



# IMPLANT & GENERAL DENTISTRY NEWSLETTER



Produced for the Patients of Dr. Simon P. Melcher, Dr. Vic Turner, Dr. Kirk Wilkie & Dr. Emily Rodriguez

Summer 2010

## SimonSays



### We Welcome Children Of All Ages

Sometimes, the name "Implant & General Dentistry" may lead one to think that we only see adults in our practice. While "implants" are offered here, "general dentistry" is still the largest part of what we do on daily basis. Parents ask us often, "Do you see children?" and the answer is YES. We are happy to see your children!

We recommend that you bring your children with you to the dentist starting around age 3. Let them watch you have your teeth counted and polished. We offer them "rides" up and down in the chair, let them squirt the "water gun", and assist with "Mr. Thirsty". This type of visit often takes the fear out of dental appointments. Most children are eager to have their turn in the chair once they watch a parent or a sibling. We recommend that their first appointment be scheduled around the age of 4. We schedule one hour for each child's first visit. We're never rushed with children. We do our very best to make it a fun time! Don't forget, there's a trip to the treasure chest after each visit.

Sincerely,

Dr. Simon Melcher, DDS

## A Warm Welcome...

### Our Newest Staff Member

We would like to welcome Dr. Emily Rodriguez to our staff! Dr. Rodriguez is from Annapolis Maryland, where she grew up with a passion for the water and sailing. She earned her undergraduate degree in Biology from Stanford University where she played Division I Lacrosse. She graduated Magna Cum Laude from the Baltimore College of Dental Surgery in 2009 and completed a one year fellowship in Advanced General Dentistry from UNC Chapel Hill in 2010. Dr. Rodriguez has volunteered her services on mission trips to the Dominican Republic and Ecuador. She joins us here in Raleigh along with her Golden Retriever, Tucker. Her office hours will be Tuesday through Friday. Please call our administrative services @ 782-0548 to schedule an appointment.



Welcome Dr. Rodriguez!



Thirty seven teeth from the same kid?  
We've been had.

## BEST WISHES

We would like to say good-bye to Dr. Adam Moore. He has been a valued member of our staff since 2009 and leaves us to start his own private practice in Garner, NC. We wish him the very best!

Thank you for all your referrals. We appreciate them!



## Out Of The Woods

### The value of paper

Did you know that the North American wood and paper industry plants millions of trees daily and today's forests are about the same size as they were 100 years ago? Not only that, but the carbon impact of paper mail for a typical household per year is only about equal to using a kitchen coffee maker for a year.

### You can help make that footprint even smaller...

- Update your address when you move to reduce waste due to undelivered mail.
- Re-purpose retail and shipping boxes to send gifts.
- Send paper materials that can't be re-purposed to the recycling bin to reduce the demand on forests.
- Share this recyclable *Forest Stewardship Council*-certified newsletter and other publications with family and friends.

## Sweet Enough For Nature

Healthy enough for you and your smile

For years consumer groups have actively lobbied for more foods that are lower in fat, salt, and sugar. So you'd expect to find more healthy choices in the grocery aisles. On the contrary - our sugar intake alone has doubled in the past thirty years. A sweet temptation - if only there were no obesity, insulin-release, or tooth decay!

The decay which causes *caries* (cavities) is progressive. Oral bacteria, which feed on sugars left in our mouths after eating, produce the acids which demineralize tooth enamel and destroy your teeth - often painfully. The progress of this all-too-common disease can be hastened by the amount of acid-causing sugar and starches in your diet.

Choosing processed foods and understanding labels designed to confuse can become a minefield, but if you want to avoid tooth decay, there is something you can control.

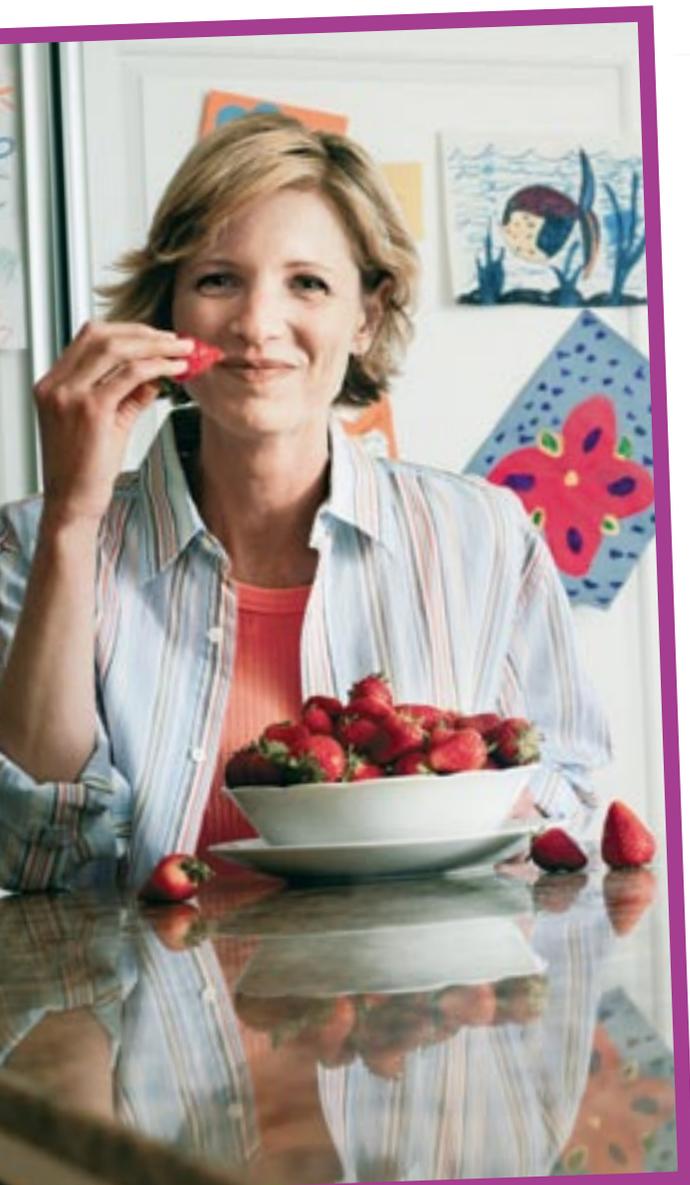
### Eat five servings a day of fruits and vegetables.

