working with some of the most distinguished dentists in Europe. He really enjoys the challenge of cosmetic dentistry and is committed to continuing education. This fall he plans to take his family to Italy while he pursues courses in the new Zirconium metal-free prosthodontic technology.

And in his spare time? Vladimir loves to enjoy a snifter of French cognac.