

INSTITUTE FOR BIOLOGICAL DENTISTRY
Dental Discoveries & Solutions



The Future Of Dentistry, Delivered Today.

THE TRUE COST OF A CAVITY

New data shows that, over a person's lifetime, a single, initial cavity has serious economic consequences. That's the conclusion of a new report published by the Data and Analysis Center (DAC), the nations largest dental health data warehouse. The report states that the average cost to maintain a restored cavity in the molar of a 10-year old surpasses \$2,000 by the time he or she reaches age 79. If the person has several cavities, the cost explodes accordingly.



There are currently no permanent restorative materials available to treat cavities, so the lifetime cost of maintaining teeth that have been treated for decay could far outpace any out-of-pocket costs you might spend to prevent decay in the first place.

Here at *IBD*, we work hard to educate our patients on the potential cost to missing routine cleanings and check ups. The investment in preventive care is a bargain compared with the ongoing cost of restoration.

This analysis of over 77,000,000 dental claims, clearly shows that the cost to maintain one restoration ranges between \$1,700.00 and \$2,000.00 depending on the location of the tooth within the mouth. More than one restoration over a lifetime is well above the cost of preventive care. This is because fillings wear out over time and have to be replaced. In some cases failed fillings have to be replaced with crowns, which are more expensive. Some dentists may also recommend Root Canal Therapy for failed fillings, although this would not be the case at *IBD*. Call us at 410-964-3118 to learn our position on Root Canal Therapy.

In our ongoing effort to educate our patients as to the optimum dental treatments and potential consequences of not receiving treatment, we are launching a program beginning December 1, 2004 as an incentive and to underscore the need for preventive care. Use the coupon at the bottom of this page to save \$25.00 off your next cleaning, exam and x-rays.



The Gift Of A Healthy Mouth

Use this certificate toward your next cleaning, exam and x-rays

\$25.00 Off

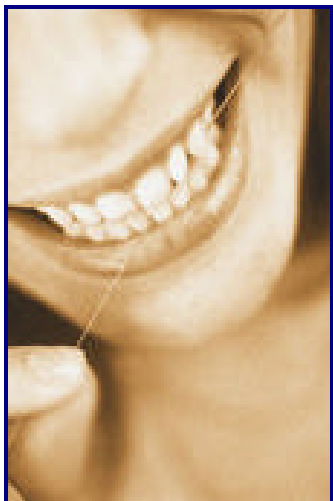
Offer Exp: 1/30/05

How Poor Oral Health Promotes Systemic Diseases

“Disease cannot affect any one part of the body without having effects on the rest of the body”

Although oral health is often considered a distinct specialty that is separate from the body as a whole, the health of the oral cavity can have wide-reaching effects on overall health. Poor oral health may occur concurrently with a more serious underlying disease process or may predispose an individual to other health conditions.

The mouth is colonized by hundreds of different bacterial species that inhabit dental plaque. Bacteria beneath the gums, or gingiva, have been reported to be involved in numerous systemic diseases.



A clean mouth contains several hundred billion bacteria, and this number increases tenfold when the mouth is not sufficiently cleaned. Using saliva and gingival fluid as

their main nutrients, bacteria inhabit tooth surfaces, gingival crevices, saliva, the tongue, and the oral mucosa, threatening oral and systemic health. Oral health care, primarily mouth cleaning, is an important component of a healthy lifestyle.

Dental decay occurs when the plaque bacteria on the tooth surface produce acid following the consumption of carbohydrates. These acids cause demineralization of the tooth. Between meals, saliva normally replenishes the tooth minerals. When fermentable carbohydrate foods are eaten frequently, acidic saliva is sustained for a period of time, resulting in a net loss of mineral from the tooth and possible cavity formation.

Periodontal infections, a result of bacterial discharge of various compounds leave the gums inflamed and bleeding. It can also cause loss of periodontal tissue, the formation of pockets around the teeth, and loosening and loss of teeth. This disease can often remain painless until it's later stages, when abscesses, bleeding gums, and bad breath may occur. Additionally, periodontitis has been known to predispose people to diabetes, insulin resistance, respiratory diseases, rheumatoid arthritis, obesity, osteoporosis, complications during pregnancy, and cardiovascular diseases such as arteriosclerosis, heart attack, congestive heart failure, and coronary artery disease. Good oral health is an important component of overall health and well-being. When oral health is compromised, as in conditions such as periodonti-

tis, consequences may reach far beyond the oral cavity. Thus, protecting oral health is critical to maintaining overall health. Conventional treatment for periodontitis may not always be enough to maintain optimal oral health. Nutritional therapeutics may be useful adjuncts in improving healing, reducing inflammation, and strengthening the body's immune system. Call the *IBD* office today at 410-964-3118 to receive this entire report or you can visit our website at www.ibdental.net to download it free. This article was published by Dr. Nelson Wood, DMD, Dse, MS for Life Extension Magazine. November 2004 Issue.



Oral infections may not only contribute to serious illnesses, but possibly be life threatening as well.

Xylitol ...

The Cavity Fighting Sugar Substitute

What is Xylitol?

Pure xylitol is a white crystalline substance that looks and tastes like sugar. On food labels, xylitol is classified broadly as a carbohydrate. Because xylitol is only slowly absorbed and partially utilized, a reduced calorie claim is allowed: 2.4 calories per gram or 40% less than other carbohydrates.

Xylitol has been used in foods since the 1960's. It is a popular sweetener for the diabetic diet in some countries. In the U.S., xylitol is approved as a food additive in unlimited quantity for foods with special dietary purposes.

Over 25 years of testing in widely different conditions confirm that xylitol is the best sweetener for teeth. Xylitol use **reduces tooth decay rates** both in high-risk groups (high caries prevalence, poor nutrition, and poor oral hygiene) and in low risk groups (low caries incidence using all current prevention recommendations). Sugarfree chewing gums and candies made with xylitol as the principal sweetener have already received official endorsements from six national dental associations.

