



**MARSHALL** *dental*  
 RICHARD M. MARSHALL, DDS

# Word Of Mouth

Produced for the Patients of Dr. Richard M. Marshall

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## fromthedentist

### We Can Help

#### *In uncertain times*

These are difficult times filled with much uncertainty about the future. But there are a few certainties that you can count on. Winters will come and springtimes will follow, and we will be here for you. We are willing to work together with you to ensure that your good oral health continues uninterrupted.

As you know, it is also a certainty that oral health is linked to our overall health and wellbeing, so regular recare and follow-up visits are very important. Let us explore creative ways to finance your dental care, including Care-Credit, the "no interest" plan that works just like a credit card, and monthly payment options tailored to your circumstances.

The tonic for difficult times is confidence, and you can be confident in our continued commitment to your good oral health.

*Yours in good dental health,  
 Richard M. Marshall, DDS*

## turnthepage

Live 14 years longer!

Gum disease ... me?

Let's talk *toothpaste!*

## Explaining Root Canal Treatment

### The science of saving teeth

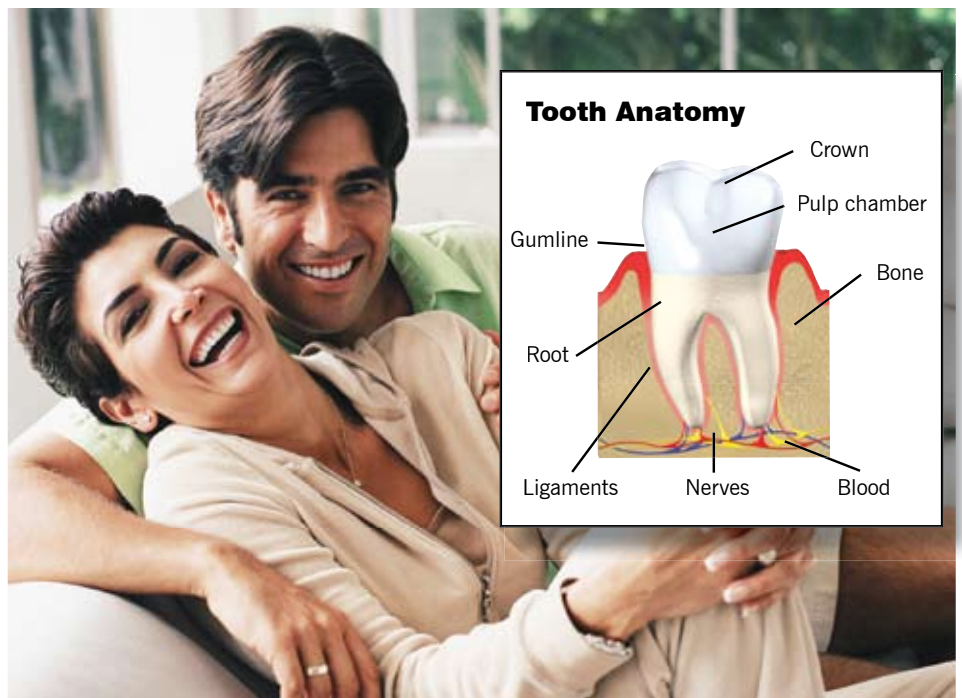
Like many of our patients, you may have questions about root canal treatment. Root canal is one of those dental terms that's often talked about, but less often understood. Many people think it's a painful and mysterious dental secret. The truth is that modern root canal treatment can be performed with little or no discomfort and can be credited with saving more teeth than almost any other treatment in our office.

The part of your tooth under the gumline is called the root. Inside each root there is a channel called the *root canal* that contains the nerves and blood vessels that bring nutrients to your teeth.

