



# absolute dentistry

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Dr. Charles Brown

Dr. Gerald Kushner



## National Sleep Awareness Week – Complimentary Sleep Apnea Screening

Three of the worst man-made disasters of the twentieth Century were:

- ◆ Three Mile Island, 1979—a partial meltdown of the nuclear reactor released high levels of radiation into the environment.
- ◆ Bhopal, India, 1984—the accidental release of toxic gas resulted in over 20,000 deaths and 120,000 plus still suffering after-effects to this day.
- ◆ Exxon Valdez, 1989—an estimated 30 million gallons of oil spilled into the pristine wilderness of Prince William Sound, Alaska—one of the most massive cases of pollution in history.

What do all of these have in common? All three were the result of people in authority who unknowingly suffered with a sleep disorder—causing them to literally “fall asleep at the wheel.”

As dentists, we have a responsibility to screen our patients for this severe and oftentimes life threatening medical disorder. But “why a dentist?” The answer is very simple—after all, doesn’t oxygen have to enter through the mouth or the nose and pass all the oral structures that we as dentists deal with on a day-to-day basis? By the nature of our professional training, we can initiate the screening and evaluation for *Sleep Disordered Breathing*. A complete clinical exam and history can lead to a prompt referral to a qualified sleep physician for diagnostic confirmation of a sleep breathing disorder.

We as dentists can also play a very important role in the successful treatment of the most common type of sleep breathing disorder (accounting for 95% of all diagnosed cases)—*Obstructive Sleep Apnea*—through the use of well accepted, cost effective *Oral Appliance Therapy*.



According to the Congressional Committee, *The National Commission on Sleep Disorder Research*, “At present, the American public is not receiving the benefits of new findings on sleep disorders. 95% of the victims remain undiagnosed, largely because health professionals have not had the opportunity to learn about sleep disorders and sleep deprivation. There is an urgent need for physicians, nurses, *all health professionals* to be able to identify and refer or treat patients with sleep disorders.”

At our office, Dr. Kushner has had extensive specialized training in the diagnosis and treatment of these disorders. He is a member of the American Academy of Dental Sleep Medicine, National Sleep Foundation, and the American Academy of Sleep Medicine.

Please take the opportunity this month of March to help us at Drs. Brown and Kushner observe and participate in *National Sleep Awareness Week* (March 5-11). Take our screening test (available online at [www.brownkushner.com/sleepapnea.htm](http://www.brownkushner.com/sleepapnea.htm)) and schedule a complimentary (\$100 value) screening with Dr. Kushner before the end of March, 2007. Your future health may depend on the action that you take today!

### Test Your Sleep IQ

How much do you really know about sleep? To learn more, visit the National Sleep Foundation’s website, [www.sleepfoundation.org](http://www.sleepfoundation.org). Use the interactive *Tools and Quizzes* link listed under *Resources* to assess your satisfaction with your sleep, test your sleep IQ, and educate others about the importance of sleep.

Then, be sure to discuss what you learned with Dr. Kushner when you come in this month for your free screening exam.



**COMPLIMENTARY SLEEP APNEA SCREENING!**

*(\$100 Value)*

*Offer ends March 31, 2007*

## CEREC—Single Appointment Dental Care with the Finest Dental Materials



Previously, we introduced you to CEREC, a new technology for restoring teeth. This technology is very conservative in the amount of tooth reduction needed, often removing and replacing only enough of the damaged tooth to form a continuous structure. The fact that more of the natural tooth is preserved when doing this type of restoration and that the restoration is bonded into the tooth, lessens the possibility of post op sensitivity or, worse case scenario, a root canal.

Since the first use of this material in 1983, studies have shown that CEREC restorations will last a long time. The material is translucent and blends well with the tooth; many times you can't even see the CEREC after it has been cemented. The ceramic material used in CEREC is as similar to the properties of natural tooth enamel as anything that has been developed. The hardness and abrasiveness are very similar to that of enamel, which allows the material to wear at the same rate as your other teeth. The material's physical properties, such as expansion and contraction, are also like that of enamel, reducing the effects of hot and cold on your teeth when you eat or drink.

Old amalgam (silver and mercury) filling leakage is a reason many older fillings need to be replaced. A dark stain under a filling usually means bacteria are present. This is the cause of tooth decay and also contributes to the inflammation of the gum tissue surrounding teeth (gingivitis). When these problems are treated with a CEREC restoration, the tooth is restored to its original strength, providing a healthier situation for both the tooth and the gums.

Although white fillings (composites) are appropriate for small areas needing repair, they can't match the durability of CEREC. A small amount of porosity is always present in white fillings because they are packed into the tooth and cured in small increments. The CEREC restoration is milled from a block of heat and pressure treated porcelain that very closely matches the tooth structure (enamel) being replaced. Therefore, CEREC restorations are considered the best treatment option in cases that could be treated with white fillings.



CEREC restorations can usually be completed in one office visit, eliminating both the need to wear a temporary and for a return visit. Ask us about CEREC at your next visit.



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