

# Brookside D E N T A L

*Beautiful Smiles with Cosmetic  
& Preventive Dentistry*

Produced for the Patients of Brookside Dental

Winter 2006

## fromthedentists

### Brookside Dental Among The Best In The West

In November, *Brookside Dental* was announced as one of 15 Western Washington business finalists for the Better Business Bureau 2005 Business of the Year Awards. Brookside Dental is the only medical-dental award finalist. These prestigious awards recognize excellence in the marketplace as well as dedication to customers, employees and the community. The companies were recommended to the BBB by the public, for which we thank our wonderful patients that nominated us. Finalists were chosen by the BBB for demonstrating excellence in customer service, innovative business practices, and community involvement. The winners of the 2005 Business of the Year Awards will be announced at an awards ceremony and luncheon February 10, 2006.

Brookside Dental was the winner of the Better Business Bureau 2004 Community Involvement Award. We are proud to be considered again this year for these prestigious awards.

*Yours in good dental health,  
Dr. Patricia Pauley,  
Dr. Cynthia Pauley and  
Dr. Carrie Magnuson*



## Dr. Cindy Pauley Voted Seattle Top Dentist



The *2006 Seattle Magazine Top Dentists Survey* has chosen Dr. Cynthia Pauley as a Top Dentist. Seattle Magazine recently sent a confidential survey to more than 3,000 dentists in King, Pierce and Snohomish Counties asking them to name the dental professional they would visit themselves or recommend to a loved one that was in need of dental care. From the results of the survey, Dr. Cindy's peers selected her as a Top Dentist in two categories:

- (1) Cosmetic Dentistry and,
- (2) General Family Dentistry.

Seattle Magazine sent Dr. Cindy a letter on October 10, 2005, congratulating her on having been chosen by her peers in the dental field as one of the top members of her profession in the greater Puget Sound region. Results of the Seattle Magazine dentist survey will be published in a 2006 issue of the magazine. She is very pleased and honored to receive this recognition from her peers for this dental award.



**Thank you for all your referrals. We appreciate them! Visit our web site at [www.brookside dental.com](http://www.brookside dental.com)!**



# Now Read This!

## New periodontal science could save your life

Some things we can't say often enough. Your oral health can affect and be affected by your overall health. How? Let's start at the beginning.

**Biofilm:** Plaque, the soft thin film you feel on your teeth is a *biofilm*. That's important. Scientists once thought plaque was a collection of separate, identifiable types of bacteria. Instead, it's an ecosystem. Plaque contains varied, interdependent bacterial environments and communication systems. Multiple resistances to antibiotics and antimicrobials, and your body's immune system add to the treatment challenges. *This is why you need to brush plaque away.*

**Inflammation:** When soft plaque builds up it hardens into tartar or calculus which causes gum inflammation. Calculus also breaks the natural seal that your gums provide against the migration of oral bacteria into your bloodstream, much like an infected splinter under the skin. *Regular flossing can prevent calculus from building up between your teeth and below the gumline.*

**The Mouth/Body Connection:** It could be that an infection like gum disease releases toxins into your bloodstream. Or it could keep your immune system chronically engaged. Or it could send the wrong signals to the wrong cells. *Gum disease has been definitely linked to systemic and inflammatory diseases including cardiovascular diseases, osteoarthritis, diabetes, oral cancer, lung disease, and Alzheimer's disease.*

There's another thing we can't say often enough. We know the best defense against gum disease... *Brush at least twice a day, floss once a day, and keep your regular dental appointments.*

# FACTOID

Researchers at Tufts' Bioengineering Center have solved the centuries-old riddle: how do spiders and silkworms use a watery solution to create nature's strongest fiber? The finding is expected to lead to high-strength, high-performance biomaterials for use in tissue engineering and organ repair. Great news for dentistry – a strand of spider web is stronger than steel and more elastic than rubber!

