

## fromthedentist

### We're Here For You!

#### Keep smiling

If we haven't told you lately – you are valued, you are important to us, and as smile experts, our goal is to make sure your smile is bright, healthy, and happy! That's why we encourage you to come in for your exams and to follow through with treatment plans – even in this very difficult economy.



Actually, keeping up with your appointments is an excellent money-saving strategy. The longer small problems are left untreated, the more serious the consequences to your oral health, appearance, and wallet.

No one is more aware than we are that to you, the oral health care of your family is a necessity – not a luxury. We will do everything we can to provide as many treatment plan, scheduling, and payment options as possible for you.

Please call with any questions.

*Yours in good dental health,*

*Dr. Byron J. Nordhus & Team*

### Payment Options

*We have flexible payment plans available to help you achieve your goals.*

*Call Today (316) 721-6730*

## Laser Dentistry

Laser dentistry is one of the most exciting advances in dental technology. At *Nordhus Dentistry*, we think it's important to bring you the latest and most precise dental procedures in the industry. Using the *UltraSpeed™ CO2* laser, we offer the ultimate in soft tissue treatments.

### Laser Periodontal Infection Therapy

New research developments have made it possible to treat gum disease and periodontitis with laser therapy, known as laser periodontal infection therapy (PIT). Over 50 percent of Americans have periodontal disease, a condition that starts with bacterial colonization around the teeth. Older surgical treatments such as root-planing and scraping, along with gingival curettage surgery, will generally require sutures and a general anesthetic. These traditional methods are also somewhat more painful than laser treatments, making laser periodontal therapy a great alternative for your dental needs.

### During Your Laser Periodontal Infection Therapy

Even though the procedure itself is known to be virtually painless, local anesthetic will numb any possible discomfort during a laser procedure. Your Hygienist will direct the laser to the area between the affected tooth and adjacent gum tissue where the pockets of diseased tissue are located. Energy from our laser will clear away the bacteria and infection under the gum line without harming any of the surrounding gum tissue. The laser will then seal the tissue, forming a sterile natural bandage so that the gum tissue can heal. There will be no cutting or sutures, and you can return to your life the same day.

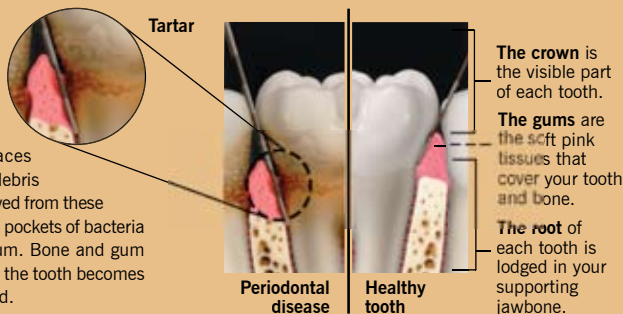
### Benefits Of Laser Periodontal Infection Therapy

The PIT process is not only less painful than the surgical methods of the past, but also minimally invasive, suture-free, and proven to have longer-lasting result. Over 98 percent of PIT patients show no signs of periodontitis after five years, while the stability rate for the traditional surgical group is only five percent over the same period of time. There is also a less than 24-hour recovery period with laser surgery, whereas traditional surgery can take two to four weeks of healing time and may cause significant bleeding and swelling.

**These are the reasons we choose to use Lasers in treating Periodontal Infection.**

### Periodontal Disease vs Healthy Tooth & Gums

Gingival pockets are the small spaces between your teeth and gums where debris collects. If plaque and tartar aren't removed from these pockets, gums become inflamed and the pockets of bacteria extend deeply between the root and gum. Bone and gum tissues deteriorate and, if left untreated, the tooth becomes loose and falls out or has to be removed.



*"If you smile when no one else is around, you really mean it"*

## 4 STEPS ... In 3 minutes!

Flossing for three minutes once a day is essential to clean between your teeth and at the gumline where gum disease can take root. Choose a regular time, like bedtime, and a floss that works best for you – thick or thin, flavored or unflavored, waxed or unwaxed.

*Floss each tooth thoroughly with a clean section of floss...*

- Wind 18" of floss around the middle fingers of each hand. Pinch 1-2" of floss between your thumbs and index fingers.
- Use thumbs to direct floss between upper then lower teeth.
- Gently guide floss between your teeth by using a zigzag motion.
- Contour floss around the side of each tooth. Gently slide it up and down against each tooth surface and under the gumline until your teeth are "squeaky" clean.



## Are You Progressing?

Why the answer just might surprise you!

**Periodontal disease.** The name has kind of a high falutin' ring to it. That's true of most Latin-based medical names. Believe us when we say that there's nothing grandiose about pain, bleeding, tooth loss, and bone loss due to inflammatory gum disease. This disease develops gradually over time if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria.

