

The Dental *Examiner*

Oral Health Care Professionals, LLC

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Dr. Jackson Goes Back to Kindergarten!



Dr. Jackson reading to the Lester Elementary School Kindergarten Class.

Last November Dr. Jackson was asked by one of his kindergarten patients to do something very fun! She was hoping he could come visit her class at Lester Elementary School as a guest reader for the school's "Rise & Shine Storytime" program! She also mentioned that if Dr. Jackson couldn't make it, then he could ask The Tooth Fairy to come in his place because he knows her. Well, of course he said yes (maybe next time Tooth Fairy!), and I was lucky enough to be able to tag along for the fun! We arrived and were warmly greeted by everyone at the school. Even several parents had come into the class to listen that day! Dr. Jackson sat down, read several dental related children's books to the class, and answered questions from the students about what it's like to be a dentist. Everyone had a TON of fun, but I think it was Dr. Jackson who had the most! If you'd like to view a video of the event, head on over to our YouTube Page and take a look! You can find a link to the page on our office homepage or simply visit <https://www.youtube.com/user/EJacksonDDS>

News Bites with Laura

Studies show that swishing with fluoride rinse can help against cavities, less plaque & tartar, stronger enamel & fewer germs. Fluoride rinses are now available with no alcohol which is great for children & adults with dry mouth issues.

Tooth Fairy Day

saturday, may 21, 2016

FREE EVENT FOR THE WHOLE FAMILY

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Oral Hygiene During Orthodontic Treatment

By: Eric G. Jackson, DDS, MAGD, FICOI, FADI

It is quite a blessing that orthodontic treatment (aka braces) has become such a commonplace practice in today's society. It wasn't too long ago that a "brace-face" was outside the norm and out of reach for most patients. While learning about the growth and evolution of orthodontics in a public health setting is both vital and fascinating (trust me...it is!), it's not the focus of this article. Instead, I'd like to discuss a related topic...poor oral hygiene in orthodontic patients. Teeth are tough enough to keep clean, but when brackets, wires, and bands are adhered to the teeth for years at a time, the task at hand becomes quite a bit more challenging! Unfortunately my hygiene team and I often see a decline in oral health when orthodontic treatment is started. Yes, this is more prevalent in children and teens, but don't fool yourselves...we see it in adult patients as well! But don't fret, this doesn't have to be the case! By the end of this article you'll certainly be prepared to tackle oral hygiene during orthodontic treatment.

First, let's discuss some of the consequences of poor oral hygiene during orthodontic treatment. These consequences really aren't much different than when a patient ISN'T wearing braces. The difference falls on the amount of effort it takes to maintain a clean mouth with low bacterial levels. What kinds of bad things can happen?

The first thing that probably comes to your head is CAVITIES...and you're correct! While there are countless scientific studies that demonstrate an increase of cavities related to poor oral hygiene, I think it's safe to say we can skip the research and declare that this relationship has become common

knowledge in most modern households. Cleaning braces is a tough job! All the orthodontic "hardware" that is installed in your mouth has a lot of nooks & crannies to clean. Insufficient hygiene leaves bacteria on the teeth and bacteria is the enemy! They cause the vast majority of dental issues across all age groups...including cavities. More bacteria = more cavities. What else can poor oral hygiene during orthodontic treatment cause? Cosmetic concerns! Bacteria tend to build up around orthodontic brackets and needs to be removed. If it isn't, the acid produced by the bacteria will breakdown the enamel underneath, resulting in an unsightly chalky white "box" outlining the bracket. This process does not happen overnight, but

should not be underestimated! Typically these white boxes won't be very noticeable until AFTER the braces are removed. Don't waste all the time, effort, and money spent on achieving an attractive straight teeth only to yield a result like the one pictured here!

So far, both the consequences have involved the teeth...but what about the gums! Poor oral hygiene during orthodontic treatment, especially in adult orthodontic patients, can absolutely wreak havoc on the gums. For reasons outside the realm of this article, pediatric and adolescent patients do not typically experience permanent damage caused by such gum disease but adult patients certainly do! Adult orthodontic patients need to be especially careful not to allow poor oral hygiene to create, or advance, gum disease in their mouths. Gum disease (aka Periodontal Disease) is an irreversible loss of gum and bone around the teeth due and is a malady afflicting millions of Americans. An additional note, there are a variety of additional negative consequences of poor oral hygiene during orthodontic treatment besides the major categories discussed here. Keeping your mouth as clean as possible during orthodontic treatment minimizes the chance of ANY negative consequence from rearing its ugly head and is essential to keeping your teeth and gums healthy.

