



Patient Connection

August, 2013

Batter Up!

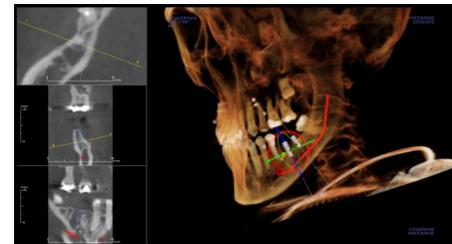
Having a pro on your team makes a difference!

With just a few weeks before the pennant race really begins, baseball season is getting interesting. And while Hampton Roads doesn't have a major league ball club, we do have up and comers within the *Tides* organization to be excited about!

We realized last year there are similarities between the national past time and Dr. Mary Dooley's specialty of prosthodontics. For example, batting at its simplest is repetitive motion: load, step, swing. As long as you can see and predict exactly where that speeding bullet of a ball will be... when it will be at the optimal position, you're good to go.

As a specialist in the replacement of missing teeth, [Dr. Mary Dooley](#) is familiar with repetitive motion, but that isn't what makes her so precise. It is her ability to "see that ball" and predict where it will be that gives her an edge. In the field of modern-day tooth replacement, patients of Dr. Mary Dooley are asked to have a CT scan performed. Consider this the "load" element in our baseball analogy. With a CT scan, prosthodontists are able to prepare or your [dental implant](#) surgery in its early stages. The next step in the process is unique.

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There's an interesting connection between baseball and one dentistry specialty. Continue reading on page 2 to learn more about what this CT image has to do with it!

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The interesting way we found out Dr. Dooley is getting national exposure!

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Review our dates to remember and find out where to show your love online!

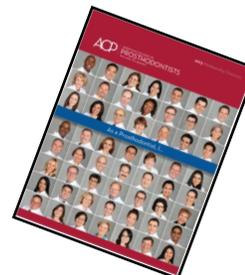


Dr. Dooley recognized by peers, patients!

It isn't every day that you log on to social media and are greeted by a picture of yourself on the cover of a national publication. But believe it or not, that's what happened this month to our own Dr. Dooley!

While attending the national conference of the American College of Prosthodontists last year, Dr. Dooley and nearly 200 others sat for professional photos. The photos are just a piece of the professional profile gathered by the organizations. Voila! The ACP is now featuring Dr. Dooley and a few dozen others in their new media campaign. Additionally, Dr. Dooley will debut en-

dorsements by patients produced for the practice website soon. We look forward to sharing these new informative messages about oral health care with you!



Please take note Total Care Dentistry will be closed for several days in the month of August to allow for continuing education and a summer break.

Patients of record may contact us at 757-567-3230 in the event of a true dental emergency.

Upcoming Closures:

Week of August 4th

Tues. August 20, Thurs.
August 22

September 2 (Labor Day)

Tues. September 3, Thurs.
September 5



(continued from page 1)

Our office utilizes advanced computer guides that allow the virtual placement of every implant. It is this stage that we'll label the "step." In reality, this is what allows Dr. Dooley to see and predict exactly where the real-life implants will go in a live patient. The virtual imagery gives her the precision she needs to make your case a home run. She can see where to place the implant, how deep to insert the implant and what size implant you'll need for optimal positioning. Finally, surgery day, and she "swings," and gets that hit of a lifetime with the successful placement and healing of new dental im-

plants! The winner in this case, is the patient, but we're happy to accept the applause! The advancement is so important it puts the use of digital x-rays back in the shadows. No longer will [prosthodontists](#) have to extrapolate information from xrays. The ability to see a patient's implants before placement is amazing! We'd call it a homerun!

If you are considering having full size or mini dental implants, ask your doctor if they will be using a computerized surgical guide. Your chances of success will be dramatically increased, and your smile, that much brighter! Call 757-486-4880 or schedule at www.drdooleydental.com.

I have gum disease? Really?

6 reasons your oral health may be changing

There's an unfortunate reality dentists and hygienists see every day. It's the discovery of gum disease in a patient who was previously unaware of any problems. If the diagnosis of gum disease is a surprise to you, you are not alone.

What Causes Gum Disease?

Specialists say plaque is the primary cause of gum disease.

According to www.perio.org, "[Gingivitis](#) is the mildest form of periodontal disease. It causes the gums to become red, swollen, and bleed easily. There is usually little or no discomfort at this stage. Gingivitis is often caused by inadequate oral hygiene. Gingivitis is reversible with professional treatment and good oral home care. Factors that may contribute to gingivitis include, diabetes, smoking, aging, genetic predisposition, systemic diseases and conditions, stress, inadequate nutrition, puberty, hormonal fluctuations, pregnancy, substance abuse, HIV infection, and certain medication use."



- **Hormonal changes**, such as those occurring during [pregnancy](#), [puberty](#), menopause, and monthly [menstruation](#), make gums more sensitive, which makes it easier for gingivitis to develop.
- **Illnesses** may affect the condition of your gums. This includes diseases such as [cancer](#) or [HIV](#) that interfere with the immune system. Because [diabetes](#) affects the body's ability to use blood sugar, patients with this disease are at higher risk of developing infections, including periodontal disease and cavities.
- **Medications** can affect [oral health](#), because some lessen the flow of saliva, which has a protective effect on teeth and gums. Some drugs, such as the anticonvulsant medication [Dilantin](#) and the anti-angina drug [Procardia](#) and [Adalat](#), can cause abnormal growth of gum tissue.
- **Bad habits** such as [smoking](#) make it harder for gum tissue to repair itself.
- **Poor oral hygiene habits** such as not brushing and flossing on a daily basis, make it easier for gingivitis to develop.
- **Family history of dental disease** can be a contributing factor for the development of gingivitis.

If you have symptoms such as bleeding gums, call Dr. Dooley and set up an appointment today. Gum disease progression doesn't stop with the mouth, it can affect the body's major systems.

