

# Our Smile Point Program

About six months ago we initiated what we hope is an unusual and fun way to thank each and everyone of you who have been kind enough to refer your families and friends.

Our **Smile Point Program** provides you with *50 Smile Points* for each and every new patient you refer to our practice. You can either use these points immediately and choose from our catalog of gifts or accumulate them for future redemption.

We wanted to make this program even more attractive and have therefore decided to provide you with a *Complimentary 6 Month Prophylaxis and Examination* for 100 Smile Points.

If you have any questions please give us a call 516 741-1230.



*Periodontal Disease  
and  
Your Oral Health!*

Your Latest Issue of The Handz of Ganz



## A Bit of Humor

Two Canadian guys, Mike and Rob were on the roof, laying tile, when a sudden gust of wind came and knocked down their ladder.

“I have an idea,” said Mike. “We’ll throw you down, and then you can pick up the ladder.”

“What, do you think I’m stupid? I have an idea. I’ll shine my flashlight, and you can climb down on the beam of light.”

“What, do you think I’m stupid? You’ll just turn off the flashlight when I’m halfway there.”



# The Handz of Ganz

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## From Dr. Ganz

Welcome back! Hopefully the summer was a good time for everyone to enjoy the beautiful weather and to spend quality time with family and friends. In this issue of *The Handz of Ganz* I wanted to spend a moment discussing the role that your oral health plays in your general health. More and more evidence is being presented that confirms our feelings that the state of your oral health directly relates to the state of your general well being. Sounds surprising then please read on.....

## We're More Than Just Teeth



### Heart Attack and Gum Disease

CHICAGO – May 19, 2005 – Researchers have found evidence that the amount of bacteria in subgingival plaques, the deep plaques in periodontal pockets and around the teeth, may contribute to an individual's risk of a heart attack, according to two studies appearing in the *Journal of Periodontology*. These studies further researchers' understanding that periodontal bacteria may increase the risk for heart disease. "It is like setting up a garbage dump on the edge of a river. You wouldn't be surprised if the lake downstream ended up polluted with the garbage from the dump," said [Vincent J Iacono](#), DMD and president of the American Academy of Periodontology. "A patient's bloodstream acts very much like the river in this analogy, in that it carries the bacteria from the periodontal plaques, possibly 'polluting' the arteries of the heart with periodontal bacteria, causing inflammation of the arteries which may lead to a heart attack. This potential effect of periodontal bacteria further supports the need for periodic deep cleanings to enhance overall health and well-being."



### Periodontal Disease Tied to Pneumonia

University at Buffalo researchers discovered that nine of 13 pathogens collected from the lungs of nursing home patients with pneumonia were genetically identical to pathogens retrieved from the dental plaque.

"This is the first study to establish unequivocally a link between dental hygiene and respiratory infection," said Ali A. El-Solh, M.D., associate professor of medicine at UB School of Medicine and Biomedical Sciences and lead author of this study. Although more research is needed to determine the appropriate interventions, improved oral health regimens may help patients from contracting pneumonia.



### Periodontal Disease and Diabetes

People with diabetes are more likely to have periodontal disease than people without diabetes, probably because diabetics are more susceptible to contracting infections. In fact, periodontal disease is often considered the sixth complication of diabetes. Those people who don't have their diabetes under control are especially at risk.

A study in the November issue of the *Journal of Periodontology* found that poorly controlled type 2 diabetic patients are more likely to develop periodontal disease than well-controlled diabetics are. Research has emerged that suggests that the relationship between periodontal disease and diabetes goes both ways - periodontal disease may make it more difficult for people who have diabetes to control their blood sugar.

Severe periodontal disease can increase blood sugar, contributing to increased periods of time when the body functions with a high blood sugar. This puts diabetics at increased risk for diabetic complications. Thus, diabetics who have periodontal disease should be treated to eliminate the periodontal infection. This recommendation is supported by a study reported in the *Journal of Periodontology* in 1997 involving 113 Pima Indians with both diabetes and periodontal disease. The study found that when their periodontal infections were treated, the management of their diabetes markedly improved.

**We welcome the referral of your families, friends and business associates.**  
**Please ask them to mention your name when they call.**

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