



Making Healthy Choices

Total Health Dentistry ... Going Beyond Your Smile



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Preventive Treatment

The Total Health approach begins with making healthy choices. Below we have included information to aid you in making an educated, empowered choice for your dental care and more importantly your overall health.

The healthiest treatment is always prevention, and this is more than just brushing or flossing. Making healthy decisions for your mouth as well as your body begins with the foods and beverages you use to fuel yourself. Drinking 8 glasses of water a day and eating fresh vegetables, fruits, meats and cereals are healthy for the function of the body and provide for much needed rinsing and cleansing of the teeth and oral tissues.

The next step is seeing a dentist for routine check-up visits. As a dentist we not only check for cavities but evaluate the overall health

of the tissues. We evaluate how you are maintaining your mouth so as to prevent unhealthy cavities, gum disease and cancer. Seeing a dentist regularly is important because problems can be detected before they become painful, costly and time intensive. So often what was a small filling or a little plaque, left untreated becomes a dental problem that arises at an inconvenient time and is very painful. Regular, preventive visits to the dentist help patients keep their natural teeth and gums HEALTHY.

Why can't I just have my teeth cleaned?

During a comprehensive oral evaluation patients are screened for periodontal disease. Periodontal disease can be described as an inflammation and/or infection of the gums and bone which support the teeth. Periodontal disease can be a painless disease, but bad odor and taste in your mouth are a couple of the common symptoms. Periodontal disease is present in almost half of the adult population in America and has been linked to several other health problems including heart disease, stroke, and low birth weight and possibly premature births. It is very important to have a regular periodontal disease screening and follow through

with all prescribed treatment in order get the disease under control. If periodontal disease is left untreated it can result in the loss of teeth and bone.

When a person is diagnosed with Periodontal Disease they require a "deeper cleaning". The "deeper cleaning" is referred to as Root Planing and Scaling. Root Planing and Scaling are therapeutic (healing), meticulous, and time consuming treatments

begin the healing process. Root Planing and Scaling is typically one of the first steps in treating gum and bone disease (periodontal disease). There are instances where the non-surgical Root Planing and Scaling approach to treatment is not enough and patients require surgery. Each patient is evaluated individually and prescribed what is appropriate for their circumstances.

Healthier Options

Nowadays, when a patient has a cavity they have several different restorative options depending on the size and situation of the cavity. In smaller areas a "white" plastic, resin filling material often called a composite is used; it bonds to the tooth adding strength to the tooth. This material is preferred over "silver" because of its bonding capabilities and it is biocompatible (although in rare cases some people may be allergic). The "silver" filling does not bond the tooth and merely patches the hole caused by the bacteria infecting the tooth. Silver is not considered the healthiest option for several reasons. One is that the amalgam (metal) used to

fill the tooth expands and contracts over time whenever you drink or eat hot and cold liquids/foods. That continual expansion and contraction of the filling can cause the tooth to fracture potentially requiring root canal treatment, a more extensive restorative procedure such as a crown, or the tooth may be lost.

Another biocompatible, healthy choice for restorations is Porcelain. Porcelain is anti-abrasive (will not damage surrounding teeth), plaque-resistant to help keeps gums plaque free and healthier, and like the composite bonds to the tooth helping to make it stronger. At times a porcelain onlay can be prescribed for a tooth. This procedure is conservative therefore saving as much of the natural tooth as possible. The onlay procedure is also done in one visit which is great for patients with busy schedules.

Lastly, for extensive loss of tooth structure a crown or cap may still be prescribed. With the new technology and materials today this is also a healthy option. Keep in mind even though for the majority of people these advanced products used to restore teeth are very healthy and biocompatible you must discuss with your dentist to find the product which is right for you.

If you have questions about any of the healthier treatments we've discussed please call our office and we will gladly answer any of your questions.

"Do you look forward to going the dentist? Is it a pleasant experience? If you answered no to either question, may I suggest you join the happy family at Dr. Diane Nogalo's office? I cannot explain how wonderful you feel interfacing with Dr. Nogalo and her professional and competent staff. I now smile a lot and so will you, I promise."
Shirley A. Wuicik

designed to remove bacteria and their toxins, tartar, and diseased deposits from the surfaces of tooth roots. Once the toxins, bacteria, and tartar are removed the body will

Experience total health dentistry... ...in a spa-like atmosphere.

- Effective and affordable at-home whitening program
- Porcelain restorations in one appointment
- Up-to-date education and empowerment about your total health
- Amalgam [mercury]-free
- Tranquil, relaxing atmosphere
- Preferred provider for Metlife
- We specialize in patient comfort
- Day and evening appointments available
- We have a Croatian translator Mon., Tue. & Thurs.



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Dr. Diane G. Nogalo and her husband Ivan Nogalo Jr. reside in Eastlake. She is a graduate of The Ohio State University College of Dentistry. She has been practicing dentistry for seven years. Dr. Nogalo established her own practice in March of 2004 which is dedicated to the Total Health approach. She has developed the Total Health approach in response to the need she has seen for education and empowerment over the years. Her goal is a Whole Body Healthy Outcome!

"Our dental office will deliver high quality, progressive dentistry in an efficient and caring way designed to ensure the patient's comfort. Our knowledgeable staff will educate you regarding all aspects of preventative, restorative, and cosmetic dentistry. We pride ourselves in our desire and ability to build strong relationships with our patients. Not only will you receive quality dentistry, but you will also be given excellent service when dealing with scheduling, insurance and billing needs." Dr. Diane G. Nogalo

We are excited to announce that we are now a part of the Delta Dental Premier Network and are Preferred Providers for Guardian Dental. Please call with your insurance questions.