

# LaserLight

A NEWSLETTER FOR THE ROCHESTER DENTAL COMMUNITY

*A Healthy Body Begins With A Healthy Mouth*



## FROM THE PERIODONTISTS



As always, we are pleased to bring you another edition of LaserLight. We are still receiving many wonderful compliments and comments. We are very excited to provide this open forum to share news and information with and for the Rochester dental community. **If you have information to share or an idea for an article, please call our office. Your input is valuable and wanted!**

In follow up to our last newsletter, we are pleased to announce the winners of our **Sudoku** contest: **Robert Pease, DDS**, and **Jerry Cellura, DDS**. Our winners received lunch for their entire office.


As part of a continuous effort to provide our patients healthy smiles comfortably, we offer conscious sedation so that your patients can have a comfortable and relaxing dental care experience. In addition, late this fall we will be announcing our new patient hotline phone number—one convenient number for patients to call to make an appointment at any of our locations.

Stay in touch with us on **Facebook**. Join *Rochester Dentists*, a Facebook group dedicated to local dentists to share information, discuss upcoming events, or stay current on the latest activity in the area. Connect with our practice on Facebook at *Progressive Implantology & Periodontics* or visit us on **YouTube** at channel **DrSureshGoel**.

Suresh Goel, *DDS, MSD* • Josué Padilla, *DMD, MS, PhD* • Yaritza Miranda, *DMD, MS*



## Practice Updates


 Our administrative offices have a new home. Please update your address book with our new contact information for:


**Mary Burden, Practice Administrator**, and  
**Connie Stoddard, Financial & Billing Coordinator**

**New Address:**

**141 Sully's Trail, Suite 5B • Pittsford, NY 14534**

**Mary: 585.899.6107 • Connie: 585.899.6106**

 Our new patient hotline is coming soon. One main number. Same great service.

 Stop on by and visit our booth at the  
**Greater Rochester Women's Expo**  
**Saturday, November 6th, 10 am – 4 pm**  
**The Dome Center & Minnett Hall**  
**2695 East Henrietta Rd., Henrietta, NY**

## Rochester Academy of Implant Dentistry

**Attention all Rochester area dentists, hygienists, assistants & staff...**

You're invited to join the **Rochester Academy of Implant Dentistry (RAID)**. We will be presenting **RAID-1: The Who, Why & What of Dental Implantology**.

Mark your calendar for our dine and learn seminar slated for **Wednesday, October 13th at 6:00 PM** at **Mulconry's Irish Pub**, 17 Liftbridge Lane East, Fairport. Contact **Mary** at 585.899.6107 or **Mary@rochesterperio.com** for details.

This will be the first of many presentations we will be hosting throughout the coming year. For more information, join our group on Facebook or stay tuned for future announcements.

Join our group on Facebook!  
**Rochester Academy of Implant Dentistry**



# Nutrition & Perio Health

We are often asked by patients what they can do to manage periodontal disease. We believe diet can play an important role in oral health wellness, so we advise our patients on the importance of eating a balanced diet and essential vitamin intake good for oral and overall health.

The study of nutrition and periodontal disease is a growing, complex field, and interesting and important new insights have developed over the past few years. We know severe deficiencies in certain vitamins, such as B complex vitamins like riboflavin (B2) and folic acid, can increase clinical signs of periodontal inflammation and breakdown. Calcium is best known for its link to periodontal disease. According to study in the August 2000 issue of the *Journal of Periodontology*, patients who consumed less than the recommended 60 mg per day (about one orange) were at nearly one-and-a-half times the risk of developing severe gingivitis as those who consumed three times the recommended daily allowance, which is more than 180 mg.

New evidence is emerging suggesting that vitamin D also plays a role in periodontal health. We all know that adequate vitamin D levels and calcium intake are essential for healthy teeth and bones. *The Lancet Oncology* (Volume 9, Issue 7: July 2008) reports that periodontal disease is linked to low serum 25-hydroxyvitamin D (calcidiol) levels. In addition, recent evidence shows vitamin D has several other important beneficial effects, both for overall health and possibly for periodontal health. These studies show vitamin D can boost the body's resistance to infection and reduce destructive clinical inflammation.

These exciting new insights have led to further research aimed at examining the possible benefits of vitamins and nutrition on improving periodontal health. However, while the association between diet and nutrition with periodontal disease is being developed, it is important for all our patients to maintain a balanced diet with adequate intake of essential vitamins and minerals at the minimum recommended daily requirements not only for oral health, but overall health as well. Many of your patients may not be sure where to start when it comes to proper nutrition. Some resources include [www.mypyramid.gov](http://www.mypyramid.gov) or direct them to their primary care physician for help getting started.

## Meet Mary Burden, Practice Administrator



Mary Burden  
Practice Administrator

Many of you have probably already met her. Mary is the marketing face of Progressive Implantology & Periodontics. One of the many roles Mary has is to visit the offices of our referral partners to make introductions and answer questions. She is also responsible for coordinating our marketing activities, planning meet & greets, lunch & learns and other events, in addition to providing administrative oversight of the practice.

