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Tower Dental Group
Tower Dental Implant Center

HIGH-DEFINITION DENTISTRY™ IMPLANTS—restore your smile

Whatever the cause of their loss, missing teeth are a problem. Their absence makes eating certain foods difficult, speech may be slurred and unclear, and appearance may change if cheek and lip support is affected, creating significant cosmetic concerns.

Removable dentures and fixed bridges are reasonable alternatives for some, but to restore teeth to proper form and function, **dental implants have become the option of choice.** Advancements in the design of implants, surgical techniques for placement, and improved bone-grafting procedures add up to exceptional success statistics and happy patients.

Dental implants are made of titanium and shaped like a single natural tooth root. The implants are made in different lengths and widths. The surface of the implant is treated to closely resemble the natural bone surface. This extraordinary new surface is the most compatible for the healing of bone to the implant surface. After careful radiographic studies and treatment planning, the surgeon places the implant in the bone of the jaw. Healing times will vary in each individual case, depending upon the quality and quantity of bone in the implant site. In some cases, bone grafting may be required, which can extend the healing time. This healing period may take from two to six months, depending upon the location of the implant.

New teeth at last

After we have verified that the implants are sufficiently healed and fused to the bone, we can begin the steps required for actual restoration of the tooth or teeth. First, an extension (implant abutment) is made to fit permanently into the implant. Then a crown is made to reproduce the missing tooth as closely as possible in form, color, and function. This implant can serve as a single tooth replacement or, when multiple

implants are placed, can support a bridge or a denture.

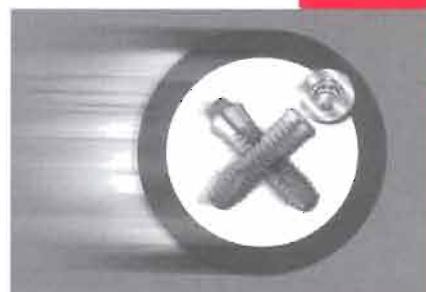
Continual care

Caring for dental implants is just as important as caring for your own natural teeth. Regular brushing and flossing are as important as ever. Special rinses may even be required. Scheduled maintenance is essential as well. The teeth and the implant-supported crowns must be checked periodically. Occasionally, the implant screws must be retightened, or the crowns may need to be recemented.

The right choice

Deciding whether implants are the best alternative for you requires professional guidance. Your medical and dental histories will need to be reviewed; the need for a CT scan or panoramic radiographs will be evaluated; careful soft- and hard-tissue examinations will be required; and other diagnostic tests taken along with diagnostic models of your mouth. The necessity for careful analysis of the available bone quality and quantity in addition to the occlusion of the teeth is a requirement for the success of the procedure.

If you would like to consider implants, call **Dr. Gerber** at **310-652-0450** to arrange a consultation appointment.



dental news

High-Definition Dentistry™ is the
ultimate fusion of the art and science
of dentistry with high technology.

Visit our Web site: www.rbgerberdds.com
Thank you for your referrals. We appreciate them!

Dental health-care tips

What you can do!

With the potential link between periodontitis and systemic health problems, prevention may be an important step in maintaining overall health.

■ **Brush your teeth thoroughly after every meal each day.** Clean between your teeth with floss or another type of interdental cleaner before going to bed, and rinse your mouth with an antimicrobial mouth rinse as part of your daily oral-hygiene routine.

■ **Choose dental products recommended by your dentist or with the American Dental Association's Seal of Acceptance.** This is to assure you that the product you use is safe but does what it claims to do.