"So what should I be doing to keep my mouth clean and healthy

during braces?" The answer I give isn't really much different than the answer I give to those who ask it without braces: Do everything you can to remove as much bacteria as possible! Orthodontic patients just have to work a bit harder than non-orthodontic patients. How so? Let's split up that discussion into two parts: 1) Inside the dental office (aka

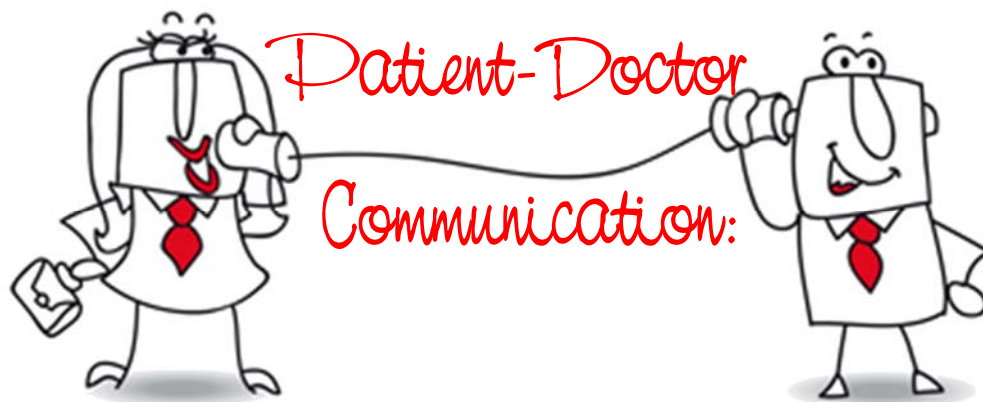


dental hygiene appointments) 2) Outside the dental office.

Inside the dental office (aka dental hygiene appointments)

We just finished the holiday season and started a new year. Quick...name a place and profession that's SUPER BUSY right now...yep! The personal trainers and your local fitness center/gym! The holidays are over and the pounds have been packed on. Lots of people are looking for a professional trainer to help them get back into shape! Well, think of your dental hygienist as your dental trainer! Say Johnny Doe starts orthodontic treatment. During the beginning of treatment he tries his best to keep top-notch oral hygiene but at his next dental hygiene appointment his gums are swollen, bleeding, and bacteria/plaque is very high. He

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Much More Important Than You Think

By: Tammie P. MacMullen, BSB, MHA

As I sat with my family doctor discussing my ailments, a sensation of relief washed over me, replacing the feeling of desperation and terror I had built up in my mind the weeks prior to my visit with Dr. A. Like that child running to his mother, from whatever pain had taken over his emotions placing him in an inconsolable state of mind, in hopes of finding relief and comfort in her arms, I poured out every detail of the last few weeks of my life to Dr. A. Dr. A quietly listened to me ramble on over so many particulars, of which I am sure 90% were irrelevant to my diagnosis but I felt somehow they would give her a clue as to my rare incurable disease she was about to diagnosis me with at that very moment.

After it was all said and done, it turns out my allergies were out of control causing my asthma, which had been controlled for over ten years, to jump start once again and tailspin my thoughts into my ultimate demise, at least as it was in my mind. On my drive home, I was rather embarrassed by my thoughts and how they caused me to behave. I should know better. I am in the healthcare field and I see our team help people off that ledge pain places us on, when we don't feel well, all the time. How did I become that drowning swimmer whaling my arms about desperately searching for solid ground? How come I wasn't able to use my skills to talk myself down to a rational place again? Than it hit me, I was the patient! I was on the other side of the fence this time.

I began to review my visit with Dr. A and how she was able to make me feel so relieved after my appointment and feel as if she saved my life. Communication. The answer is communication. Dr. A listened to me, she allowed me to vent, she properly diagnosed my ailments, explained it to me in a way I could understand and gave me the relief I so desperately chased after for the last few weeks. Good communication allowed me to give Dr. A the tools she needed in order help me. In the words of Jerry McGuire, "Help me help you!"

