

# SEEING IN THE MOUTH WITH SUPER-POWERED EYES

## Your Preventive Dental Visit is Taking on New Level of Importance

Have you noticed that when your physician looks in your mouth, he or she looks right past your lips to the back of your throat? Even if he scans your mouth, chances are he can't recognize the early signs of periodontal disease, caries disease (decay), oral cancer, or occlusal disease (wear, cracks, fractures, or tooth mobility). Your dentist, on the other hand, looks in your mouth with trained eyes and sees it all. Both your physician and your dentist, as is human nature, *see only what they expect to see!*

But what if we could look in your mouth with *super-powered eyes* and immediately see an array of *other* signs—signs of early systemic diseases/disorders such as diabetes, sleep apnea, heart disease, acid reflux, food sensitivities, fungal infections, drug/alcohol dependency, multiple drug interactions/side effects, vitamin deficiencies, cancer-causing viruses, or depression? The good news is, we can!

Oh, what the mouth can tell us about the body! By discovering early signs of systemic conditions, we can *predict* negative outcomes and help you *preempt* major disease—at every age.

Today the new patient exam begins under 1 year of age, because 2 is too late. Eight percent of 2-year-olds and 33% of 3-year-olds already have active decay, and many are well on their way toward a lifetime of obstructed breathing. The infant oral exam includes a significant dialogue with your child's caregivers, helping you understand up-to-date concepts on raising healthy children. For example, most don't know that caries is 100% preventable if we can prevent saliva transmission. So is childhood obesity if we can give you a few learnable food rules.

Child exams might now include a summary of growth and behavior change: home care skills/habits, posterior airway and lip closure analysis, diet/nutrition counsel, early signs of depression, and even a letter of information and/or advocacy to your child's physician.

An adult new patient visit should begin with a significant dialogue, which helps your dentist to learn your personal story of dental *and* medical history, current frustrations, imagined solutions, and what level of systemic health/oral health/function/esthetics you are personally seeking.

When you're finally examined, ask your dentist to help you recognize *all* that the head/face/mouth is telling you. We now have a plethora of advanced technologies to help—for example, salivary diagnostics. From a single drop of saliva, we can detect bacteria that travel to nest in blood vessels and vital organs, genetic biomarkers of periodontal disease and cardiovascular disease, acid output of the bugs that make cavities, underlying fungal infections, and HPV—the leading cause of oral cancer. We can also monitor pre-diabetes and diabetes from a single drop of blood in less than five minutes.

Make sure you don't miss a checkup ... your dental exam has never been more valuable.



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### Our Mission Is:

- *To treat each person with integrity, respect, and kindness.*
- *To help each person take a significant step toward his or her desired oral and systemic health.*
- *To serve as leaders in our community in the quest towards total-health promotion and the partnership between all health professionals.*

