

## Summer Newsletter

Aug 14, 2010

### In this Newsletter:

#### Invisalign Frequently Asked Questions

Invisalign can help you get the great smile you've always wanted because it's Invisible, so no one can tell you're straightening your teeth. So now you can smile more during treatment as well as after.



#### Q: What is Invisalign?

**A:** Invisalign is the invisible new way to straighten teeth without braces. Invisalign uses a series of clear, removable aligners to gradually straighten teeth, without metal or wires.

#### Q: Does Invisalign really work?

**A:** Yes. In both clinical research and in orthodontic and dental practices nationwide, Invisalign has been proven effective at straightening teeth.

#### Q: How does Invisalign work?

**A:** Invisalign uses 3-D computer imaging technology to depict the complete treatment plan from the initial position to the final desired position from which a series of custom-made Aligners are produced. Each Aligner moves teeth incrementally and is worn for about two weeks, then replaced by the next in the series until the final position is achieved.

#### Q: What are the primary benefits of Invisalign?

**A:** There are four primary benefits of Invisalign:

1. Invisalign is *nearly invisible* - you can straighten your teeth without anyone knowing.
2. Invisalign is *removable* - you can eat and drink what you want in

#### Side Note

**Work In Progress: 10 Benefits of Not Knowing It All**

**work in progress**

If you feel like you need to have all the answers, make the right decisions, and be the answer to everyone's problems, then you are putting a lot of pressure on yourself. Instead embrace your lack of knowledge and enjoy the following benefits of being...

(Full Article Below)

treatment; you can also brush and floss normally to maintain good oral hygiene.

3. Invisalign is *comfortable* - there are no metal brackets or wires to cause mouth irritation; no metal or wires also means you spend less time in the doctor's chair getting adjustments.

Invisalign *allows you to view your own virtual treatment plan before you start* - so you can see how your straight teeth will look when your treatment is complete.

**Q: What are Aligners made of?**

**A:** Aligners are made of clear, strong medical grade plastic that is virtually invisible when worn.

**Q: What do Aligners look like?**

**A:** Aligners are nearly invisible and look similar to clear tooth-whitening trays, but are custom-made for a better fit to move teeth. Some orthodontists and dentists have referred to them as contact lenses for teeth.

**Q: Is this a new way to straighten teeth? How old is the company?**

**A:** For years, orthodontists and dentists have used removable appliances for limited treatment. Today, with the application of computer technology, Invisalign treats a broader range of cases with greater precision.

**Q: How old is the company?**

**A:** Align Technology, Inc., the company that manufactures Invisalign, was founded in 1997.

**Q: How old is this technology?**

**A:** In 1945 Dr. H.D. Kesling envisioned that one day, modern technology would enable the use of a series of tooth positioners to produce the kinds of movements required for comprehensive orthodontic treatment. Align has made this vision a reality. Using advanced computer technology, Align generates

Invisalign, a series of customized appliances, called Aligners. Each Aligner is worn sequentially by the patient to produce extensive tooth movements in both upper and lower arches.

**Q: How many patients are being treated with Invisalign?**

**A:** Currently, doctors are treating more than 40,000 patients. The number grows daily.

**Q: Do doctors need special training in order to use Invisalign?**

**A:** While Invisalign can be used with virtually any treatment philosophy, specific training is needed. All orthodontists and dentists interested in treating patients with Invisalign must attend a workshop before cases will be accepted from their office.

**Q: How does Invisalign effectively move teeth?**

**A:** Like brackets and archwires, Invisalign Aligners move teeth through the appropriate placement of controlled force on the teeth. The principal difference is that Invisalign not only controls forces, but also controls the timing of the force application. At each stage, only certain teeth are allowed to move, and these movements are determined by the orthodontic treatment plan for that particular stage. This results in an efficient force delivery system.

**Q: Has the FDA cleared Invisalign?**

**A:** Yes, the FDA has reviewed our application and in August 1998 determined that Invisalign is exempt from 510(k) pre-market notification.

