

Dr. Osterlind's Cycling Fundraiser

Dear friends and former patients,

I have been an avid cyclist for many years and have participated in the annual Cycle Oregon ride several times. During my 40+ years of dental practice, I was active in the treatment of severely disabled patients. This year, my participation in Cycle Oregon has a special meaning to me as I continue to battle stage IV metastatic stomach cancer. After a year of treatment, I continue to do well with my chemotherapy. To mark this important personal victory, I will ride Cycle Oregon as a fundraiser for the dental charity that has long been dear to my heart -- Donated Dental Services (DDS).

DDS is a program of the Dental Lifeline Network Oregon (formerly the National Foundation of Dentistry for the Handicapped, Oregon Chapter). The mission of this organization is to make comprehensive oral health accessible to Oregonians who are disabled, elderly, or medically at-risk and have no other resources for help. Along with providing financial assistance for services to this population, DDS arranges for volunteer dentists to provide essential and comprehensive treatment in their own offices, at no cost to these patients. Since the program began, over 2,700 Oregonians have received over \$6 million in life-transforming donated dental care through the generosity of Oregon dentists. Oregon DDS is part of a national network that has helped over 104,000 deserving individuals receive \$200 million in donated dental treatment in all 50 states since 1985. Oregon volunteers are among the 15,000 dentists and 3,200 labs that participated nationwide.

I was a volunteer dentist with DDS for 23 years and found it to be a rewarding experience that made a real difference in the lives of very vulnerable patients. Since I received my cancer diagnosis, I no longer practice dentistry, yet I am eager to use my Cycle Oregon experience as another way to support the DDS organization. Please join me by making a gift or pledge to benefit the Oregon Donated Dental Services program. You may make a gift online at <http://nfdh.org/make-a-gift> (enter "Dr. Osterlind's bike ride" in the notes field) or contact Heather O'Connor if you would like to make a pledge for each mile I ride. She can be reached at 720-287-6185 or hocconnor@dental lifeline.org

Cycle Oregon is scheduled for September 10-17, 2011. Thank you for your thoughts and support.

~ Tom Osterlind

Dr. Persichetti Gives Back

Dr. Persichetti volunteers his time with Dental Lifeline Network, an organization that finances dental treatment for low income patients. These patients often suffer from both severe medical and dental conditions. Dr. Persichetti's donated dentistry changes these patients' lives by greatly improving their quality of life and overall health. Regarding his volunteer work, Dr. Persichetti said, "There's always a need, so we always have patients ongoing."

Exercise and Depression

Many studies indicate that people who exercise regularly benefit from a positive boost in mood and lower rates of depression.

Endorphins also trigger a positive feeling in the body, similar to that of morphine. For example, the feeling that follows a run or workout is often described as euphoric. That feeling, known as a runner's high, can be accompanied by a positive and energizing outlook on life.

Endorphins act as analgesics, which means they diminish the perception of pain. They also act as sedatives. They are manufactured in your brain and bind to the same neuron receptors as some pain medications. However, the activation of these receptors by the body's endorphins does not lead to addiction or dependence.

Regular exercise has been proven to help:

- Reduce stress
- Ward off anxiety and feelings of depression
- Boost self-esteem
- Improve sleep

Exercise also has these added health benefits:

- It strengthens your heart
- It increases energy levels
- It lowers blood pressure
- It improves muscle tone and strength
- It strengthens and builds bones
- It helps reduce body fat
- It makes you look fit and healthy

Because strong social support is important for those with depression, joining a group exercise class may be beneficial. Or you can exercise with a close friend or your partner. In doing so, you will benefit from the physical activity and emotional comfort, knowing that you have the support of others.

Fight with fluoride

Why is fluoride important?

Every day, a tooth's enamel (the outer layer that makes the tooth hard) has minerals both added to it (remineralization) and removed from it (demineralization). During remineralization, minerals such as fluoride, calcium, and phosphate are added to the enamel layer via foods and beverages that contain these minerals. Minerals are lost (demineralization) when acids attack the enamel. Acid exposure in the mouth is caused by certain foods, beverages, and bacterial breakdown of refined carbohydrates. Tooth decay results when the enamel loses more minerals than it receives.

How does fluoride prevent tooth decay?

Fluoride helps prevent tooth decay by making the tooth more resistant to acid attacks. Fluoride also helps to speed up the remineralization of erupted teeth in both children and adults.

Where is fluoride found?

Although some foods such as seafood and certain teas contain fluoride, the primary source of fluoride for most people is drinking water. Some, but not all, bottled waters also contain fluoride. Forty-three of the fifty largest cities in the United States add fluoride to tap water. You may want to ask your dentist if the water in your region is fluoridated.

