

Town Center Dental Care

Michael B. Lorio, D.M.D.

8263 S.W. Wilsonville Road, Suite C • Wilsonville

Located in the Town Center Mall • We Cordially Invite You To Call (503) 682-9191

What's the Difference?

Some patients wonder why they pay more for their recall appointments than their spouse and why they have to come in more often. There is clear evidence that patients who have been through a Periodontal Therapy program need a season of maintenance. Periodontal pathogens can repopulate previously scaled teeth in as little as 9 to 11 weeks. Most periodontal patients are not able to debride the depths of the periodontal pockets with their own home care procedures. The American Academy of Periodontics states that "tooth loss in periodontal patients is inversely proportional to the frequency of professional care." The procedures done in a periodontal maintenance appointment are more extensive and are to maintain the results of the periodontal therapy, whereas a routine prophylaxis done on a patient not having any signs of periodontal disease are only to remove deposits from the tooth surface above the gums. If periodontal patients consistently use all of the cleaning techniques that have been shown to them and follow the advice of when to return for maintenance, they have a better chance of returning to an ordinary prophylaxis status.



Healthy Mouth Means Healthy Baby

A visit to the dentist before you get pregnant is almost as important as a visit to the doctor. That's because your future pregnancy can affect your mouth - and your mouth can possibly affect your future pregnancy. Pregnancy hormones can actually aggravate gum and tooth problems, making it harder to maintain a healthy mouth. Research has also shown that gum disease may be associated with some pregnancy complications. So before you make plans to have a baby, make a "plan" to get your mouth into shape. Have any necessary treatment (including x-rays, fillings and surgery) completed now so that it won't have to be done during your pregnancy.

("What to expect when you are expecting"
by Heidi Murkoff)

Water Fluoridation Controversy

On September 12, 2012 the Portland City Council approved a plan to add fluoride to Portland's water. In the past Portland was the largest city in the U.S. to holdout on this issue. This ordinance calls for city water to be fluoridated by March 2014.

Of course there is much opposition to this happening. The FL controversy arises from moral, ethical, political and safety concerns regarding fluoridation of public water supplies. This opposition has existed since initiation in the 1940's. It was even suggested back in the 50's that FL in the water was a communist plot to undermine public health.

Despite opponents concerns, water fluoridation has been effective at reducing cavities in both children and adults. The American Dental

Association says fluoridation is "unquestionably one of the safest and most beneficial, cost-effective public health measures for preventing, controlling and in some cases reversing tooth decay."



To learn more about our office, please visit our new website at drlorio.com

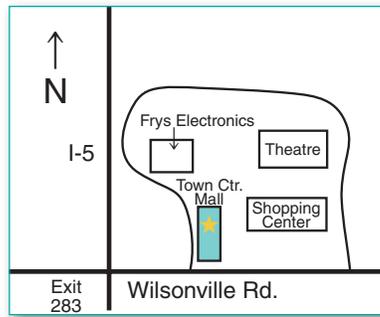
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What's Up Doc?

- Dr. Lorio attended an educational dental class in Arizona this past September. His family got to enjoy the trip and the sun also.
- Colleen and her husband are off to CA again to see their new grandson Kyle - now 6 months old.
- Deb learned the importance of regular medical check-ups. They are SO significant! She had a health scare, but all is well now.
- Trisha and her husband, Steve, are planning to add to their family in the near future. Then 1+1 will = 3.
- Two of Cindy's neices got married this summer. Lots of food, drinks, dancing and fun at both weddings. Now she is just waiting for her youngest son to say "I do".

Dental Insurance 101

It is important for anyone with dental insurance to find out exactly what benefits you have. The policy holder can obtain this information from the insurance carrier or the human resource department at work.

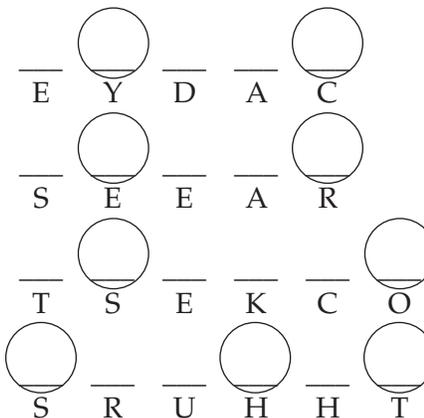
Our dental office can give you estimates of your benefits based on general information we have about similar policies, but it is your responsibility to understand the specifics of your plan. Since you are the policy holder, it is also easier for *you* to get the details.

You should know your annual maximum, deductible, waiting period, limits on your cleanings, exams and x-rays and how your plan covers any recommended treatment.

With this information your appointments will go smoother and less potential for misunderstanding. Remember that your plan is not designed to cover all your costs. It is more like getting a discount. So keep informed so you can use this discount wisely.

Dental Mental Word Scramble

Unscramble these four jumbles, one letter to each dash mark, to form four ordinary words.



What is the best thing to put into a pizza?

Now arrange the circled letters to form the surprise answer as suggested by the above cartoon.

ANS: _ _ _ _ _

(Last newsletter puzzle: broom....water....scrape....oblong

Cartoon answer: "comb or saw")

A smile is a curve that sets everything straight.

- Dwight Evans