For more information, see  
[www.invisible.com](http://www.invisible.com)

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## **Mouth Protection During Sports**

Dental injuries are the most common type of injuries to the face, and 60% of facial injuries occur during sports practice. An athlete is 60 times more likely to suffer damage to the teeth when not wearing a mouth guard.



A mouth guard is a flexible piece of plastic that fits around the upper teeth and protects them from injury. In addition to protecting against direct damage to the teeth, by cushioning the lips and cheeks from the teeth or orthodontic appliances, a mouth guard helps prevent laceration and bruising. A mouth guard can also prevent serious injuries caused when the lower jaw is jammed into the upper jaw, including concussion, cerebral hemorrhage, jaw fractures and neck injuries.

There are several types of mouth guards. When choosing one, remember that a mouth guard should be flexible, comfortable, durable, odorless, tasteless, and easy to clean. A mouth guard should fit properly so that it protects your mouth, but does not interfere with breathing or speaking.

The least expensive mouth guard is a stock one sold in sporting goods stores. They come in small, medium, and large and are held in place by biting down. The disadvantage of these mouth guards is that the fit is not adjustable and may not protect your teeth as well as a more fitted model would. Holding these guards in place requires that you bite down, so they can interfere with speech and breathing.

The most commonly used type of mouth guard is also sold in sporting goods stores. They're called "boil and bite mouth guards," because they're softened in boiling water and then formed to fit your mouth. This type of mouth guard costs a little more than the stock types, but because it is formed around your teeth, it fits and protects your mouth better. However, it still may not cover all your teeth properly.

The best mouth guard for preventing injury is one that is custom made for you by your dentist. This type is a bit more expensive, but it is the most effective at protecting your mouth, face and head. Because it is custom fit to your teeth, it's also the most

comfortable to wear. When you consider that the cost of fixing one broken tooth is more expensive than having a mouth guard custom made, the value is obvious.

Whatever type of mouth guard you choose, you should wear it for any activity in which there is a chance of contact with other participants or hard surfaces. Mouth guards aren't just for football and hockey. If you or your child rides a bicycle, participates in gymnastics, volleyball, skateboarding, or any sport or activity in which a facial or dental injury might occur, a mouth guard is a necessity. Half of all dental injuries can be prevented, and a mouth guard is an important aid in protecting your teeth, face and mouth.

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## Oral Cancer – Causes and Symptoms

Worldwide, there are 350,000 to 400,000 new cases of oral cancer diagnosed each year. Even with today's medical and dental advances, this number hasn't improved significantly in years. Oral cancer is particularly dangerous for two reasons... 1) it is routinely discovered late in its development and 2) oral cancer patients have a 20 times higher risk of developing a second cancer even five to ten years after the first diagnosis.

Doctors can't explain why one person gets oral cancer and another doesn't, even when they have the same risk factors. The known risk factors include...

- Smoking and Tobacco Use - At least 75% of those diagnosed with oral cancer are tobacco users, including the so-called 'smokeless' tobacco.
- Alcohol - Heavy use of alcoholic beverages increases the risk of oral cancer.
- Smoking and Alcohol Use Combined - Those who smoke *and* drink heavily are 15 times more likely to develop oral cancer.
- Sunlight - Prolonged exposure to sunlight is a causative factor in lip and skin cancers.
- Diet - Studies have shown that a diet low in fruits and vegetables may put you more at risk for oral cancer, and other studies indicate that a diet high in fruits and vegetables may protect against many types of cancer.

The symptoms of oral cancer can be painless or mimic the appearance of other, non-dangerous oral symptoms. For instance, a cancer lesion can look much like a common canker sore. Because the dangerous tissue changes of oral cancer can look and feel like the benign tissue changes that occur

normally, it's important to have regular dental check-ups. Your dentist can see or feel many changes in your mouth that may not even be noticeable to you. Some symptoms that should trigger an alarm and a dental visit include...

