



## Laser Dentistry: Preventing Disease and Improving Overall Health

How regular dental visits and simple procedures promote your health

BY DR. MELISSA MAKOWSKI OF LAKEVIEW DENTISTRY

### 3 OUT OF 4

Adults suffer from some kind of periodontal disease.



Julie Meadows Photography

Dr. Melissa Makowski has undergone extensive laser training to provide this exclusive service for her patients, holds a mastership in the World Clinical Laser Institute and is a member of the Academy of Laser Dentistry. Dr. Makowski is also a member of the dental honor society Omicron Kappa Upsilon, the Academy of General Dentistry, American Academy of Cosmetic Dentistry, American Dental Association, Michigan Dental Association and the Vacationland District Dental Society.



Conservation. Education. Prevention.

109 West Hurlbut  
Charlevoix, Michigan 49720  
(231) 547-4347  
www.charlevoixdentist.com

According to the World Health Organization, the number one global cause of death is cardiovascular disease. Did you know that your dentist can identify significant oral conditions that contribute to cardiovascular disease and a visit can reduce your risk or progression of this disease? A person's visit to the dentist in 2011 is vastly different than a dental experience 50 years ago or even 10 years ago. A multitude of advancements in dental treatment options, technologies, preventative therapies and scientific knowledge have been made in just this past decade. Are you benefitting from these advancements?

According to the American Academy of Periodontology, 3 out of 4 adults suffer from some kind of periodontal disease. The Centers for Disease Control suggest that this rate has been underestimated by 50%. Research suggests that periodontal disease is connected to cardiovascular disease, diabetes and even rheumatoid arthritis. A simple salivary test by your dentist can determine your genetic susceptibility and the level of bacteria in your mouth that causes periodontal disease, which will provide direction for preventive methods to offset this condition as well as its impact on the body.

Are you tired lately and have been told that you snore? Has your dentist suggested a sleep study? Well trained dentists have the ability to see oral signs of sleep apnea. It is estimated that 1 out of every 15 Americans has undiagnosed sleep apnea. This is a frightening statistic, because untreated sleep apnea results in a 4 times greater risk of stroke and people are 3 times more likely to have cardiovascular disease. Adults are not the only ones that suffer. Children can have sleep apnea as well causing symptoms similar to ADHD. Regular dental visits can allow your dentist to identify signs of sleep apnea. If you are diagnosed with a certain type of sleep apnea,

a simple dental appliance may help alleviate these symptoms.

Do you suffer from pain in your jaw and find it hard to chew or even yawn? Approximately 12% of the population suffers from temporomandibular joint disorder (TMJD). TMJD is considered the second most common musculoskeletal condition resulting in pain. Fortunately, innovative noninvasive treatments like low level laser therapy can alleviate the pain of TMJD. This therapy involves direction of diffuse laser energy to the muscles surrounding your joint, and virtually eliminates the need for more invasive treatments like mouth appliances, steroid injections, and prolonged usage of medications.

Does it seem like you have a new cavity each time you go to the dentist and is your saliva to blame? A healthy mouth produces 2 liters of saliva per day. Dry mouth, also known as xerostomia, has multiple causes. It's a side effect of over 700 medications and is caused by conditions like acid reflux disease, Sjogren's syndrome, salivary gland tumors, or the removal of salivary glands, which all impact the quality and quantity of saliva. A simple evaluation can determine if you have enough saliva and if a low pH is causing your enamel to soften. Does your dentist know how much saliva you produce or if you have an acidic environment in your mouth? If so, your dentist may have recommended treatment like xylitol and calcium phosphate to help strengthen your enamel. Knowing about your oral environmental condition is critical for preventing more costly and invasive dental treatment in the long run.

Lakeview Dentistry of Charlevoix provides exceptional care through promoting preventative methods and noninvasive treatment by utilizing the most advanced dental technology for patients. Lakeview Dentistry of Charlevoix has incorporated these procedures as routine evaluations—Has your dentist?