### Periodontal disease is progressive...

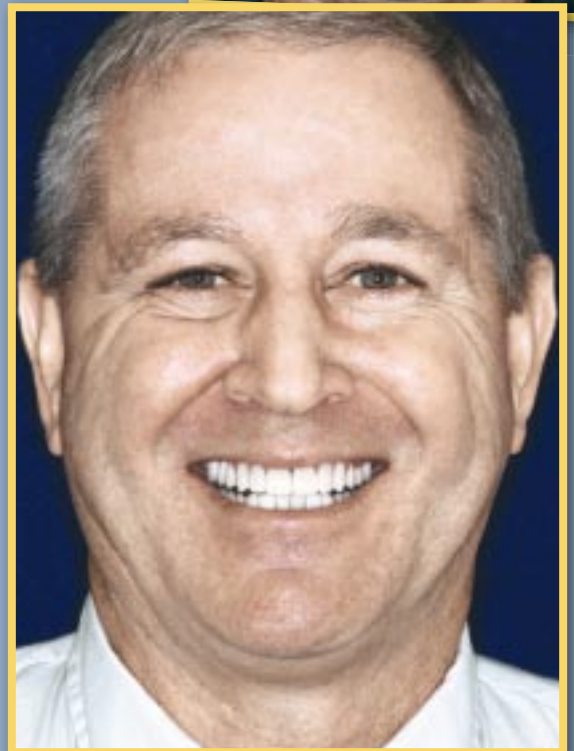
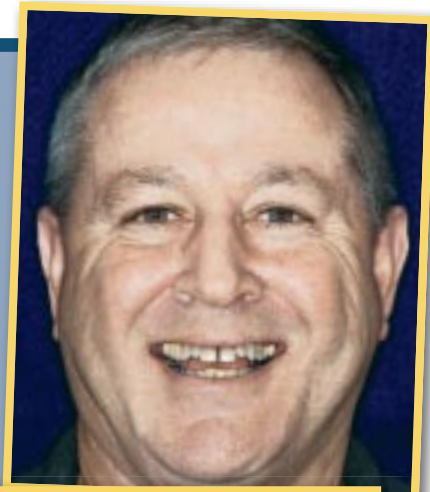
**Gingivitis:** Although healthy intact gums or gingivae act as a protective barrier against destructive bacteria, once damaged, they lose their effectiveness. Initially you might be symptom-free or experience mild symptoms of infection such as redness, swelling, and slight bleeding during brushing. This stage is relatively simple to treat and reverse.

**Periodontitis:** This is a more advanced infection, damaging the underlying ligaments and bone. Without intervention, your gums will shrivel away and expose your tooth roots, leading eventually to tooth loss.

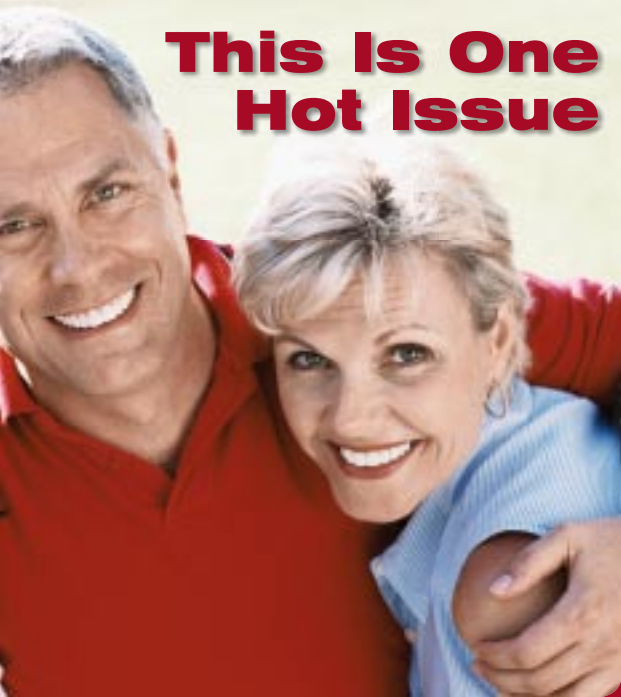
### There are known risk factors for periodontal disease...

- **Tobacco consumption.**
- **Hormonal changes** during adolescence, pregnancy, mid-life.
- **Challenges to the immune system** including poor nutrition, stress, and systemic diseases like diabetes, cardiovascular disease, and arthritis.
- **Side effects from some medications.**
- **Clenching or grinding your teeth.**
- **Heredity.**
- **Barriers to good oral hygiene** include crowded teeth, ageing fillings and restorations, inconsistent home care routines, and missed recare appointments to remove plaque buildup and prevent gum disease.

**Call us for an appointment – any time!**



# This Is One Hot Issue



## Find out why you need to know about it

Scientists believe that chronic inflammation may be at the root of many debilitating illnesses. Imagine how much suffering could be relieved with a single magic-bullet solution that would cure or prevent inflammatory illnesses like heart disease, arthritis, cancers ...and gum disease.

Inflammation is your body's reaction to threatening pathogens. When the enemy has been destroyed,

inflammation should retreat until the next battle. That's called transitory inflammation. When the process stalls out and inflammation continues instead, the body attacks healthy cells in the absence of an invader. Scientists speculate that a long-running bacterial infection like gum disease can actually tip your body's balance toward chronic inflammation.