After this diabolic, the topic of Patient/Doctor Communication sparked my interest and I did some research. It turns out that Patient/Doctor Communication is vital in the delivery of effective healthcare to patients. Good patient-doctor commu-

nication has the potential to help regulate patient's emotions, facilitate comprehension of medical information, and allow for better identification of patient's needs, perceptions, and expectations.¹ Patients reporting good communication with their doctor are more likely to be satisfied with their care and especially to share pertinent information for accurate diagnosis of their problems, follow advice and adhere to the prescribed treatment.¹

Good healthcare providers will listen to your concerns and help you navigate your healthcare and treatment. Everyone knows communication is a two-way street, so once you have found an excellent healthcare provider make sure you can communicate with them. Care options need to be collaborative between doctor and patient, taking into account patient expectation, outcome preferences, level of risk acceptance and any associated cost to maximize adherence and to assure the best outcome.¹ Never be embarrassed to ask your doctors questions. There are no stupid questions when it comes to your health. Remember you are asking because you don't know the answer. (And if you google it, WebMD will make you think you need to have your toes removed because of a toothache.) So effectively communicate with your healthcare providers; they are here to help you. Patients are the Kings and Queens of their healthcare and their healthcare providers are their best advisors.

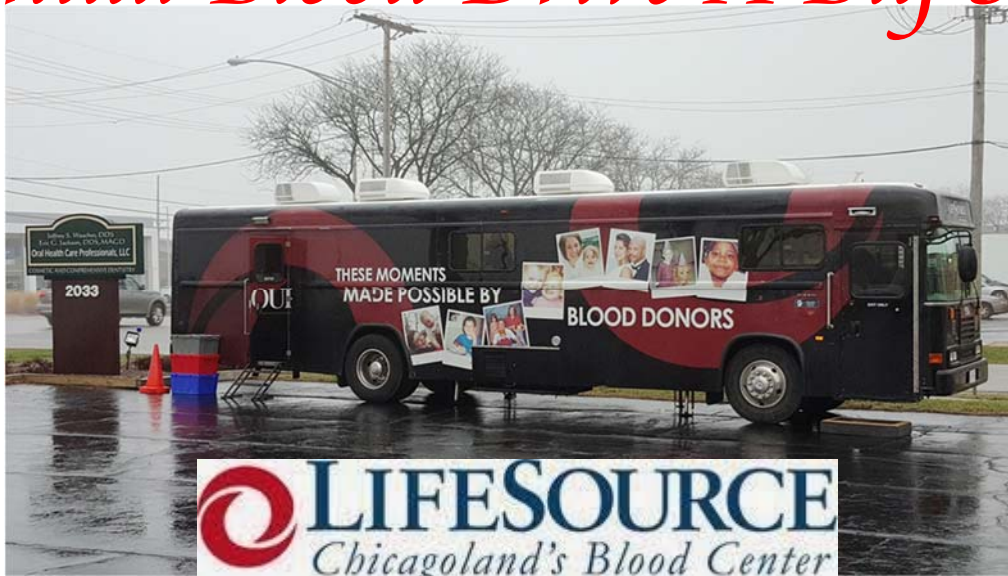
¹ Fong Ha, Jennifer, MBBS (Hons), Dip Surg Anat, and Nancy Longnecker, PhD. "Doctor-Patient Communication: A Review." *The Ochsner Journal* 10 (2010): 38-43. Web. 28 Jan. 2016

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1st Annual Blood Drive A Big Success!



On December 12th, Dr. Jackson hosted a blood drive at the office! Conducted by the fantastic technicians of LifeSource Blood Services, the drive was a definitely a rousing success! Fifteen units of whole blood as well as blood plasma were collected during the drive. A giant thank you to everyone who donated their blood that day! Everyone should be extremely proud. Blood donations usually decrease around the holidays so each donor really helped mitigate that loss. Remember that every pint of blood donated can save up to three lives! We also hope each donor enjoyed their two free movie tickets provided by local movie theater Hollywood Blvd. as well! There were some great movies out at that time and Hollywood Blvd. is always a lot of fun. Such a great example of local businesses not only supporting each other, but the health of the local community as well! We'll certainly announce the next time Dr. Jackson partners up with LifeSource so if we don't have your email address, feel free to send our front desk staff a quick email message and they'll add it to your patient file. Great job everyone!

Dr. Jackson at the Wheaton Public Library Pre-school & Community Resource Fair

In October, our Dr. Jackson was invited by the Wheaton Public Library to take part in their annual Preschool & Community Resource Fair. At the event Dr. Jackson was able to meet with local residents and speak to them about a wide range of dental topics with a focus on parenting and dental care of children under 5 years old. As usual, parents in attendance loved the idea of our office's Tooth Fairy Day as a fun method of acclimating preschool age children to dental visits. The Wheaton Public Library as well as Dr. Jackson are two members of the Wheaton/Warrenville Early Childhood Collaborative (WWECC), a nonprofit group of school districts and businesses in the local



area. Through the collaborative efforts of the group, members work closely together to improve the overall kindergarten readiness of local children. Dr. Jackson obviously places his focus on dental health, an essential part of healthy living. After all, without healthy teeth, how can a young child be expected to perform their best at home, preschool, or a kindergarten setting? Great job Dr. Jackson!