Many fruits that are low in naturally occurring sugar are some of the highest in nutritional value, including antioxidants and other phytonutrients. These include **strawberries, papaya, watermelon, peaches, nectarines, blueberries, cantaloupes, honeydew melons, apples, guavas, and apricots.**

### What vegetables are low in sugar?

Too many to list here - almost everything, really. You may also enjoy these good-for-you but naturally sugary **beets, carrots, corn, parsnips, peas, plantains, potatoes, and winter squashes.** But you might want to take an extra minute to brush and rinse.

Enjoy your 5-a-day the natural way!



# An **Inflammatory** Topic

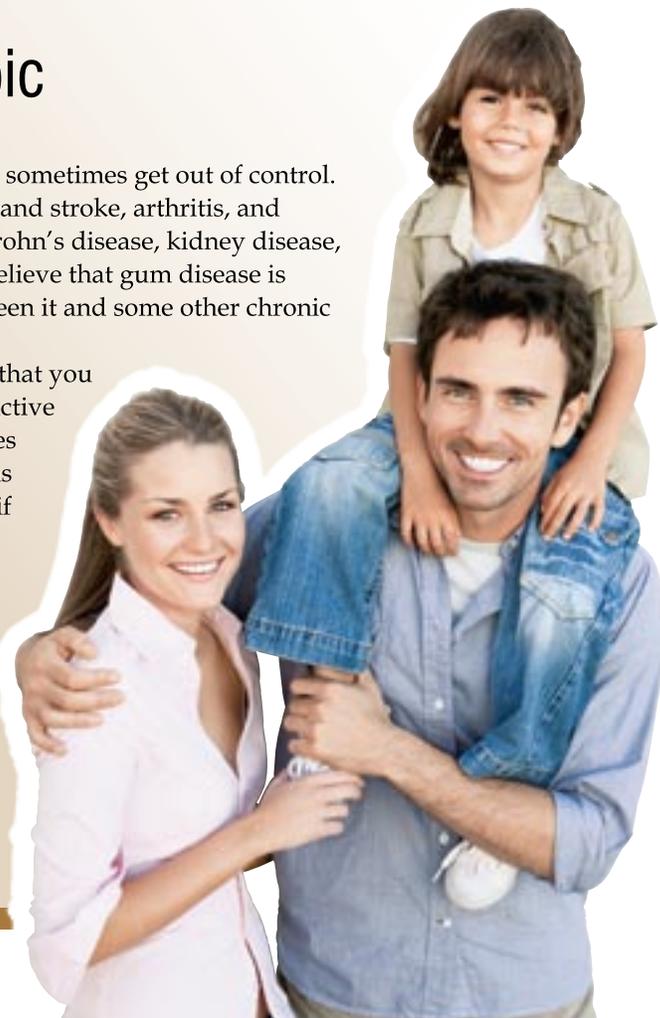
## Your oral health could be the key

Inflammation, so essential in your body's fight against infection, can sometimes get out of control. When it does, it contributes to many chronic diseases like heart disease and stroke, arthritis, and diabetes ... and some which may surprise you. How about psoriasis, Crohn's disease, kidney disease, and cancers among others? One thing we do know is that researchers believe that gum disease is essentially inflammatory in nature and that there is a relationship between it and some other chronic inflammatory diseases.

Gum disease is caused when plaque, the soft invisible bacterial film that you can feel on your teeth, hardens into tartar, a hard yellowish and unattractive deposit. Also known as calculus, it causes gum inflammation and creates pockets in your gums where toxic bacteria can thrive. Once this happens it can only be removed by a professional dental cleaning. The outcome if it isn't removed? Infection and inflammation that scientists believe can negatively affect other parts of your body.

Molecular and systems biology, computational simulations, human and animal studies, and nano-technologies are all being applied by scientists who are designing novel ways to treat inflammation. But you can do your part too.