Fluoride can also be applied directly to teeth through toothpastes and mouth rinses that contain fluoride. You can buy these products at most pharmacies and grocery stores.

Dentists can also apply fluoride directly to your teeth in the form of a gel, foam, or varnish. These products contain a much higher level of fluoride than toothpastes and mouth rinses.

When should fluoride use begin?

Infants and children between the ages of 6 months and 16 years should receive fluoride supplements. Primary and permanent teeth develop during these ages, so the stronger the tooth's enamel is, the better.

The Centers for Disease Control and Prevention recommends prescribing fluoride supplements for children between the ages of 6 months and 16 years who are at high risk for dental caries and whose community water source is less than optimally fluoridated.

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Why do adults need fluoride?

Adults can also benefit from fluoride. Topical fluoride, including toothpastes, mouth rinses, and fluoride treatments, is as important for fighting tooth decay in adults as it is for strengthening the teeth of children. The benefits for adults include decay prevention, reducing root surface sensitivity and aids in controlling periodontal disease.

Topical fluoride might be appropriate for patients with crowns, bridges, and braces, as the portion of the tooth that isn't covered by a crown, bridge or brace may be at greater risk for tooth decay. Exposed root surfaces benefit from fluoride since the roots are not covered with enamel and are more prone to decay.

Fluoride treatment can also benefit patients prone to certain oral conditions, including dry mouth, periodontal disease, and decay.

Dry mouth makes an individual more prone to tooth decay because the decreased saliva production makes it harder to wash away food particles. Food debris in the mouth increases the amount of cavity-causing acids present.

Periodontal disease often causes recession which can lead to increased sensitivity due to exposed tooth roots. Fluoride applications can reduce this sensitivity. Periodontal disease can also put patients at a higher risk for tooth decay.

All other factors aside, some patients are predisposed to developing decay. Any patient who has had two to three cavities in the past two years is considered a high-risk for new decay. These patients should have a fluoride treatment as part of their routine check-up.

Tips on Teething

Many parents wonder what to expect when their babies begin teething. Although newborns usually have no visible teeth, most have at least a partially developed set of primary (baby) teeth. Some teeth may appear as early as six months after birth. During the first few years of life, all 20 of the primary teeth will erupt through the gums.

As their teeth erupt, some babies become fussy, sleep-less, or irritable. Loss of appetite or drooling more than usual also can be signs of teething. Although teething was once thought to be responsible for fevers, diarrhea and rashes, most doctors now agree that teething by itself does not produce such disorders. If your child continues to be cranky and uncomfortable or shows signs of a fever while teething, call your physician.

The Teething Cycle

A baby's four front teeth (the incisors) are usually the first to appear. Some babies experience sore or tender gums as teeth begin to erupt. To comfort a teething child, gently massage the gums with a clean finger, a small chilled spoon, or a clean moist gauze pad. A DDA dentist may recommend a pacifier, teething ring, or a special numbing salve for the gums.

As a tooth erupts, a watery sac called an eruption cyst may develop. The tooth will eventually rupture the sac as it pushes through the gums. Eruption cysts are usually harmless and should be left alone. The chewing edge of the incisors may have three small bumps called mamelons. These bumps normally wear off with use.

Start with no toothpaste; after age two, use a pea-sized amount

When the child's teeth begin to erupt, brush them with a soft-bristled toothbrush and a little water to help prevent tooth decay. Toothpaste is not recommended until the child reaches age two. At that time, only a pea-sized amount of toothpaste is needed. Continue to brush your child's teeth until good habits and brushing dexterity are established. After that, supervise your child's brushing to make sure it is thorough.

Because children age six or younger do not have a fully developed swallowing reflex, make certain they don't swallow the toothpaste. The American Dental Association recommends that consumers look for oral hygiene products that display the ADA's seal of Acceptance, a symbol of safety and effectiveness.

Most children have their full set of primary teeth in place by age three. The jaws grow steadily to make room for the 32 permanent (adult) teeth, the first of which begins to appear at age six or seven. The primary teeth are "shed" as the permanent teeth under them erupt. The last of the permanent teeth generally appear between ages 17 and 21.

First birthday is dental check-up time

Take your child to see the dentist by his or her first birthday. The dentist can demonstrate how to properly clean the child's teeth, discuss how to prevent baby bottle tooth decay, and review the proper amount of fluoride needed for healthy teeth. The first dental exam also allows the dentist to spot growth and development defects that generally are easier to correct at an early age. Regular dental visits starting at a young age and good oral care at home truly will give your child something to smile about.