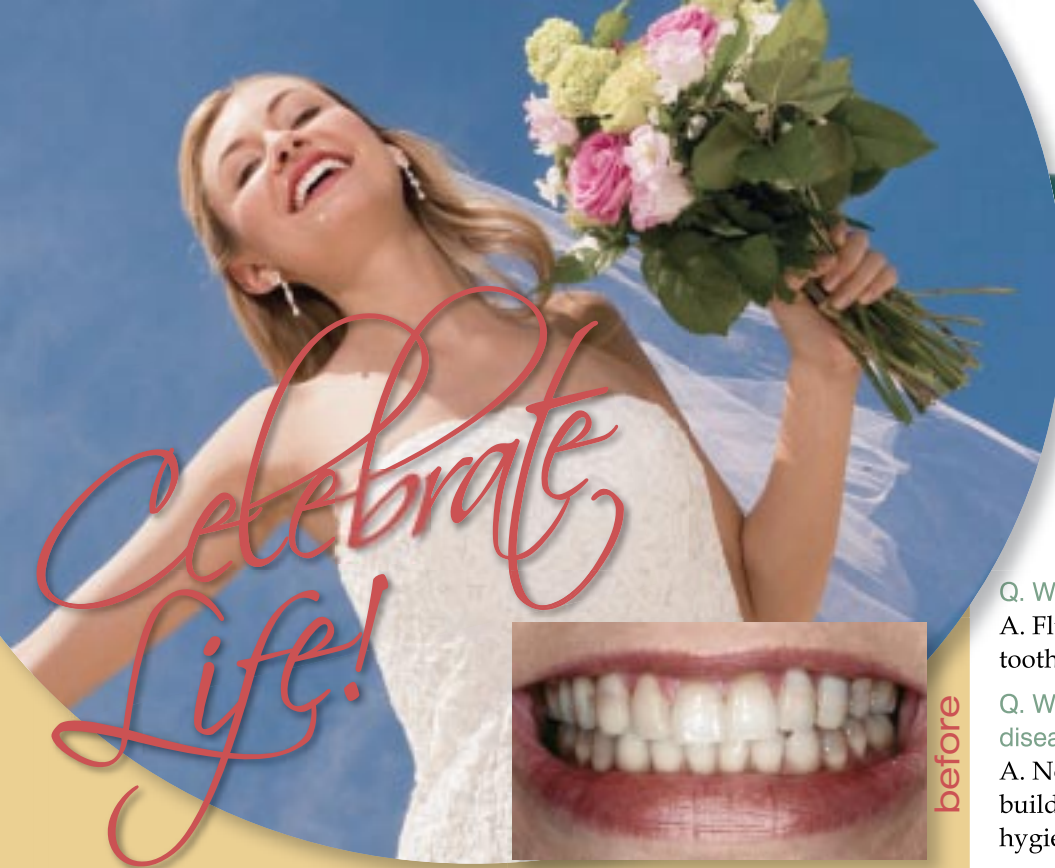
Sometimes gum disease, a fractured tooth or decay under very old fillings

can cause these nerves and vessels to become painfully infected and die. Years ago this condition often meant extracting the tooth. But today we use root therapy to treat the infected canal and save the tooth.

We usually administer a local anesthetic to prevent any discomfort. Then we make a small opening in the tooth to clean and medicate the inflamed root canal. When the infection is gone, the canal space is filled with a rubber-type material. Your tooth will probably need a crown or filling to strengthen it. Successfully treated teeth last just as long and look just as good as normal teeth. Root canal treatment is a real smile maker!



*Communication is important to us - don't be afraid to ask questions!*



*Celebrate Life!*



before



after

**Share your smile with the one you love!**

Everybody wants to put their best smile forward. According to a national study, teeth are the number-one facial feature that people would change... three out of four adults think that a nice smile is important to landing their dream job ... 84% think that an attractive smile is important for meeting Mr. or Ms. Right. It seems that we associate a pleasing smile with many of life's passages. Celebrating these milestones means family, friends, and ... photographs. Are you ready to get ready?

*Sometimes even subtle changes can turn a nice smile into a sensational smile - often in only one or two visits...*

## FAQtually Speaking

### About toothpaste

- Q. What does fluoride toothpaste do?  
A. Fluoride fights tooth decay and strengthens tooth enamel.
- Q. Will tartar-fighting toothpastes prevent gum disease?  
A. No. They only help reduce *additional* tartar buildup *above* the gumline, so regular flossing and hygiene visits are essential.
- Q. Are whitening toothpastes okay for sensitive teeth?  
A. No. Most contain a higher level of abrasives. Use a toothpaste for sensitive teeth instead.
- Q. Does *The American Dental Association* test toothpastes?  
A. Yes. The *ADA Seal of Acceptance* means they meet specific criteria for safety and effectiveness.
- Q. Do children's toothpastes need to taste good?  
A. Yes. This encourages brushing, but use a pea-sized amount and don't let them swallow.
- Q. How often should I use toothpaste?  
A. You should brush *at least* twice daily with toothpaste for 2-3 minutes and floss daily.



*Whitening Bonding  
Tooth-colored inlays/onlays*

*Create an even more dramatic impact. We can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile...*

*Dental implants  
Veneers Crowns*

Whether you want your best milestone smile for a graduation, wedding, or The Big 4-0 - give us a call as soon as you can. You'll have your great new look in no time!

# Are You Symptom Free?

Are you ready for biology's next revolution? *The Human Oral Microbiome Database* has been created to provide scientists with comprehensive information on oral microbes. That's good news for you because gum disease is no minor infection. It can change your appearance, your ability to eat, your social life, and your general health. It has been called the *silent disease* because you can have it and be symptom-free. Being young is no protection.

Learn how to avoid the Silent Disease

## Here are some more facts you need to know...

- Up to 30% of people may be genetically susceptible to gum disease and six times more likely to develop periodontitis, its most serious form.
- Periodontitis is the leading cause of tooth loss among adults. It can destroy jawbone and supporting tissues as well as your appearance.
- Unnatural-looking indentations left by missing teeth and bone loss can compromise the esthetics of replacement teeth.
- Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- Surveyed U.S. dentists say gum disease is a more pressing oral health concern than tooth decay by a 2-to-1 margin.

Millions of people don't know they have gum disease.