We recommend a low-tech solution - brush at least twice a day and floss daily to remove plaque from between your teeth, especially below the gumline. We are happy to contribute to your plaque- and tartar-fighting program during your regular checkups!



## **While They Sleep**

### 3 kid facts

1. The rate of **bruxism** (the grinding or clenching of teeth) during sleep seems to be highest in children. About 15% of children brux and about one third continue to do so as adults.
2. About 10% of kids **snore** and although some think it's cute, it could be connected to more serious problems like sleep apnea.
3. 10% of children who snore have **obstructive sleep apnea** which can cause a pause in breathing, reducing oxygen intake.

Of course, just as the majority of children outgrow bruxing, most who snore are completely normal and don't show any signs of ill health. A child may normally and occasionally snore, for example, due to a bad sleeping position.

It's *your* experience that counts. If you're concerned, set your mind at ease - talk to us and your medical professional.

## **Invisible Strategies**

### Visible results

Can an invisible procedure improve your looks with results that everyone will notice? Absolutely....

**White fillings** can be matched precisely to your tooth enamel making your smile brighter and more naturally healthy looking. They won't discolor surrounding tooth enamel or neighboring teeth as silver-colored amalgam sometimes does.

**Enamel-colored sealants** offer an unsung cosmetic advantage. By preventing the invasion of cavity-causing bacteria, they work invisibly to keep your smile immaculate. They take only a few moments to apply, accommodating your family's busy schedule.

**Invisible orthodontics** are available in several types: clear aligners, lingual, and clear ceramic.

**White bonding** material is so strong and beautiful, it can be used as veneers to disguise flaws.

We can help you access these options which are available for every age and every budget!



# Spotlight On Staff



Lindy Marshall is one of three hygienists in our office. She is a native North Carolinian from Arapahoe, NC. She is a 1979 graduate of the dental hygiene program at Coastal Carolina Community College and has been with our office 12 ½ years. She and her husband Mike live in the Cleveland area of Johnston County. They have 2 sons, Lee, an NCSU alumnus and Will who is a Junior at NCSU. She's an avid Wolfpack Fan, enjoys home decorating, and singing in the choir at First Baptist Garner.



Jessica Bisette is the newest member of our staff. She is a 1994 graduate of Peace College and a 1997 graduate of the dental assisting program at Wake Tech. She is originally from Wilson, NC and now resides in Raleigh. Jessica enjoys spending time with family and friends at the beach and her yorkie "Bigg".



Gabrielle is a member of the Administrative Team and has been with our practice for 3 years. She assists patients with scheduling, financing, and dental insurance. Gabrielle enjoys going to many of the Triangle's great parks with her family and their greyhound-shepherd Liza. Gabrielle attended NCSU and is a loyal Wolfpack fan.



Cathy Davenport recently joined our practice a year ago. She is a 1983 graduate of the dental assisting program at UNC Chapel Hill. She and her husband, Bud, are natives of Raleigh. Together, they have 4 children that range in age from 8-21. Cathy is an active member of Raleigh First Church of the Nazarene. She enjoys spending time on the ball field with her boys.

## office information

### Implant & General Dentistry

Dr. Simon P. Melcher  
Dr. Vic Turner  
Dr. Kirk Wilkie

Dr. Emily Rodriguez  
3340 Six Forks Road  
Park Place Professional Building  
Raleigh, NC 27609-7233

### Office Hours

Mon-Fri 8:00 am – 5:00 pm

### Contact Information

Office (919) 782-0548  
Fax (919) 782-3944  
Email [raleighdds@hotmail.com](mailto:raleighdds@hotmail.com)  
Web site [www.theraleighdentists.com](http://www.theraleighdentists.com)

### Office Staff

Nancy, Julie, Gabrielle .....  
.....Administrative Services  
Debbie, Nora, Cathy, Jessica .....  
..... Assisting Team  
Louise, Renee, Lindy .....  
.....Hygiene Team



## Are You Ready?

### 4 must-have tips for a dental emergency



Prevention is our middle name which is why we urge you to wear sports mouthguards and to avoid chewing ice, popcorn kernels, and hard candies, and to use floss instead of any old thing that's handy. Still, accidents do happen so we make it a point to reserve time in our schedule for emergencies. If you are in pain or have injured your mouth – please call us right away. And please keep this list handy. It is adapted from tips compiled by the American Dental Association.

**Bitten Lip or Tongue:** Clean the area gently with a cloth and apply cold compresses to reduce swelling. If the bleeding continues, go to a hospital emergency room immediately.

**Broken Tooth:** Rinse with warm water and apply cold compresses to swelling. Call us immediately!

**Knocked Out Tooth:** Hold the tooth by the crown, and if it's dirty, rinse off the root in water. Do not scrub it or remove any attached tissue fragments. If possible, gently insert and hold the tooth in its socket, facing the right way. Otherwise, put the tooth in a cup of milk and get here as quickly as possible. Call first if you can.

**Toothache:** Rinse your mouth with warm water and check to ensure there's nothing caught between your teeth. Never put Aspirin or other painkillers against the gums near the aching tooth – it may burn your gums. Call us!