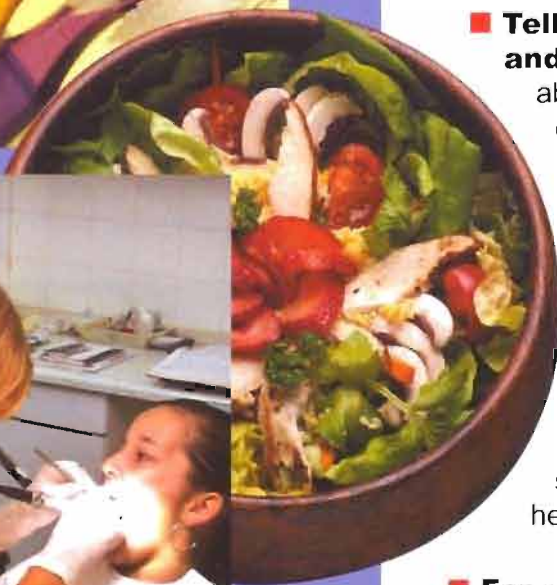
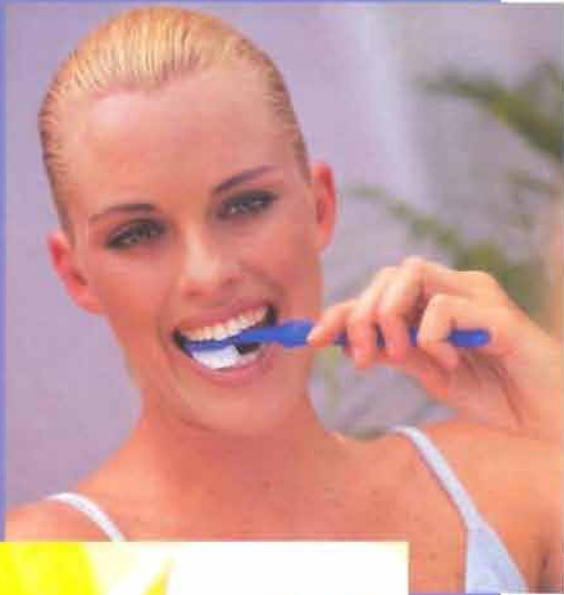
■ **Eat a balanced diet and limit snacks,** which may reduce the risk of tooth decay and gum disease.

■ **Schedule regular dental checkups.** Professional cleanings are the only way to remove tartar (calculus), which traps plaque bacteria along the gum line.

■ **Tell us about changes in your overall health and the medications you are taking.** Tell us about any recent illnesses or chronic conditions. Fill out an updated health history, including medication use (with strength and dosage information) and nonprescription products. Also tell us if you use tobacco or imbibe more than one alcoholic beverage a day.

■ **If you are pregnant or thinking about becoming pregnant,** pay particular attention to your teeth and gums. The changing hormone levels that occur during pregnancy can exaggerate some dental problems. Taking good care of your oral health is important for you and your baby.

■ **For more information on oral-health matters, visit our Web site at www.rbgerberdds.com or call Dr. Gerber at (310) 652-0450.**



Healthy mouth, healthy body

Making the connection

Exploring possible links

More studies are needed, but some researchers suspect that bacteria and inflammation linked to periodontitis (gum disease) play a role in some systemic diseases or conditions. Likewise, diseases such as diabetes, blood cell disorders, HIV infections, and AIDS can lower the body's resistance to infection, making periodontal diseases more severe.

Several studies link chronic inflammation from periodontitis with the development of cardiovascular problems. Some evidence suggests oral bacteria may be linked to heart disease, artery blockages, and stroke.

People with diabetes often have periodontal disease. Diabetics are also more likely to develop and have more severe periodontitis than nondiabetics. Some studies suggest periodontitis can make it more difficult for diabetics to control their blood sugar.

Although periodontitis may contribute to these health conditions, it's important to understand that just because two conditions occur at the same time doesn't necessarily mean one condition causes the other. That's why researchers are working hard, examining what happens when periodontitis is treated in individuals with these various health problems.

Periodontal disease—what you should know

Periodontal disease is a chronic infection caused by bacteria. It begins when certain bacteria in plaque (the sticky, colorless film that constantly forms on the teeth and tissues in the mouth) produce toxins and enzymes that irritate the gums. This causes inflammation if plaque is not removed daily.

Plaque that remains on teeth can irritate the gums, making them red, tender, and likely to bleed. This condition, called gingivitis, can lead to more serious types of periodontal disease. Gingivitis can be reversed and the gums kept healthy by removing plaque every day with a good oral-hygiene routine and by having your teeth professionally cleaned.

But if gingivitis is allowed to persist, it can progress to periodontitis, a chronic infection in the pockets around the teeth. The resulting inflammation, which may be painless, can damage the attachment of the gums and supporting bone of the teeth. At this stage, treatment by a dentist is needed. Left untreated, teeth may eventually become loose, fall out, or require removal by a dentist.

If you notice any of these signs, you require a dental examination:

- **gums that bleed during brushing and flossing**
- **red, swollen, or tender gums**
- **gums that have pulled away from your teeth**
- **persistent bad breath**
- **pus between your teeth and gums**
- **loose or separating teeth**
- **a change in the way your teeth fit together when you bite**
- **a change in the fit of partial dentures**

Call **Dr. Gerber** at **(310) 652-0450** for more information or to schedule a dental examination.

