

Aspect

A QUARTERLY NEWS BULLETIN

Great Health Starts Here[®]

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Welcome to Aspect, Nevada Dental Benefits, Ltd.'s quarterly newsletter, through which we offer contemporary news information on oral health, the dental industry, the latest research and advice for providers.

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IT'S MORE IMPORTANT THAN YOU MIGHT THINK

By Olivia Youngs | Romper



Once you get pregnant, your to-do list grows exponentially. Between finding an OB-GYN, scheduling doctor visits, planning for your baby's arrival, and taking care of your own health, it's a lot to handle. In the rush of crossing things off your list, don't let your dental health lose its spot. If you're asking "[can you see a doctor when you're pregnant](#)," you're already more on top of your game than most.

Even though, more than likely, your teeth won't be taking the front and center place in your mind, you shouldn't neglect your dental health once you get pregnant. Much like the rest of your body's health, every aspect of your body should be at its healthiest for your pregnancy.

One piece from The New York Times explained how, due to outdated thinking, many [women don't see dentists during their pregnancies](#) and most OB-GYNs don't check a woman's dental health or refer them to dentists. However, according to the American Dental Association (ADA), maintaining good oral health is directly related to having good overall health, and they encouraged women to have at least [one general check-up during their pregnancy](#).

Similarly, aside from a good cleaning and check to make sure you don't have any cavities that need filling, visiting your dentist during your pregnancy can help treat any pregnancy-related dental issues that may arise. The aforementioned ADA article stated that pregnancy gingivitis, swollen gum (called pregnancy "tumors,") and an increased risk of tooth decay all are issues that many pregnant women face, but many don't receive timely treatment for.

The American Pregnancy Association (APA) pointed out that the [second trimester is the ideal time to schedule your dentist appointment](#), since you'll likely be feeling your best during those weeks. If you wait until your third trimester, you may be uncomfortable lying on your back for long — especially if you need a filling, crown, or other process that can be time consuming.

Of course, if you have a non-pressing procedure that can wait until after you're pregnant, that's the safest route to take, the APA noted. But whether or not you've been in for your annual check up every year, or you've been neglecting scheduling appointments, your pregnancy is the perfect excuse to get back on top of your dental health.

www.romper.com

CHANGING PEDIATRIC RESTORATIVE DENTISTRY

William F. Waggoner, DDS, MS | Dental Economics

As recently as the early 1990s, children requiring crowns to restore chipped or severely carious teeth had no option other than stainless steel or resin-based composites. Often the esthetics or durability were somewhat disappointing to both the dentist and parents. Fortunately, today's dentists have several esthetically appealing options they can offer, with zirconia crowns at the head of the class.

The esthetic superiority, coupled with unmatched durability, biocompatibility, and many other advantages, make zirconia crowns an excellent option for nearly all primary anterior crown restorations and for many posterior crown restorations as well.

To read the entire article visit: www.dental economics.com



INFORMED CONSENT

By Fred L. Horowitz, DMD

Informed consent is an important part of dental practice. This is important both as a patient appropriate care activity as well as a legal one. We are all familiar with the need to have a patient sign an informed consent document, but the discussion around it is equally, if not more, important. A thorough explanation of the procedure(s) to be performed, the diagnosis and reason the procedure is necessary, and any alternative treatments that the dentist believes are available should be discussed prior to the consent form being signed. I also suggest a note in the chart, by the dentist, reflecting that such a discussion occurred and that the patient voluntarily consented to treatment. That last phrase – voluntary consented – may seem obvious, but it is important to make certain the patient did not feel that they were making the decision to proceed with treatment under duress of the situation. For a thorough discussion of informed consent, I suggest reading the cover story article in the April 2017 “Journal of the American Dental Association”.



Meet NDB's Dental Director Patricia Steiner, DMD. Currently a Dental Quality Alliance Ambassador, Certified Dental Consultant and member of the American Dental Association, Nevada Dental Association and Southern Nevada Dental Society, Dr. Steiner is using her 17 years of experience in the healthcare industry to provide valuable tips as our resident dental expert.

