

# Wellness Connection

## Special points of interest:

- Bleaching Special
- Look what your dental team has been doing these past few months.
- Welcome Elaine !
- Give Kids a Smile Day info.

James C. Woodson, DDS

Fall Edition 2007

## New Premedication Guidelines for People with Certain Heart Conditions

It has been a long standing recommendation by the American Heart Association that any person with certain heart conditions take antibiotics prior to dental treatment.

In April 2007 the AHA published the latest guidelines concerning the need for antibiotic pre-medication.

The guidelines say patients who have taken prophylactic antibiotics routinely in the past but no longer need them include people with:

- Mitral valve prolapse
- Rheumatic heart disease
- Bicusip valve disease
- Calcified aortic stenosis

Congenital heart conditions such as ventricular septal defect, atrial septal defect and hypertrophic cardiomyopathy.

There is a growing concern in the medical community regarding the inappropriate use of antibiotics that is leading to the development of drug-resistant bacteria.



No compelling scientific evidence was found to show that pre-medication with antibiotics prior to dental procedures prevented infective endocarditis. The risks outweigh the benefits for most patients.

The AHA guidelines now rec-

ommend patients with the greatest risk of IE take antibiotic pre-medication prior to a dental procedure. This includes people with:

- Artificial heart valves
- A history of infective endocarditis
- Certain specific, serious congenital heart conditions.
- A cardiac transplant that develops a problem in a heart valve.

Patients should check with their primary healthcare provider about any of these changes.

The guidelines for people with total joint replacement have not changed.

## TEETH WHITENING SPECIAL

### BRIGHTEN YOUR SMILE AND SAVE \$100.00

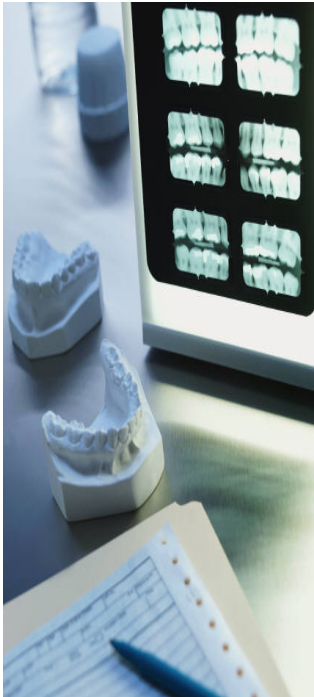


COUPON EXPIRES 12/01/2007 AND MUST BE PRESENTED

TO ENJOY THESE SAVINGS

CALL TO MAKE YOUR APPOINTMENT TODAY~441-1319

# Wellness Connection



## Silver versus White Fillings

There are two main types of filling materials used by a dentist during the placement of fillings made directly in the mouth (as opposed to a crown or filling made in a dental lab and then cemented in the tooth) are the classic “**silver filling**” or the “**white filling**”.

The silver filling is mainly silver, tin and mercury, but copper, zinc or palladium may also be included for improvement of the material properties. White fillings or resin composites are a combination of a methacrylate and a very small barium

glass particles. Methacrylate is an organic substance widely used in the production of plastic.

The Medical Corps of the Israeli Defense Forces recently completed a study of 459 young adults during dental screenings prior to entering the military. They took x-rays to examine the conditions of silver and white fillings that extended between the teeth. **They found cavities at the tooth/filling interface in 8% of silver fillings and 43% of white fillings. They also concluded that**

**white fillings that extend between the teeth should “be reconsidered, and that their limited long-term performance should be kept in mind.”**

This dentist agrees with the study done by the Israelis. White fillings are pleasing to the eye, but the tooth being filled must be “**bone**” dry during treatment and the patient must be a religious flosser to insure a long life for the restoration.

Informational facts for article found in Quintessence International, June 2007.

## Whole Grain Foods and Cardiovascular Health

Whole grains are the entire, edible seeds (kernels) of cereal plants from the Gramineae family of grasses and include wheat, corn, rice, oats, barley sorghum, spelt and rye. Rice, buckwheat, quinoa, and amaranth are sometimes included in the whole-grain category.

The outer coat of the seed is the “**bran**” and the inner part is the “**germ**” and “**starchy endosperm**”. Fiber, B vitamins, phyto(plant)chemicals, oils, fat

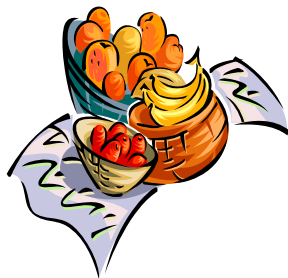
soluble vitamins (A,D, E, K), proteins and minerals are contained in these two parts.