(Continued from Hygiene Ortho Treatment)

needs help from his dental trainer! In the same way that a person visits their trainer more regularly during post-holiday times of need, the dental patient should increase their visits per year during their orthodontic time of need. Copious amounts of data and opinion from orthodontists, general dentists, and dental hygienists support a reduced interval hygiene recall for orthodontic patients. Typically a dental hygiene visit every 3 or 4 months is successful at keeping the oral environment healthy in a braces patient doing their best at home. The additional visits not only allow for added professional cleanings but added examinations by both the hygienist and dentist...your professional dental trainers! By seeing orthodontic patients more often, the dental team can keep a closer eye on their dental health. Successes, failures, trouble spots, tips/tricks...all can be discussed before the negatives become too entrenched.

Outside the dental office (aka patient home care)

In addition to visiting your dental office more frequently, an orthodontic patient must do everything he/she can do to keep their mouth as clean as possible at home. After all, even with 4 visits to the dental office per year, there's still 361 days you're on your own! As I always say, good oral hygiene is based on three pillars: Brush, Floss, Rinse! First things first... let's talk toothbrushes. In my opinion, EVERYONE should be regularly using a rechargeable toothbrush like those made by Sonicare and Oral-B. This goes double for orthodontic patients. Countless studies confirm these types of toothbrushes are superior at plaque/bacteria removal compared to their manual counterparts. Next time you're in the office, ask your hygienist to show you the Sonicare demonstration model we have. The painless yet powerful action of the brush is amazing and the stark differences between a manual version will be hard to ignore. Second pillar: Floss. Flossing is the #1 most ignored oral health care technique across all patients I see. Orthodontic patients especially have a tendency to "skip" the flossing because it's, admittedly, just so time consuming to individually thread the floss to each site while navigating/avoiding the orthodontic hardware. Nothing is better than good ol' (and inexpensive) string floss...but if that's not your thing, there are alternatives. There are literally dozens of alternate options, each of which perform differently, so I'll suggest you ask your hygienist about what might work best for you. With that said, my current favorite string floss alternative is the Philips Sonicare AirFloss. Similar to a WaterPik (another fantastic string floss alternative) it uses water to clean in between the teeth, but the AirFloss has a few special features that put it at the top of my personal list. Either product is excellent, easy/quick to use, and will certainly help those orthodontic (and non-orthodontic) patients who don't pick up floss often. By the way, ever wonder if you should brush then floss....or should you floss then brush?? Check out the article I wrote several years ago that answers this very question! Visit our office newsletter archive on the website and select the 2014 1st Quarter edition. Finally the third pil-

lar: Rinse! Once the first two pillars have been completed, a healthy habit is to rinse with a plaque reducing mouthwash, preferably one that also contains fluoride. My favorite is the Listerine Total Care Zero. This product combines the bacteria killing power of Listerine with a more effective fluoride uptake than the well known ACT rinse, all without any alcohol in the product. It is a wonderful product and spending 60 seconds rinsing with it after brushing and flossing is a great idea. If you would like to read more about my philosophies regarding mouthwash and the benefits of Listerine Total Care Zero, again please visit my online newsletter archives, this time selecting the 1st Quarter 2013 edition.

It should go without saying that upon completion of orthodontics, patients should not take it as an opportunity to downshift their supercharged hygiene habits to average! Hopefully the skills developed during their orthodontic treatment will transcend their time in braces and become lifelong practices. One final word of advice: treat any permanent orthodontic retainer you receive upon completion of orthodontic treatment with the same vigilance you did when your whole mouth was full of brackets. These retainers work great but require extra effort just like the braces! We commonly see post-orthodontic patients slip back into "normal" or "average" hygiene habits that are good enough to keep most of their mouth healthy but are NOT good enough to maintain the areas around these retainers. As mentioned before, these devices are tough to clean and this can be a real problem over the long term. Be extra careful to keep these areas clean using the techniques mentioned.

Hopefully this article has shed a little more light on this important aspect of dentistry. If you would like to speak about oral hygiene during orthodontic treatment, or any other dental topic, please feel free to call the office and schedule a complimentary appointment with me. Email and Twitter are also available options for communication. I am extremely passionate about modern dentistry and love discussing it with patients, so don't hesitate to contact me.