Why Use Xylitol?

Effective

Studies using xylitol as either a sugar substitute or a small dietary addition have demonstrated **a dramatic reduction in new tooth decay**, along with some reversal of existing dental caries. Xylitol provides additional protection that enhances all existing prevention methods. This xylitol effect is long-lasting and possibly permanent. Low decay rates persist even years after the trials have been completed.

Natural

Our bodies produce up to 15 grams of xylitol from other food sources using established energy pathways. Xylitol is not a strange or artificial substance, but a normal part of everyday metabolism.

Xylitol is widely distributed throughout nature in small amounts. Some of the best sources are fruits, berries, mushrooms, lettuce, and corn cobs. One cup of raspberries contains less than one gram of xylitol. Chewing is a natural process and chewing gums provide some exercise lacking in a refined diet. If chewing is uncomfortable, xylitol mints or candies can also stimulate saliva, the natural tooth protector.

How much?

Studies show that 4 to 12 grams of xylitol per day are very effective. It's easy to keep track of your xylitol intake. The "all xylitol" mints and gums contain about one gram of xylitol in each piece. You could begin with as little as one piece four times a day for a total of four grams. It is not necessary to use more than 15 grams per day as higher intakes yield diminishing dental benefits.

How often?

If used only occasionally or even as often as once a day, xylitol may NOT be effective, regardless of the amount. Use xylitol at least three, and preferably 5 times every day.

Timing

Use immediately after eating and clearing the mouth by swishing water, if possible. Between meals, replace ordinary chewing gum, breath mints, or breath spray with comparable xylitol products.

Regular use of Xylitol can ...

- ? **Reduce cavities by up to 80%**
- ? **Inhibit the ability of cavity-causing, plaque-forming bacteria to stick to teeth**
- ? **Reverse early cavity formation**
- ? **Reduce gum tissue inflammation**
- ? **Reduce ear infections by up to 40%**
- ? **Minimize tooth scarring and puffy gums that can occur during orthodontic treatment**

How does Xylitol fight cavities? Xylitol products enhance dental health by creating an unwelcome environment for bacteria. Bacteria lose their ability to stick to teeth in a Xylitol-rich environment. As a result, there is less bacterial colonization and therefore, a reduction in plaque build-up and tooth decay.

Call the office or check our website at www.ibdental.net to find out how you can purchase Xylitol Gum, Mints, Toothpaste and Oral Rinse by Spry, the all natural Dental Defense System.



Give Yourself The Gift Of A Healthy Mouth... Have Your "Silver" Mercury Amalgam Fillings Removed



By now, you have no doubt heard of the dangers that Amalgam or "Silver" fillings pose to humans. Here at the Institute for Biological Dentistry, we see patients every day wanting to have these

mercury fillings removed so that they can rid themselves of this dangerous toxin and begin to feel better. We're proud to be chosen to perform this procedure and feel that we have the best technology and protocols in place to do this safely. It isn't enough to have your amalgam fillings removed, it must be done in a way that is safe for you and the dental team.

It is difficult to prove the damaging effects of long-term, low-level exposure to a toxin. It took many decades and millions of lost lives to prove that cigarette smoke, lead, and asbestos were harmful to humans. Scientific evidence has been accumulating for many years, now showing that low-level mercury poisoning may be more damaging than any of these toxins. One of the most damaging effects of low-level mercury poisoning is suppression of the immune system. Some studies have

shown mercury leaching from your fillings could be implicated in almost every illness, both major and minor, including cancer and chronic fatigue syndrome. Some experts believe that up to 90% of Americans are adversely affected by mercury poisoning.



So, give yourself the gift of a healthier mouth. If you or your loved ones have Mercury Amalgam fillings, call the office today and take the first step toward a healthier mouth and a healthier body. Make your appointment before January 15th and we'll give you a gift certificate valued at **\$50.00** which you can use toward the treatment. You may also visit our website at www.ibdental.net to request a free copy of the full report entitled "How to Avoid the Dangers of Having Your "Silver" Mercury Fillings Removed Safely"

Call today, you'll be glad you did.



The Future Of Dentistry, Delivered Today

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We're On The Web:
www.ibdental.net or in1visit.com

Pricing for Spry Products

Although the Spry site says spearmint, peppermint and cinnamon, we also have Strawberry, Berry and Fresh Fruit in the gum and Lemon in the mints. We only have the 100 and 240 piece bottles on hand in the office.

Spry Chewing Gum comes in Spearmint, Peppermint and Cinnamon Flavors. Put the power of xylitol to work for you, and keep your mouth refreshed!

Spry Sugarfree Mints are a refreshing peppermint flavor so they will cool your mouth, leave your breath fresh AND promote healthy teeth! Spry Mints come in a 240 piece bottle. Keep them in a desk drawer, glove compartment or kitchen pantry!

Spry Coolmint Toothpaste with Xylitol is a simple, refreshing way to reduce your risk of cavities. Brush twice a day with Spry toothpaste and make your mouth happy!

Spry Coolmint Oral Rinse refreshes your mouth, and fights the growth of cavities. Rinse twice a day as part of your cavity-preventing xylitol protocol! *Note: Available in 2 Coolmint varieties: Clear and Blue (Blue contains small amount of artificial coloring.)*

IBD PRICING

Gum: 100 piece bottles: \$8.25 (Cinnamon, Peppermint, Spearmint, Berry, Strawberry and Fresh Fruit)

Mints: 240 piece bottles: \$8.95 (we also have the mints in Lemon flavor)

Oral Rinse: Cool Mint: \$5.00

Toothpaste: \$4.00