



# Gordley Gazette



Produced for the Patients of Dr. David Gordley

Winter 2009

## fromthedentist

### We're Here For You!

#### Keep smiling

I hope that this newsletter finds each of you well. I know that several families in the practice have recently felt the pain of a weak economy, and my family continues to pray for them as well as our country. It seems that in these times we find ourselves cutting back on spending and increasing our savings "just in case." I know that from talking to many of you that we share these thoughts.

However, I want to encourage those of you who have dental needs not to delay your treatment and to keep up with your appointments. This is your best bet during these times as it gives us a chance to treat things while they are smaller and less expensive. As you know, a cavity left unchecked only results in more expensive treatment requiring more time in the dental chair.

The oral care of you and your family is a necessity, not a luxury. We will do everything we can to provide a way for you to obtain your necessary treatment through scheduling and payment options. We understand that times are hard, if there is anything we can do to help you achieve your dental needs please let us know!

*Yours for excellence in care,*

*Dr. David L. Gordley*

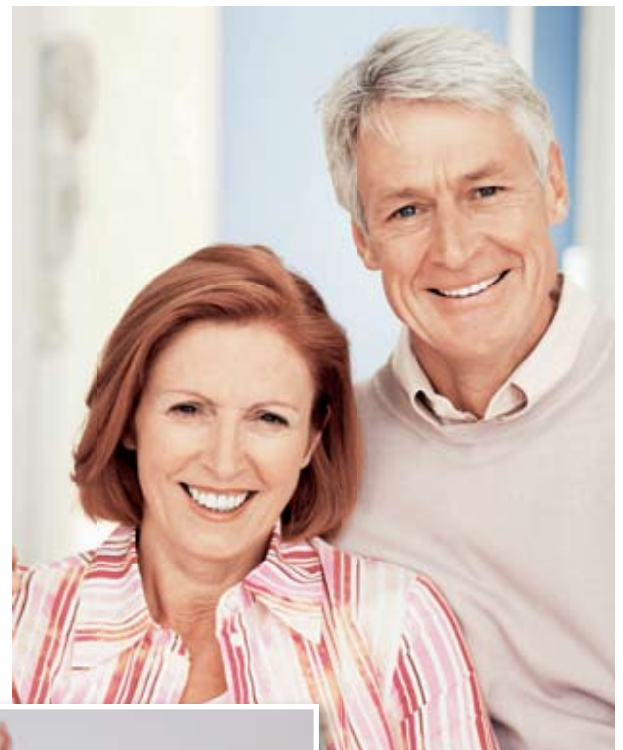
## Don't Tell! They Won't Know!

### Mini dental implants

Who wouldn't want to look better, speak better, eat better ... and smile more? Mini Dental Implants are now the first choice for many people who need to replace missing teeth or stabilize dentures.

Mini Dental Implants are FDA approved and the procedure can be performed right here in the office with only a mild anesthetic. Very strong metal implants, that are similar in diameter to a toothpick and look and act like the roots of teeth, are placed in the jaw. By modifying the patient's denture so that it can snap onto the implants tightly and reliably, many patients are able to speak and eat with confidence - for the first time in a long time.

As long-lasting as the results are, placing Mini Dental Implants takes only about an hour. Because the procedure is minimally invasive, and the implants are tiny, there is no healing period after placement and no stitches are required. The denture can be snapped in immediately. In fact,



Overdenture anchored to a dental implant

most patients are able to eat a light meal within only an hour or so after having the mini implants placed.

An additional welcome benefit to patients is the ease of home hygiene care. With a little practice, the denture is easy to remove and replace.

With Mini Dental Implants, your friends won't know how you're looking so good - but you'll feel so great you might just want to tell them!

Please visit our website at [www.srsmiles.com](http://www.srsmiles.com).

## 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...

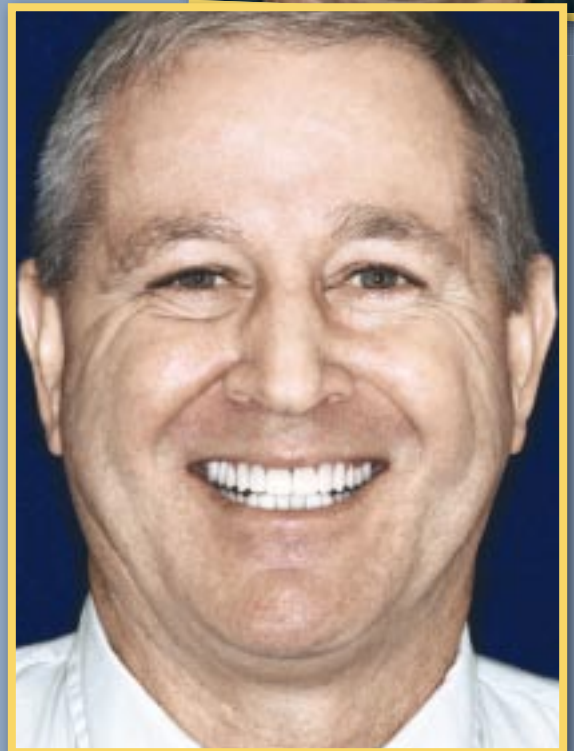
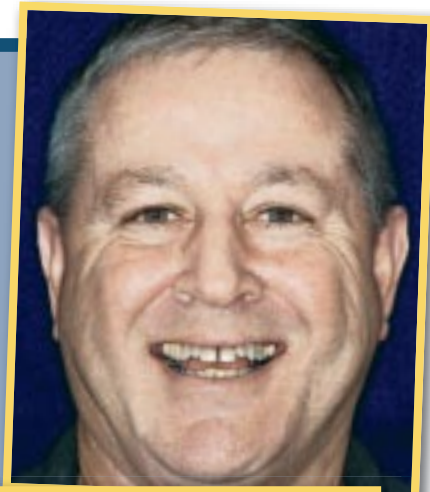
**Gingivitis:** Although healthy intact gums or gingivae act as a protective barrier against destructive bacteria, once damaged, they lose their effectiveness. Initially you might be symptom-free or experience mild symptoms of infection such as redness, swelling, and slight bleeding during brushing.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