**Could you be one of them?** Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.

## De-Escalate!

### Reclaim your world

It's a wonderful world we live in. Yet the excitement and challenges of even the best things in life can create tension. Teeth clenching and grinding are common symptoms of stress which over time can escalate into Temporomandibular Disorder (TMD), a painful problem of the jaw joints. Of course, dentistry can provide relief with oral appliance therapy, but a strategy for self-care will help keep you at ease for the long term.

Martial arts for relaxation? Absolutely. **Aikido, Tai Chi,** and **Qi Gong** combine meditation and movement to improve posture, balance, coordination, endurance, and flexibility.

**Yoga** is popular, very do-able, and doesn't require special equipment.

Proper breathing, exercise, relaxation, diet, positive thinking, and meditation are tried and true. TMD is *all* about taking the pressure off.

## 4 Your Health

Too much information! Hardly a day goes by without yet another announcement about lifestyle, health, and longevity. Sifting through the pieces may make it seem complicated, but apparently it's simpler than we think. Researchers say that by combining the following four modest and achievable lifestyle changes, you could prolong your life by 14 years.

- 1** Give up smoking. You could gain an 80% improvement in health. Smoking has been linked to gum disease as well as oral and other cancers.
- 2** Eat five fruits and vegetables daily for a healthy mouth and body.
- 3** Keep active for cardiovascular health, strong bones, and stress relief.
- 4** Drink moderately. Alcohol has been linked to oral cancer, especially when combined with tobacco.

Fourteen extra years of oral and overall health. That should keep you smiling!



# Acid Overload

When what we eat ... eats back!

Many foods naturally contain acids like Vitamin C, which if consumed in moderation are good for you and which can cause enamel erosion only if consumed excessively – something that is in your control. However, our modern, consumer-based lifestyle has created another hidden epidemic of acid erosion.

Preservatives like Benzoic Acid and its salt forms, Sodium Benzoate and Potassium Benzoate have been added by manufacturers to prolong shelf life. Apparently one acid is not enough. Others which can do significant harm to tooth enamel are commonly added to magnify Benzoic Acid’s preservative power. When combined with high sugar content, your teeth – and body – receive a double-dose-acid-attack.

These synthetic “acid bombs” can dramatically over-tax your body’s natural alkaline reserves and create a condition known as chronic acidosis. Harmful effects include leaching of minerals from organs and bones, kidney stones, diminished capacity to digest food, increased cellular ageing, diabetes, chronic fatigue, and chronic weight-gain.

Preservatives are used in some toothpastes and mouthwashes and commonly in items like jams, tomato sauces, salad dressing, juices, pickles, soft cheeses, ice cream, soft drinks, wine coolers and candies. Now that you know, you can choose moderation



and avoid candy, sodas, sports drinks, and vitamin waters. You can also rinse your mouth after acid exposure, dilute acidic juices, and drink water.

If you’ve already lost enamel, let’s talk during your next visit about your options for the restoration and preservation of your smile.

## office information

**Richard M. Marshall, DDS, PC**  
9719 Southwest Highway  
Oak Lawn, IL 60453-3614  
*Parking at rear of building with convenient access door.*



### Office Hours

Mon & Fri 9:00 am – 5:00 pm  
Tue-Thu 9:00 am – 4:00 pm or  
1:00 pm – 7:00 pm  
Wednesday *Closed*  
Saturday 8:00 am – 4:00 pm\*  
\* 1 Saturday per month

### Contact Information

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### Office Staff

Patricia ..... Business Coordinator  
Renee ..... Office Coordinator  
Sara ..... Dental Assistant  
Ruth ..... Hygienist  
Carol ..... Hygienist Assistant  
Amanda .....  
..... Part-time Dental & Hygiene Assistant  
Jennifer ..... Part-time Hygienist  
Kristen ..... Part-time Coordinator



## Here We Are... Welcoming spring!

Like all good things, I’ve been looking forward to spring for a long time – and now it’s here! Let’s all approach the new season with a good healthy focus on our oral health.

During the winter holidays, many of us partake in more sweet foods and drinks than usual, so I encourage you to take the time to check on the state of your smile. Together, let’s ensure that these prime causes of tooth decay alongside hectic schedules have not caused damage.

Your oral health is our first priority, and I look forward to continuing to provide you with optimal dental care. Plus, we always enjoy hearing your news about family activities and personal experiences. Please call and schedule your next appointment now, so that you’ll smile with confidence!

## Devastating Root Decay

Never too young

Most people over 50 have tooth-root decay associated with receding gums. This is not unexpected since many older adults did not have access to fluoride or preventive dental care in their youth. Even so, we are seeing an alarming number of younger adult patients with root cavities.

One of the most respected dental researchers in the world said that once you get a cavity on the root surface, it’s just like the beginning of the end of your tooth. Since all adults are susceptible, it is critical to understand that fluoride can help control gum disease and gum recession, and decrease accompanying tooth sensitivity.

Whether you are experiencing root cavities or wish to prevent them, we would be pleased to recommend fluoride options including products for home use.