*Gum disease has been associated with inflammatory diseases that include...*

**Osteoarthritis** and **rheumatoid arthritis**

**Diabetes**

**Cardiovascular diseases**

**Lung infections**

Gum disease has also been associated with some **cancers**, complications of **pregnancy** and delivery, **osteoporosis**, and **kidney diseases** among other **systemic illnesses**. Monitoring of oral health is essential for everyone, but particularly if you suffer from a chronic inflammatory or systemic disease. Please keep us up to date so that we can optimize your oral care.

## Practice Makes Perfect

### Word to the wise!

Wise people practiced green fashion long before it became environmentally chic. Investing in classic quality pieces has always been the quintessential way to avoid unnecessary waste and expense. Same with your smile! When you invest in your oral health, two things happen. First, you avoid a lifetime of increasingly extensive and expensive dental work. And second, there's a bonus ... you can choose cosmetic procedures – dental or otherwise – with confidence.

Think about it. What is the point of cosmetically rejuvenating your face only to reveal puffy receding gums, or discolored, crooked, chipped or fractured teeth?

If you've never liked the look of your smile, or if your sizzle has aged into a sputter, we can provide cosmetic enhancements like teeth whitening, bonding, porcelain veneers, and gum sculpting. With oral health, the choice is yours.

Your healthy smile – it's sustainable – and empowering!

## Live Life Well

### Fight oral cancer

Knowing that the *lifestyle choices* you make can affect your risk for oral cancer is an important step toward its prevention. Although people who smoke or use smokeless tobacco remain at highest risk, for the great majority of those who do not use tobacco, dietary choices and physical activity are the most important modifiable factors of cancer risk.

Here are the *American Cancer Society's* recommendations for individual choices:

1. Eat a variety of *healthful foods*, with an emphasis on plant sources.
2. Adopt a *physically active* lifestyle.
3. Maintain a *healthful weight* throughout life.
4. If you drink alcoholic beverages, *limit consumption*. Alcohol combined with tobacco increases the risk of oral cancers.

Your other most important step? Regular dental exams. Oral cancer can be caught early, even as a pre-cancer.



# Fighting Oral Cancer

## VELscope™ oral cancer screening device

Now we have new wellness exam technology that dramatically improves our ability to screen for oral abnormalities that could lead to cancer. Because early detection is essential to increase chances for successful treatment, we always check your whole mouth (tongue, lips, cheek lining, and gums). We have acquired VELscope™, a state-of-the-art, painless, non-invasive screening tool that helps us to see what we can't see with the unaided eye during your routine oral cancer checkup.

What can you expect during a VELscope examination? After conducting a thorough oral cancer examination, we'll use a handheld device to shine a blue light into your mouth then examine the tissues through a special eyepiece. This technology takes advantage of your mouth's natural fluorescence which is normally invisible. Using the blue light, however, we can look for specific changes in the color or structure of your oral tissues that might be indicative of abnormal cells. It takes only about five potentially life-saving minutes.

We want all of our patients to have a bright and smiling future. Recently, more than 25% of oral cancer victims have been under age forty and have none of the known lifestyle risk factors like tobacco, alcohol use, diabetes, or HIV. And because in its earliest, most treatable stages, oral cancer usually causes no pain or discomfort, we will perform the VELscope examination for all of our adult patients every year.



**Brighter,  
Whiter  
For Life!**



*Sparkle!*

Say goodbye to stained, discolored teeth.

### office information

**Nordhus Dentistry, LLC**  
Dr. Byron J. Nordhus  
11940 W Central Avenue, Suite 100  
Wichita, KS 67212-5180

#### Office Hours

Monday 8:00 am – 5:00 pm  
Tuesday 8:00 am – 5:00 pm  
Wednesday 8:00 am – 5:00 pm  
Thursday 7:00 am – 1:00 pm  
Friday Closed

#### Contact Information

Office (316) 721-6730  
Fax (316) 722-2736  
Email smilemore@nordhusdentistry.com  
Web site www.smilemorekansas.com

#### Office Team

Teresa and Laurie.... Patient Coordinators  
Julie, Maggie and Kim ..... Hygienists  
Adrianna and Paige ..... Assistants

*Communication is important  
to us – don't be  
afraid to ask questions!*



### 8th Annual Halloween Candy-Buy-Back

November 2nd, 2009

Dr. Nordhus will be paying \$2 a pound again and the event is scheduled for Monday Nov. 2nd, 2pm to 6pm. The candy will be sent to the troops from McConnell AFB who are deployed to the Middle East.

We sent 437lbs last year.

### Teeth Whitening

*Special*

**In Office Teeth Whitening  
\$399 you Save \$145**

Ask About Our Whitening For Life Program

**Take Home Teeth Whitening  
\$199 you Save \$53**

Offer Expires December 22nd 2009

### Cavity Free Club Winners!

June: Xander  
July: Elizabeth  
August: Kaleb

### Winners of the Nordhus Dentistry Coloring Contest

2,3 year old age group: Taran  
4,5 year old age group: Claire  
6,7 year old age group: Emma  
8,9 year old age group: Luzianne  
10+ old age group: Emily