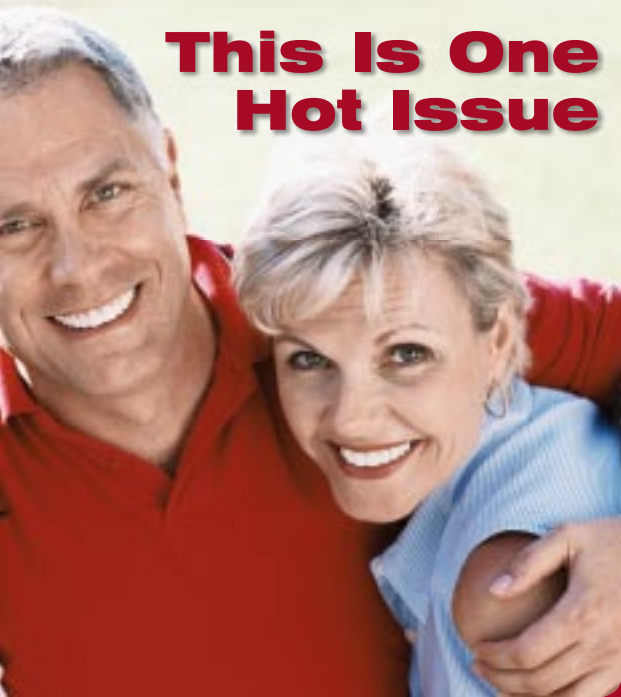
### There are known risk factors for periodontal disease...

- **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.



## Still On Top ... Admired By Professionals Regionally

Please join our entire team in congratulating *Dr. Gordley*. He has just been named a regional top dentist for the third year in a row. This honor has been published in Pittsburgh Magazine. Area specialists along with fellow general and cosmetic dentists are asked annually to vote for the areas best dentists based on several criteria. Their votes of confidence are a testament to Dr. Gordley working tirelessly to ensure that his patients are receiving the most exemplary care available today. Each year he acquires well over the states required time in continuing education courses to stay abreast of the latest techniques. His most recent courses have been on advanced Invisalign techniques and restorative implantology, including the new mini implants which allow patients an affordable option to secure their dentures. Dr. Gordley is known for giving back to the community through annual oral health care lectures at local elementary schools, and founding Slippery Rock's youth wrestling program where he served as head coach for three years. Internationally, he has completed three mission trips serving the poor in the countries of Haiti, the Dominican Republic, and most recently an orphanage in the Honduras. We hope that you are as proud as we are to call him our family dentist.

### office information

**Dr. David Gordley**  
211 Grove City Road  
Slippery Rock, PA 16057-1125

#### Office Hours

Monday 8:00 am – 5:00 pm  
Tuesday 8:00 am – 5:00 pm  
Wednesday 8:00 am – 5:00 pm  
Thursday 12:00 pm – 7:00 pm  
*Fall and Winter one Saturday per month*

#### Contact Information

Office (724) 794-2000  
Fax (724) 794-4546  
Emergency (724) 421-5079  
Email office@srsmls.com  
Web site www.srsmls.com

#### Office Staff

Abbey, Monica.....Dental Hygienists  
Janie.....Office Manager  
Jill.....Dental Assistant

CareCredit



### Gentle Hygienist With a heart!

Please welcome our newest addition to the practice, dental hygienist Abbey Wood. Abbey completed her Bachelor's degree in dental hygiene at The University of Pittsburgh. She has served on several mission trips to the Dominican Republic and speaks Spanish fluently. When Abbey isn't busy cleaning teeth she is also a Zumba aerobics instructor. We are excited to have her as a new part of our team.



### The Safety Factor?

It's been over 100 years since the "birth" of the dental x-ray, a major tool in the practice of dentistry. X-rays show us the condition of your teeth, their roots, jaw placement, and the overall composition and health of your facial bones. They reveal abscesses and abnormal growths such as cysts or tumors, and help us locate exactly impacted teeth, and pinpoint the location of cavities. They can also determine the presence and extent of periodontal disease.

Occasionally, patients raise concerns over the safety of x-rays. Dental radiograph units emit an extremely low-level radiation, very similar to the normal background radiation we all get from the sun, the earth's crust ... even the air we breathe!

### Dental x-rays