With 35 years experience in the dental field, Mary has a wealth of knowledge and expertise. Mary began her career as a dental assistant in a private practice after graduating from the former Rochester Dental Assisting School. She then went to work for Bejan Iranpour, D.D.S. at the Wasyl Pluta Dental Center at The Genesee Hospital as a dental assistant, then eventually became business manager. After eighteen years, and with the merger of Rochester General Hospital and The Genesee Hospital, she transferred to the Public Relations Department of ViaHealth as a public relations assistant. From there, she became the office manager in another private practice before joining Progressive Implantology & Periodontics upon its inception in 2005.

While at The Genesee Hospital, Mary had the opportunity to meet and follow the careers of many local dentists who completed their residency at the hospital. Mary enjoys the personal interaction she has with the patients and referral partners of Progressive Implantology & Periodontics. Look for Mary coming to your dental office to introduce herself or to just get reacquainted.

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## THE BREAKROOM: Sudoku Challenge



			1				
6	5	8					
		9	5		6	8	
4			3	9		2	
5	8	6					
						6	
1		5	9	7			6
			4				5
8		7	2			1	3

Mail in the completed Sudoku Challenge along with your name, practice name and contact information. Correct versions will be entered into a drawing to win lunch on us.



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## H.O.P.E. for Haiti by Stephen Burgart, DDS

Late last fall a neighbor of mine, Mike Shields, approached me and asked if I would be interested in setting up a dental clinic in a health care facility in the remote community of Borgne, on Haiti's North shore. Mike is chairman of the board for the non-profit, "grassroots" organization called Haiti Outreach Pwoje Espwa (H.O.P.E.), a Rochester based organization, [www.hopehaiti.org](http://www.hopehaiti.org).

My first several conversations with Mike introduced me to how things work (and don't work) in Haiti, its history of extreme poverty (the poorest nation in the western hemisphere), the genesis and ethics of HOPE's very successful community development work, and the people who operate this not-for-profit organization. HOPE is the ONLY health care available to this population of 80,000. HOPE leverages its small budget by a factor of 5-7 times, by working in collaboration with Haiti's ministry of Health and numerous other health organizations. They operate a hospital, mobile clinics and maintain a network of community health agents who travel to the most remote corners of the commune.

One night late last year I attended an informational meeting at Mike's home with several of the key leaders of HOPE as well as the medical director of the hospital, Dr. Thony Voltaire, M.D. Thony is a very soft spoken individual who is impossible not to like. He spoke in Creole as Mike translated and it was a powerful and captivating delivery of some harsh truths. I was committed at that point to find out if there was anything I could do personally to help.

As the winter approached and our conversations matured we agreed to travel together to Borgne, Haiti, to assess needs and determine the feasibility of a dental clinic. It was important to learn that the dental clinic was something Dr. Thony has been trying to get started for several years. There is no dental facility within a few days walking distance – and the needs are enormous.

On June 12th, our group boarded a plane to Port-au-Prince. Mike and I traveled together with my daughter Kelly, a sophomore at Boston College who was eager to get involved in this work. At Port au Prince, after meeting up with Mike's daughter and two of her students from Sidwell Friends School in D.C., we caught a small prop plane for a flight over Haiti's central plateau to Cap Haitian.

Dr. Thony greeted the group and we piled in the small SUV for the two hour drive west to Borgne. This part of the trip was a bit of culture shock—as we passed through the earthquake epicenter in the capital. I must admit that up to this point about all I could feel was the oppressive heat, but that changed as we left the airport and started the drive through Cap Haitian – Haiti's second largest city.

The next couple of hours are impossible to describe. But picture starting out at a tiny airport with loud voices and no clear system of order... moving through a crowd of people who want to help with our luggage, piling into an SUV with people banging on the windows clamoring for money, driving down a rutted overcrowded road in a bustling city with tens of thousands of people all going different directions.

It was clear that this was a very poor place – and especially so as we passed the huge slums along the river – a filthy strip of water running to the sea. There was a fog of dust that rose from the road so the view was muted but people were seemingly going all over the place with no sense of organization. No traffic lights, no neat lines on the road to keep traffic organized and certainly no sidewalks. Stores flowed into the street with their goods and garbage was in no short supply. It was noisy. Occasionally, smoke filled the air from some unknown source to add to the dust and further obscure the surreal scene.

As we continued West along the ocean to Borgne—dodging people, potholes, farm animals, cars, trucks and motorcycles—the view ahead started to become less complicated, there was less and less of the crowded city scene, and increasingly spectacular views of mountains and beaches. Two hours later we arrived at the hospital in Borgne.

Over the next five days our group became fully immersed in life in rural Haiti. The boys from Sidwell were making a documentary of HOPE's community development work, so we set out to see all of the various aspects of the community – village life and rural life. We spent a day in the village of Borgne, walking through the narrow, dirty streets and greeting the many curious people, especially the kids who were fascinated to see 'blan' (white people). We traveled on foot to visit one of HOPE's health agents wounded in the earthquake. We met with community leaders integral to HOPE's work and a tireless, energetic group who are committed to better conditions for the people.