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Twitter: [@EJacksonDDS](https://twitter.com/EJacksonDDS)

Direct link to past Dr. Jackson's past office newsletters:

www.OralHealthCareProfessionals.com



FLOSSWORD PUZZLE ANSWERS:
ACROSS: 2-Theater, 4-Ogden, 8-Richards, 10-South, 11-Mayor, 13-Maple, & 14-
Liste
DOWN: 1-Grove, 3-Romance, 5-North, 6-Fairview, 7-Pierce, 9-Samattan, 12-
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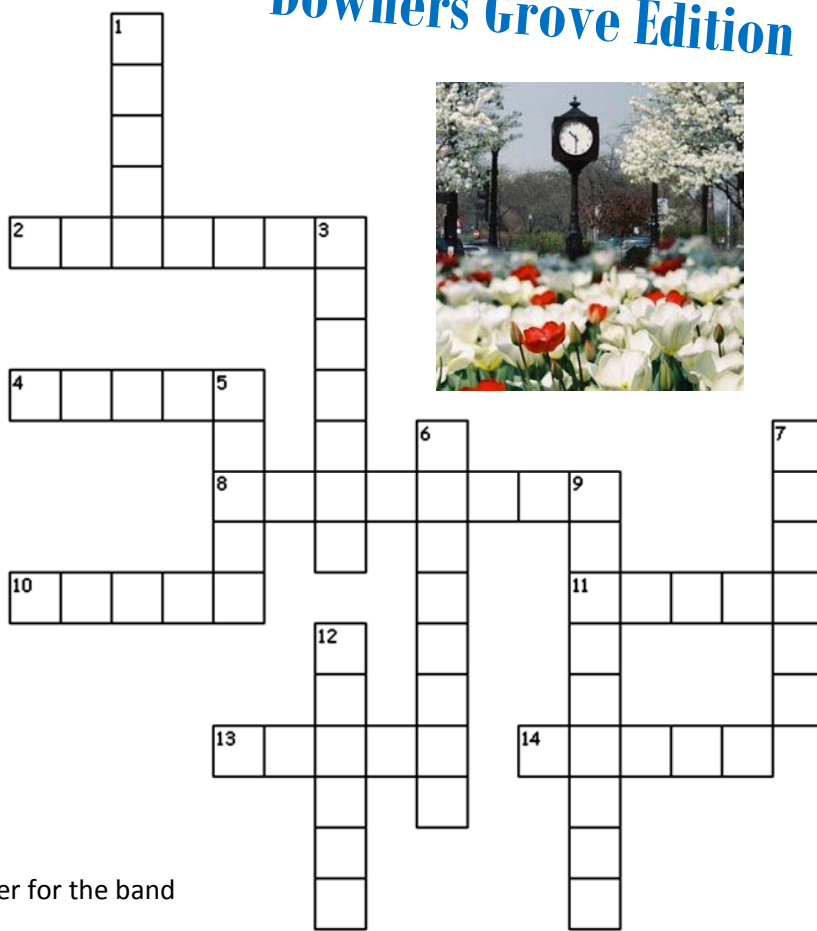
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Flossword Puzzle Downers Grove Edition



ACROSS

- 2. On Christmas Day 1928, the Tivoli _____ opened. Four thousand people waited in line!
- 4. Downers Grove's retail economy is largely supported by the local section of _____ Avenue.
- 8. Denise _____ is a famous actress/model from Downers Grove.
- 10. Downers Grove _____ High School
- 11. The current _____ of Downers Grove is Martin Tully.
- 13. Downers Grove has two forest preserves: Lyman Woods and _____ Grove Forest Preserve.
- 14. Downers Grove borders the communities of Oak Brook, Westmont, Darien, Lombard, Woodridge and _____.

DOWN

- 1. Downers _____ was founded in 1832.
- 3. Bob Bryar is from Downers Grove and a drummer for the band My Chemical _____.
- 5. Downers Grove _____ High School
- 6. The Metra Train has three stops in Downers Grove: Belmont Road, Main Street and _____ Avenue.
- 7. Downers Grove was founded by _____ Downer, a religious evangelist from Wampsville, New York.
- 9. In 2014, the top employer in Downers Grove was Advocate Good _____ Hospital with 2,700 employees.

12. Downers Grove is located in _____ County.

Answers: Bottom of page 5

Contact Us

Give us a call for more information about our service, ideas for our newsletter, questions, comments, concerns, or if you just want to talk dentistry. We love to hear from you!