

Today, more than ever, it's time to balance our lives. To keep your body strong for the many demands, stay preventive about your dental health and wellness.



**Q:** Aren't all cleanings the same?

**A:** Dental health is not only about maintaining a "pretty smile and getting stains off." Although it's no small matter to keep your teeth and gums healthy and to prevent cavities, bad breath, gum disease and tooth loss; growing research suggests overall health is related to oral health. Serious gum disease is linked with serious medical conditions like diabetes, heart disease, low birth weight in babies, and stroke. Knowing whether you have any of the early signs of gum disease is important.

There are two main types of routine cleanings, the Prophylaxis and the Periodontal Maintenance. Having the proper treatment for your needs is important to your total wellness. A comprehensive evaluation is the first step in determining your individual needs.

A prophylaxis can be thought of as a "healthy hygiene visit." This type of "cleaning" will remove stain, buildup and toxins above the gumline. Regular prophylaxis will prevent irritants from building up to the point of causing gingivitis, an early stage gum infection that usually presents with mild to moderate bleeding.

More important than the polishing of the prophylaxis alone, a healthy hygiene visit should begin with a monitoring system that targets changes and focuses on preventive action. A "teeth cleaning" is only one part of the "Dental Health Visit."

A Dental Health Visit creates awareness and offers you advice to keep your smile strong. Medical changes and new medicines may have oral implications. Early cancer detection saves lives. Keeping a smile strong requires regular checking of the supportive periodontal foundation. Pulling together all findings, necessary digital radiographs complete an exam and provide information of what cannot be seen clinically. Monitored routinely, early detection prevents disease, saves lives, and makes treatment simpler and less costly overall.

A Periodontal Maintenance cleaning is a focused healing visit to stabilize periodontal disease. Periodontal disease is a silent disease. Left untreated, the gums harbor aggressive bacteria that cause destruction to the supporting bone structure. This will lead to tooth mobility, tooth loss, and chronically, systemic inflammation. Only after substantial destruction occurs does the patient begin to feel symptoms.

All cleanings are not the same. It's important to have a dental professional examine and address the bacterial buildup below the gumline so that bone loss may be halted. Tooth loss will affect your digestion, your speech and your appearance.

Episodic bleeding is a sign of active infection and should not be dismissed as normal.

Balance your health and take time for your comprehensive, dental health visit... Your smile is meant to last a lifetime! ☺

*Dr. Robert Lantzy is a comprehensive family dentist in Newtown, Bucks County. He and his caring staff of professionals provide a range of services in a state of the art facility where the focus is on individualized attention and lasting patient-doctor relationships. You may reach the office at 215.860.5901 or find more information on their website at [www.buckscountydental.com](http://www.buckscountydental.com).*

*Enjoy state of the art dentistry in a relaxed, boutique setting, where caring professionals focus on you.*

- Vista Pure system
- Invisalign invisible braces
- Zoom one-visit whitening
- Somnosed - Sleep apnea solution
- CEREC hi-tech restorations - no impression and delivery in same visit



Snap the tag to visit the website for Dr. Robert Lantzy directly from your phone!!