The above information was taken from a study done by the Human Research Centre of Newcastle University, U.K. They reviewed large scale studies from North America and Northern Europe. They found that “with regular, increasing consumption of whole grain foods, the risk of developing chronic diseases such as coro-

nary heart disease, some cancers and type 2 Diabetes is reduced.”

The mechanism for this benefit is unknown. Some explanations are the fiber content, antioxidants, and the other plant-derived substances that are active in our bodies. Increasing whole grains and decreasing refined products can also help to decrease sugar intake.

Information from Quintessence International, June 2007.



## Staff Continuing Education Update

In June the entire office attended the Annual Virginia Dental Association meeting in Norfolk, VA. At this meeting we had a chance to preview what’s new in dentistry, new techniques and new materials too.

We each had a chance to take continuing education courses as well.

Dr. Woodson attended an oral cancer review and a dental implant prosthetic systems course.

Yvette had a hands on provisional fabrication workshop. She had the opportunity to work with many different types of materials.

Stacy attended an advanced concepts in hygiene course.

Paula had the opportunity to attend a seminar discussing the many ways to improve upon our practice.



## Help Us Welcome Elaine Simon to our staff



**R. Elaine Simon**  
**Clinical Assistant**

On September 19th, Elaine Simon joined our staff. Elaine attended Northern Virginia

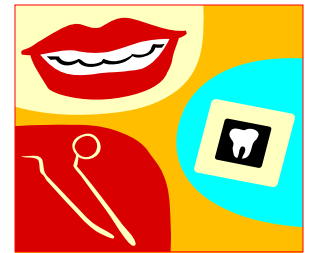
Community College. She started working in 1989 for a General Practice Dentist in Fredericksburg, VA.

Elaine has many years of dental assisting experience. She has worked with General Dentists as well as Specialists. She also attends continuing education courses that pertain to dental assisting in the new millennium.

Elaine currently works on Monday, Wednesday and Friday at

our office. The other days she enjoys working with the endodontic specialist in our area.

Elaine lives in Kitty Hawk with her husband, Eric and son. When not attending to her patients needs she enjoys spending time with her family and friends, reading and cooking.



## GIVE KIDS A SMILE DAY 2008

Give Kids a Smile Day (GKSD) was designed to help children receive dental care. The program helped over 750,000 kids nationwide in 2007. February is National Children's Dental Health Month and Friday February 1st is GKSD.

Each year our office participates in the nationwide program sponsored by the ADA. GKSD has helped many Outer Banks families over the years.

In 2007, six area dentists participated in the program. These dentists and their staffs volunteered a total of 26 patient treatment hours and 86 children were seen.

This afforded these children the opportunity to be seen locally at no cost to the families. They received a varying array of services. We not only per-

formed examinations, cleanings and fluoride treatments, but some children received more comprehensive treatment; cavities were filled, sealants placed and oral hygiene education was given to both the child and the parent.

Each child who participated with the program received a goody bag filled with an age appropriate toothbrush, toothpaste, flossers, and educational material for the entire family.

The recipients are screened through the local Health department and Dare County school nurses. If you know of a family who receives assistance and has children who have not been to a dentist, call the office with the family's contact information. We will do our best to include them in this years pro-

gram.

If you would like to read more about this wonderful program and others like it nationwide log on to [www.ada.org](http://www.ada.org).

Information for this article was taken from the ADA website and local area information reported to area event coordinator, Liz Haas.

### *Give Kids a Smile Day*

*February 1, 2008*



**Look inside  
for  
Bleaching  
Special**

**Total Oral Health Care is Essential for Complete Wellness**  
**We strive to achieve excellence in every aspect of patient care. We will treat every patient with professionalism and courtesy.**



Warmest thoughts and  
best wishes for a wonderful holiday season and  
a very flappy New Year.

Dr. Woodson, Paula, Stacy, Yvette,  
Clainz, and Jennifer.



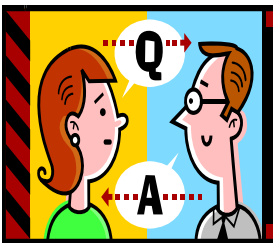
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## Upcoming Events



### October

Dr. Woodson- **Implant Symposium** at UNC, Chapel Hill.

The entire staff and doctor will be attending a **Prevention and Management of Medical Emergencies in the Dental**

Office course featuring Dr. Stanley Malamed in mid October.

### November

He is also scheduled to attend an **Update on TMD** featuring Dr. Jeff Okerson at UNC, in late November.

### February 2008

Scheduled for next year in February is the **Annual OSHA Update** in Greenville.