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New Diode Dental Laser

We now have a diode laser at Lake Dental. Having used one for years in downtown Vancouver it is a great pleasure to be able to have such a useful tool again.

The laser has many uses in a dental practice. One use is for germ reduction during root canal therapy. Much of the success in root canal treatment depends on how well the canals are cleaned and disinfected. The laser is a wonderful tool for achieving this. With new ultra fine filaments we are now able to get the laser impulses right down to the apex of the tooth thereby insuring more successful germ reduction. This translates into greater long term success of the root canal therapy. The laser is also very helpful when taking impressions for crowns as it can trough around the tooth making the impression more accurate. It's also used for stopping bleeding from gums during the same procedures.

The diode laser is also very helpful in soft tissue surgery like gingivectomies and especially for laser pocket disinfection. If you have some perio issues, like pockets, we can lightly pass the laser through the pocket area and disinfect the area thereby drastically reducing the harmful bacteria that are the cause of gum disease. This and many other laser procedures require no local anaesthesia.

Another really neat application is for treating apthous ulcers (canker sores) and herpes lesions (cold sores). If you feel a cold sore coming on, get in right away and with a few passes of the laser the cold sore disappears in a couple of days.

More Upgrades Coming - Stay Tuned

We are in the process of determining the next series of upgrades at Lake Dental. First on the list is digital radiography. This will allow us to better diagnose as it produces a clearer image than conventional radiography.

Also on the list is a computer upgrade to a chartless office where all of your records will be on the computer system including the X-rays, patient histories, charts and accounts.

We are also looking at intra-oral cameras which will allow us to show you whats going on in your mouth and also to communicate with insurance companies better.

A new extra-oral camera system is being evaluated also. This will enhance our diagnostic abilities and improve our communications with our labs.

Treating Gum Disease Helps Rheumatoid Arthritis Sufferers

Science Daily (May 29, 2009) - Here's one more reason to keep your teeth healthy. People, who suffer from gum disease and also have a severe form of rheumatoid arthritis, reduced their arthritic pain, number of swollen joints and the degree of morning stiffness when they cured their dental problems.

Researchers from the Case Western Reserve University School of Dental Medicine and University Hospitals of Cleveland reported on this new intervention for arthritis in the Journal of Periodontology. "It was exciting to find that if we eliminated the infection and inflammation in the gums, then patients with a severe kind of active rheumatoid arthritis reported improvement on the signs and symptoms of that disease," said Nabil Bissada, D.D.S., chair of the department of periodontics at the dental school. "It gives us a new intervention," adds Bissada. This is not the first time that gum disease and rheumatoid arthritis have been linked. According to another researcher in the study, Ali Askari, M.D., chair of the department of rheumatology at University Hospitals, "From way back, rheumatologists and other clinicians have been perplexed by the myth that gum disease may have a big role in causing systematic disease." He added that historically teeth were pulled or antibiotics given for treatment of rheumatoid arthritis, which actually treated the periodontitis. The patients got better. Askari and Bissada are part of a team of researchers that studied 40 patients with moderate to severe periodontal disease and a severe form of rheumatoid arthritis. The study results should prompt rheumatologists to encourage their patients to be aware of the link between periodontal disease and rheumatoid arthritis, says Askari. Bissada notes that gum disease tends to be prevalent in rheumatoid arthritis patients. Both inflammatory diseases share similarities in the progression of the disease over time. In both diseases, the soft and hard tissues are destroyed from inflammation caused by toxins from bacterial infection.

"I'm optimistic that someday the biologic agents that we use successfully in treatment of rheumatoid arthritis will lead to improvement of periodontitis and would be available for use and treatment of this perplexing problem," says Askari. "Again we are seeing another link where good oral health improves the overall health of an individual," says Bissada, who adds that studies have linked gum disease to premature births, heart disease and diabetes.

Gum Disease & Cancers of the Head & Neck

NEW YORK (Reuters Health) – The health hazards associated with chronic periodontitis (gum disease) extend way beyond the mouth. For years people have been warned that persistent periodontitis can cause heart disease. Now a new study suggests that gum disease may also be a risk factor for cancers of the head and neck.

As reported in the journal Cancer Epidemiology, Biomarkers, and Prevention, the study included 266 patients with cancers of the head or neck treated between 1999 and 2005, and 207 control subjects.

Periodontitis was determined by alveolar bone loss seen on x-rays, Dr. Mine Tezal, from The State University of New York, Buffalo, and colleagues note. Alveolar bone is the ridge of bone that surrounds the roots of the teeth, holding them in place. Loss of this bone is typically seen with severe periodontal disease.

With each millimeter of alveolar bone loss, the risk of head and neck cancer increased more than 4-fold, the report indicates. (One millimeter is about the size of the head of a pin.) The link was seen even in subjects who had never used tobacco and alcohol.

Missed and Cancelled Appointments

Thank you to those patients who arrive on time for their appointments or provide a full 24 hour notice when cancelling an appointment. Your time has been reserved for you exclusively with all our team here, ready to serve you and we very much appreciate it.