

THE FOCAL POINT

PERIODONTAL CARE – GOOD FOR YOUR HEART!

February is well known for Valentine's Day – heart-shape chocolates, love songs and more. It is also American Heart Month and as we focus on the heart, often lost in the mix is the possible link between periodontal disease and heart health.

Simply defined ... periodontal disease (or periodontitis) is a serious gum infection. While often preventable with proper oral hygiene, early symptoms of red, swollen or receding gums should not be overlooked. If left untreated, it can lead to tooth loss, damage tissue and jawbone deterioration. But, periodontitis has also been linked to heart and other diseases.

According to the American Academy of Periodontology, research has indicated the bacteria and inflammation related to periodontal disease may increase the risk of heart disease and stroke. It can also have a negative effect on existing heart conditions. Evidence has further shown a relationship between periodontitis and other diseases, including diabetes, osteoporosis, cancer and respiratory-related illnesses.

There is good news! Periodontal disease is treatable using special dental procedures to clean the pockets around teeth and prevent damage of surrounding bone. In advanced cases, periodontal surgery may be required. As with all diseases, early detection is best. If you have questions or show symptoms, the team of Amsterdam Dental Group periodontists can diagnosis, create and manage a personal, case-specific treatment plan.

So as we celebrate American Heart Month, keep your heart healthy with good oral hygiene.

[READ MORE](#)



THE NEWS

Why Titanium in Dental Applications?

Titanium, the strong, corrosion-resistant metallic element, has many popular applications and is used throughout the aerospace, marine and nuclear industries. It is also found in jewelry and yes, the fields of medicine and dentistry.

As a contributing writer to *Titanium in Medical and Dental Applications*, our very own Harold S. Baumgarten, DMD and Clinical Professor Penn Dental Medicine, discusses *Why Titanium in Dental Applications?* "The applications for titanium use cross various dental specialties. It is used in dental implants, restorative dentistry, oral and maxillofacial surgery, orthodontics and endodontics," says Dr. Baumgarten.

Specifically, the chapter will address how titanium remains a key element in the biomechanical requirements for endosseous dental implants as they have evolved over time. It is also at the core of the overall framework for dental restorations, can be found in arch bars, mini plates and screws used in oral surgery and more. He adds, "Basically, titanium is a hidden and invaluable dental gem."

[MORE ABOUT
DR. BAUMGARTEN](#)



THE SPOTLIGHT

National Children's Dental Health Month

It's the perfect time to turn a spotlight on our Amsterdam Kid's Health Learning Program run in our Paoli office.

"Look Mom, No Cavities" is a phrase Dr. Moskowitz has been hearing since the program's inception more than 46 years ago. Founded on the principle of quarterly routine visits with supervised brushing and topical fluoride application, tooth decay can be virtually eliminated. In addition, dental x-rays allow for early detection of any gum disease or decay plus monitor skeletal and facial growth, preventative and interceptive orthodontics.

As part of our program, Carole trains parents to be "Co-Therapists" in their children's care and ensure teeth are being cleaned effectively. Together, we can make dental-related missed school days a relic of the past.

Let's team up.
Prevention is truly the
best medicine!

[LEARN MORE](#)