## Arm Yourself! Brush ... Floss ... And Dine!

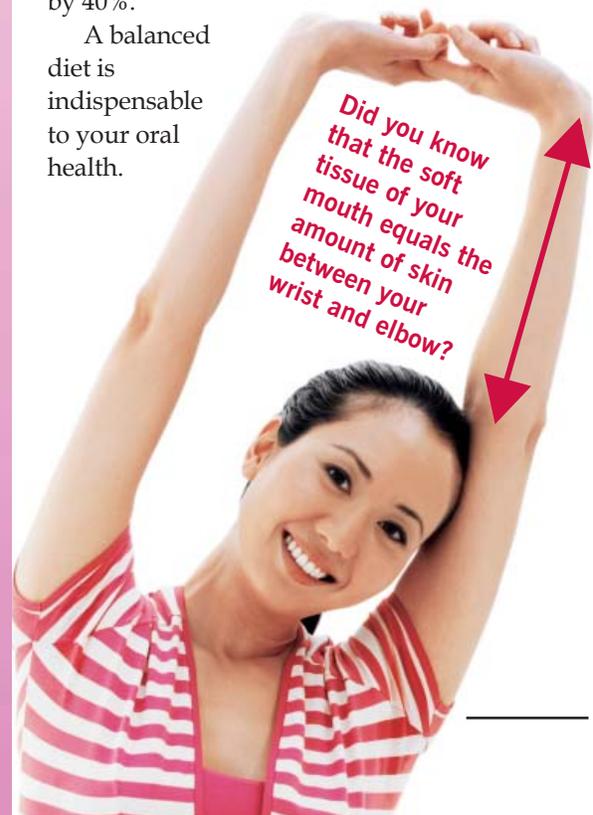
Did you know that the soft tissue of your mouth equals the amount of skin between your wrist and elbow? Maintenance is no small thing. You already know about bacteria and the importance of regular care. Don't underestimate the importance of nutrition.

Adequate nutrition is essential to maintain your body's immune response and to keep intact the protective barrier provided by gum tissue. These cells regenerate every 3-7 days, so diet deficiencies can show up quickly through inflammation and bleeding.

Collagen, the main protein of connective tissue, is the main component of the periodontal ligament. It is also responsible for skin elasticity. Research suggests that even short-term fasting can reduce collagen production by 40%.

A balanced diet is indispensable to your oral health.

Did you know that the soft tissue of your mouth equals the amount of skin between your wrist and elbow?



## Scientists are looking at many strategies to control oral biofilm.

### These include:

- Control of nutrients
- Control of the pH balance
- Control of oxygenating agents
- Control of genetic ability to self-defend
- Interference with communication systems

### Things you can do:

- Brush twice daily (at least)
- Floss once daily
- Visit us regularly
- Maintain adequate nutrition
- Avoid stress, tobacco, and teeth grinding or clenching

# Perio Primer

## Defend yourself against gum diseases

The term *periodontal disease* is something of a misnomer. It actually encompasses *several* diseases of the periodontium.

### What makes up the periodontium?

- **Gum (gingiva):** a protective barrier that keeps out harmful bacteria. Healthy gums are pink, firm, and securely attached.
- **Sulcus:** the crevice between the gum and the tooth.
- **Cementum:** the surface of the root.
- **Connective tissue and ligaments:** attach gums to teeth and bone.
- **Bone:** support for teeth and connective tissues.

### How do periodontal diseases start?

Oral bacteria build up, especially around the **sulcus** to form a soft biofilm called plaque that can harden into cement-like tartar or calculus. Calculus damages the **gingiva** and causes inflammation which can progress.

### What are the two most common periodontal diseases?

**GINGIVITIS** is inflammation that affect the gums. The chronic form affects about 90% of the population and is characterized by tender, red, swollen gums that bleed easily and can cause bad breath. Early treatment is effective, and without it, gingivitis can worsen.

**PERIODONTITIS** shares the same symptoms as gingivitis but damages the **bone** and **connective tissue**, leading to tooth loss. It can expose the **cementum**. Chronic periodontitis is most common. Other forms tend to be age-, hormone-, or disease-related. Some may progress unusually quickly.

### What about treatment?

Prevention through proper oral hygiene habits at home and regular dental visits is best. In addition, we have many effective interventions to treat periodontal diseases should they develop.

## RSVP

### Ask us about oral cancer

Smoking and drinking alcohol are the leading causes of oral cancers. Now there's a new kind of cocktail to die for. Tobacco smoke combined with your own saliva has been called a recipe for cancer of the lip, mouth, tongue, gums, larynx, and pharynx.

Healthy saliva contains antioxidants which afford some protection against cancer. Once exposed to cigarette smoke, saliva loses the antioxidant advantage. Not only that, it transforms itself from a harmless benefactor into a toxic predator that actually aids in the destruction of oral tissue.

Early symptoms are painless. Early detection works. You can fight oral cancer by quitting smoking, reducing alcohol consumption, conducting regular self-examinations, and keeping your regular dental appointments. We are trained to detect the signs and symptoms of oral cancer, and we'll be happy to answer your questions. No invitation required.