- A color change in the mouth, including white, red, smooth, or discolored patches
- Ulcer or sore on lips or gums that doesn't heal
- Rough, crusty or eroded spot that doesn't heal
- A lump, mass, thickening inside the mouth or neck
- Bleeding in the mouth (Healthy gums don't bleed! This can also be a sign of gum disease.)
- Loose teeth
- Pain or difficulty in swallowing, speaking or chewing
- Pain or difficulty moving the jaws
- Wart like masses
- Hoarseness that doesn't go away
- Numbness in the oral/facial region
- Change in the way teeth fit together
- Difficulty wearing dentures
- Earache
- Any oral change or soreness that doesn't go away or heal within two weeks

While an infection, gum disease, and many other problems and conditions can cause these same reactions, it's still *very* important that you see your dentist right away if you experience any of them. If your dentist or doctor decides that an area is suspicious, s/he can perform a biopsy of the area. A biopsy isn't painful or time-consuming and is inexpensive. In the case of oral cancer, a quick, early diagnosis can mean the difference between life and death.

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## Thumb Sucking

By Stephanie Troiani

Is thumb sucking normal you ask? Thumb sucking is normal in babies and young children, a natural sucking instinct leads babies and even toddlers to suck their thumbs, fingers, hands, or even a pacifier. Thumb sucking can become a habit when babies and young children use it to comfort themselves when they are upset, hungry, afraid, or sleepy. Little by little it is also normal for most children to stop on their own by around age 3-6.

Prolonged thumb-sucking may cause a child to develop dental problems. Thumb-sucking can cause a child's teeth to become improperly aligned (malocclusion) or push the teeth outward, sometimes malforming the roof (upper palate) of the mouth. Malocclusion usually corrects itself when the child stops thumb-sucking. But the longer thumb-sucking continues, the more

likely it is that orthodontic treatment will be needed to correct any resulting dental problems.

Usually, treatment can be done at home and includes parents setting rules and providing distractions. It may be helpful to limit the times and places that your child is allowed to suck his or her thumb and to put away blankets or other items your child associates with thumb-sucking. Offering praise and rewards for not thumb-sucking may also help your child break the habit. As your child matures, usually around age 5, he or she may be able to take a more active role in treatment. Developing a reward system, such as putting stickers on a calendar or otherwise recording each day that your child does not suck his or her thumb. After an agreed-upon number of days, have a celebration for your child.

If you feel you have any questions about thumb sucking and breaking the habit-Dr.. Kilareski is ready to assist you and help you help yourself--Its easier than you might think so give the office a call and start breaking the habit today!

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## Work In Progress: 10 Benefits of Not Knowing It All

By Donna Doyon

If you feel like you need to have all the answers, make the right decisions, and be the answer to everyone's problems, then you are putting alot of pressure on yourself. Instead embrace your lack of knowledge and enjoy the following benefits of being a Work in Progress.

**work in  
progress**

1. You can relax and enjoy your life more if you don't expect yourself to have all the skills, knowledge, and wisdom to carry you forward into the future.
2. You can open your life to new opportunities and adventures.
3. You can be honest about what you've yet to learn, and appreciate what you already know.
4. You can actively seek out teachers and role models without worrying about what others will think.
5. You can stop defending or making excuses for your "bad" habits, while occasionally or always working to transform your behavior

into "good" habits.

6. You can see that each person around you is a "Work in Progress," too.

7. You can begin each day with a clean slate or sense of purpose.

8. You can see endless possibilities before you.

9. You can approach life with the enthusiasm and energy of a young child.

10. You can continually reinvent yourself based on present day circumstances, values, and opportunities.

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By Donna Doyon, author of GLOW: Renew Your Spirit and Release Your Inner Beauty. Please visit Donna's web site at <http://www.donnadoyon.com> for information on how you can say "goodbye" to self-defeating attitudes and behaviors and "hello" to a more successful, balanced, and joy-filled life!

Contact:

Email: [info@poconoorthodontics.com](mailto:info@poconoorthodontics.com)

Tel: (570) 421-0383

Website: <http://www.poconoorthodontics.com>