OPEN WIDE AND LOOK INSIDE. WHAT YOU FIND COULD SAVE A LIFE!

As part of the dental disease management program at PrimeCare Benefits, I have participated in many oral cancer screening events. At these events, the patients receive a thorough visual cancer screening; however, the screening events are less about detecting cancer in the individuals we screen and more about starting a conversation about the disease. We know that early detection is important for survival, so we developed a program to educate members on the importance and process of performing an oral cancer screening on themselves. We show the patients what areas in the mouth and throat we are looking at, and explain what types of changes we are looking for. Patients often say to us, “No one has ever done this exam for me before.” Please remember to let your patients know you are performing this potentially lifesaving cancer screening and encourage your patients to perform periodic self-examinations. The discrepancy between the 5-year survival rate of oropharyngeal cancer found in the early stage and the late stage, validates the importance of screening our patients and teaching them to identify changes early at home.

For more information, the following references have been provided:

For Your Patients
www.mouthhealthy.org

Guide for Healthcare Professionals
www.nidcr.nih.gov

Tammy Ishibashi | Provider Relations

As we roll into summer, perhaps you're getting ready for a family vacation or taking advantage of the longer days to shake up the routine we tend to fall into. Summer is also a great time to try new things or spend time on interests we don't always get to during winter.

There's one person in particular that will be doing just that. Meet Dr. John Dudek, oral surgeon and practice owner of Mountain View Oral Surgery, where exploring seems to be on his mind, either by hike or bike, while taking some stunning photos along the way.

For this interview, I had the pleasure of speaking with Dr. Dudek's wife, Sam Dudek, who was happy to share a little bit about Dr. Dudek's hobbies and how they get to share his interests as a family.



Dr. John Dudek

T.I. I understand Dr. Dudek has a few hobbies that he enjoys, can you tell me a little bit about them?

S.D. His first hobby really began at the age of five with dirt bike riding. He loves it. He likes to go to remote places. It's his getaway and helps him focus and appreciate life. Then, he realized that instead of telling people about the places he's been, he could take pictures and show them, which lead to photography.

T.I. Where's somewhere fun he's ridden?

S.D. He will tell you he took his dirt bike to the top of Mt. Charleston, which he has. He just wishes he had taken up photography by then to actually show it!

T.I. Do you ever go riding with him?

S.D. No, but John loves to take our family on long hikes. We always go to one of the national parks each year. Our favorite is Glacier National Park and we also love the Grand Tetons. I'm not eager on returning to Yosemite though. That's where I encountered a bear one night. The campers next door put their used paper plates in the burned out fire pit after dinner and a 500 pound brown bear came to the campsite. It was pitch black outside and the bear walked right past me and I didn't even realize it. It was when the camp next door started screaming "Bear! Bear!" and a few minutes later, people in the bathroom nearby started yelling "Bear!" that I realized I could have been attacked!

T.I. I can't imagine anyone got any sleep that night! So, it seems like the common theme with Dr. Dudek is nature.

S.D. Yes, John really likes to take landscape photography. Rarely he takes pictures with people in them or have him be part of the pictures. He loves nature and appreciates the beauty without civilization.

Thank you, Sam, for sharing a bit about Dr. Dudek and your family fun. So, whether throwing on a backpack or hopping on his dirt bike, you can bet Dr. Dudek and his family will be enjoying the Summer. Looking forward to seeing some great pictures!



Moraine Lake, Banff Canada



Mt. Charleston, NV

Images taken by Dr. Dudek

HACKS FOR USING FLOSS

Shoelace break? No problem, use floss!

Use floss to cut soft cheeses & slice cake mess-free.

Run out of space to hang your clothes? Create a clothesline with floss.

Clean the caked on dust between key board keys with floss.

Floss is stronger than most thread. Use it to sew on a button.



If you know of a dentist that might like to be featured in one of our upcoming newsletters, please let us know.
E-mail Tammy Ishibashi at tishibashi@nevadadentalbenefits.com.



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@ www.nevadadentalbenefits.com ☎ (866) 998-3944 ✉ contactus@nevadadentalbenefits.com



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