# Go Cosmetic!

## You can look younger and feel great!

One of the great benefits of good periodontal health is the way it lets you take advantage of cosmetic dentistry! Your teeth can be rejuvenated and gaps, chips, crowding, and the shape of your teeth can be corrected ... without surgery or braces.

Like pink, healthy gums, cosmetic dental procedures like **teeth whitening** can help you to look younger. **Veneers** and **bonding** can restore a youthful appearance by filling out fine liplines and by concealing tooth discoloration and gaps. **Tooth-colored fillings** of composite or porcelain look like natural teeth enamel, and **crowns, bridges, and dental implants** can restore even a seriously damaged smile! A subtle change like **gum recontouring** can dramatically improve the balance of your smile ... your face ... and your outlook.

Enjoy your oral health. *Go cosmetic!*

Before  
& After



# Laser Surgery And Crown Lengthening

Dental technology is constantly developing methods, procedures, and equipment that make dental visits more pleasant and rewarding experiences for patients. Our newest patient-friendly acquisition has all of the dentists at Brookside Dental using the *Odyssey*® soft-tissue laser for beautiful gum-line sculpturing. Whenever the gum tissue does not have the correct contour for a beautiful aesthetic smile, the soft tissue laser can be used to reshape the gums painlessly. Anesthetic generally is not required, because the pulse duration of the laser is so short that the reaction threshold of the nerves is not reached. This laser also can be used to sterilize

periodontal diseased pockets around the teeth, since it painlessly kills all oral germs. Additionally, the laser can be used to condition the tissue around the teeth so that wonderful dental restorations, tooth colored fillings and crowns, can be placed more easily, even if the tissue around the teeth is not in the best health.

For many people, a full smile with bright white teeth seems impossible, because their smile exhibits 'small teeth' with a lot of pink gum tissue. The usual reason for this is that you have a gummy smile, but not small teeth. For this problem, the Odyssey soft-tissue laser offers a painless, minimally invasive, non-surgical, and extremely successful method of obtaining a beautiful smile. The excess gum tissue needs to be removed to let your teeth show their real length and natural beauty. Patients heal quicker and with less discomfort following laser procedures than with traditional gum surgery methods.



For most patients with short teeth, your dentists at Brookside Dental will be able to reshape your gums and create your new smile painlessly using only the Odyssey soft-tissue laser. However, in a few instances, patients may be required to be referred to a specialist for crown lengthening that involves removal of some of the bony tissue around the teeth. Your Brookside Dentist will be able to quickly evaluate which type of crown lengthening you will need.



## office information

**Brookside Dental**  
**Dr. Patricia Pauley**  
**Dr. Cynthia Pauley**  
**Dr. Carrie Magnuson**  
 13715 Bel-Red Road  
 Bellevue, WA 98005-4517

### Office Hours

Monday	8:00 am – 6:00 pm
Tuesday	8:00 am – 6:00 pm
Wednesday	8:00 am – 6:00 pm
Thursday	8:00 am – 6:00 pm
Friday	By Appointment Only

### Phone Numbers

Office	(425) 643-2818
Fax	(425) 746-8041
Email	smiles@brooksidedental.com
Web Site	www.brooksidedental.com

*Brush • Floss • Smile*



## Whiter Teeth In One Hour

We are pleased to announce that we now offer the revolutionary one-hour Zoom2® teeth whitening system for our patients. This is the same tooth whitening system used on the popular *Extreme Makeover TV show*. The procedure safely lightens your teeth several shades in about one hour. It usually will lighten tooth discoloration caused by food, coffee, tea, wine, aging and other sources. In most cases, after one hour of whitening, your new smile is ready for your family, friends and co-workers to see.

Tooth whitening should be done under the supervision of a dentist after an oral examination and diagnosis of the teeth and gums. Some people with certain dental conditions may not be good candidates for tooth whitening.

## Dr. Pat, President LWTC Foundation Board



Dr. Pat Pauley has been elected *President of the Lake Washington College Foundation Board*, to begin January 1, 2006. Dr. Pat has been working with LWTC on a volunteer basis for about 10 years. She has been intimately involved with all phases of the LWTC Dental Hygiene School, including concept formulation, planning, fund raising, teaching, and student selection. She has been a member of the LWTC Foundation Board for four years, prior to being elected President of the board. The last two years, Dr. Pat has been an integral part of the success of "A Chef's Affair" which is an evening with the Seattle area's finest chefs for an auction and dinner that benefits the Lake Washington College Foundation and the college's Culinary Arts Program.