We traveled by truck, and then on foot to a school in the jungle and then attended a peasant meeting in the agricultural center of Tibouk. We spent time in the market center. We walked across mountains and rivers; we toured one of HOPE's reforestation nurseries. We spent a day at a mobile clinic observing medical exams for some 250 people who were being treated for everything from indigestion to AIDS. We swam in the ocean and played games and soccer with the kids in the area. We toured the hospital and I found a nice place to put a dental operatory.

I am still in the early stages of processing the whole trip but I have come to some conclusions. First the people of Haiti and Borgne in particular are resilient, friendly, happy and for the most part ask for nothing. Top down foreign aid does not work; but this community based model works and works well. The poor in the US would be princes in Haiti especially with the multitude of safety nets in place to help out. This HOPE group in Borgne is making a difference for a very large number of people. I am committed to setting up a one operatory dental clinic in Borgne.

For more information about H.O.P.E. or how you can help please feel free to contact me at **585.473.3880**.



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## Dental Implants? Fear not! by Dr. Josué Padilla

For some patients, there is nothing more terrifying than the thought of a trip to the dentist. Even scarier for some is the prospect of replacing a missing tooth with a dental implant. However, as dental implants grow in popularity as a permanent solution to tooth loss, it is time to put nervous patients' minds at ease.

A recent survey conducted informally by the American Academy of Periodontology asked periodontal patients what factors stopped them from getting a dental implant.\* The second most popular answer was "fear or anxiety." However, the same survey also revealed that of those patients who had previously received a dental implant, more than half reported "very little to no pain or discomfort" experienced during the process and only 33% described the procedure as "somewhat painful or uncomfortable." Over 70% of the survey respondents reported being "pleased" or "extremely satisfied" with the results of their new dental implants. These survey results help demonstrate that although dental implant procedures illicit fear or anxiety in potential patients, the reality is that the actual experience should not be something to be feared.

So why is everyone so afraid of procedures such as dental implants? Perhaps fearing the dentist and certain dental procedures is something that is ingrained in our patients' minds from a young age. Perhaps it is the result of ongoing, perpetuated stereotypes. Regardless of the cause, it is important to find ways to help our patients "unlearn" this fear. The best prescription to overcome anxiety is educating patients on the relevance of dental implants as the best course of treatment to replace missing teeth.

Here are a few recommendations to help patients feel more in control of their fears as they prepare for dental implant treatment:

1. Explain the procedure—informing patients about what to expect exactly when the dental implant is placed can help put their mind at ease.
2. Talk about pain control options—explain techniques to control pain and stress before, during and after the procedure such as medications, anesthesia, sedation or relaxation techniques that can make their treatment more comfortable.

Not only we can help our patients as they approach the need for dental implant treatment, but we can also help them look forward to pleasing results!

\* From June 2007 – December 2007, the AAP posted two surveys on www.perio.org that asked questions about dental implants. One survey was geared toward members (practicing periodontists) and one was geared toward consumers (periodontal patients). These surveys solicited a total of 1,414 responses. The above information is based on those results. This article is a modification of the Patient Page, a public service of the American Academy of Periodontology.

## Classified Ads

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Got dental equipment to sell? Interested in buying/selling a practice? Need a job posted? Give us a call and we will put an ad in our next newsletter free of charge.

### Tres Leches Cakes (8 - 10 portions)

#### Cake Ingredients:

- 4 eggs
- 1 butter stick
- 1 cup of sugar
- 1 teaspoon of vanilla extract
- 1 cup of self-rising cake flour
- 1 12 oz can evaporated milk
- 1 14 oz can condensed milk
- 1 cup of whole milk
- 10" cake mold

Warm the oven at 350 F. Spread butter in the cake mold. Using an electric mixer, mix the butter, sugar and yolk of the eggs together until mixture gets a creamy consistency. Then add to the mixture the extract of vanilla, the cake flour and finally the egg whites. Place the mixture into the cake mold and bake for 20-25 minutes. Let the cake cool off and mix the 3 milks together and pour it on top of the cake.

#### Frosting:

- 4 egg whites
- 1/2 granulated sugar

Mix egg whites with an electric mixer until they make peaks. Add granulated sugar slowly into the mixture. Spread the frosting on top of the cake. Bake 8-10 minutes until the frosting slightly stiffens. Refrigerate until ready to be serve.



Submitted by  
Dr. Yaritza Miranda

### Did you know???



Mary Burden from our office is a **Certified Notary Public.**

If you need a notary for signing of important documents, feel free to give her a call at **585.899.6107.**



### In Baby News...

Congratulations to Dr. Cheryl Brunelle & Dr. Suresh Goel on their newest and fifth addition to their family—Tyler Alan Goel born September 21, 2010.

Congratulations to Dr. Max Thaney & Mrs. Mary Thaney, who welcomed their son, Patrick Thomas Thaney, born May 10, 2010.



www.RochesterPerio.com



Canandaigua coming soon!

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