

# Distinctive Smiles

**DR. ELSABET TEKLE**



**Produced for  
the patients of  
Elsabet Tekle, D.D.S.**

## **DENTAL TEAM**

### **Receptionist:**

Evie Burgess

### **Dental Assistant:**

Margarita Rois-Torres

### **Hygienist:**

Amy Liu

## *Meet our* **newsletter!**

We're now producing a newsletter for our patients, because we care about your dental health and the health of your family and friends.

With each issue, we'll bring you tips to improve dental health, and keep you up to date on the latest advances in dental care and cosmetic dentistry—things you otherwise might not know. And, of course, we'll have lots of information on how you can help prevent tooth decay and periodontal disease and keep your teeth healthy.

We hope you enjoy the personal touch of our newsletter, and we welcome your comments. Please contact our office if you have suggestions for articles or questions about anything you may read here.

As always, we thank all of you who have entrusted us with your dental care and those of you who have recommended our practice to your friends and neighbors. We hope you'll share our newsletter with them.

*Dr. Elsabet Tekle*

## **Where did toothbrushes come from?**

It's believed that toothbrushes were first used in the late 1700s, but it wasn't until 1850 that a patent was issued to mass-produce them. By the late 1800s, brushes were made with boar's-hair bristles, which tended to stay damp and fall out of the handle easily. In 1938, DuPont developed nylon bristles to solve those boar's-hair problems. Regular, daily use of toothbrushes must be credited to the U.S. military, which made twice-daily brushing part of the routine for soldiers who signed up during World War II.

The men brought this habit back stateside, and bathroom sinks all over the country have been a little more crowded in the morning ever since.

### **...and what about paste?**

Early toothpastes are attributed to the Egyptians and Romans. A number of ingredients were tried—among them, flowers, salt, pepper, and mint. Later on, powders made of brick or charcoal were tried. In 1896, Colgate entered the fray with their "Ribbon Dental Cream." For a long time, there were only a few brands of paste, and they only did one thing: clean teeth. However, in recent years, there's been an explosion of different types of pastes—fluoride, stain removal, whitening, desensitizing, antiplaque. It's much easier now to find one that meets your specific dental needs.

**We've come  
a long way  
from the  
earliest  
teeth-  
cleaning  
devices.**



**Thank you for all your referrals. We appreciate them!**

## Premedication guidelines change

There's been a change in the way premedication before dental visits is viewed. An article in *Circulations: Journal of the American Heart Association* detailed the new guidelines based on evidence that taking antibiotics for this reason may be riskier than was once believed. According to the article, taking prophylaxis antibiotics could result in allergic reactions or encourage bacterial resistance to antibiotics.

Under the new guidelines, only those with very high risk of endocarditis, which infects the heart valves or the lining of the heart, need preventive antibiotics for dental procedures. These patients include those who have a history of infective endocarditis, have specific congenital heart conditions, have artificial heart valves, or have had a heart transplant and have problems with a heart valve. Any patients who have needed premedication in the past should contact their personal physicians about this change to see if premedication is still necessary before undergoing a dental procedure.

## Nitrous oxide: *The conscious analgesic*

If you're uneasy about coming in for your dental checkup, we can make it, quite literally, a gas for you.

Nitrous oxide gas is highly effective, extremely safe, and remarkably calming. It induces a relaxed, tranquil feeling that is perfect for many people who feel a little anxious about getting dental checkups or treatment. It's especially good for nervous patients, frightened children, or anyone who feels uncomfortable in the dentist's chair.

Nitrous oxide is called the *conscious analgesic* because patients remain awake and can communicate while it's being used. Also, we can stop nitrous oxide at any time, and its effects wear off before you leave the chair.

Nitrous oxide isn't for everyone, however. We will not recommend its use for patients with severe anxiety, very young children, or pregnant women. If you would like more information, please don't hesitate to ask us.



## Our intraoral CAMERA

Before we started using our intraoral camera, giving you a look inside your mouth was difficult. If we noted that a filling in one of your molars had developed a microfracture, we would give you a small hand mirror to take a look. You would probably have a hard time seeing the problem area.

Our exciting new dental tool changes all that. We use a tiny video camera similar to ones used in arthroscopy, a large monitor, and videotapes that show you detailed closeups inside your mouth. You can see your teeth and gums before, during, and after treatments such as cleanings, restorations, orthodontics, or periodontal procedures.

We can even prepare computer-assisted dental images of improvements that cosmetic treatments such as veneers, crowns, and bridges can make in your teeth and smile. That way, you can see how your smile will look with whiter, more even teeth. Ask us for a demonstration at your next visit.



# Energy drinks— *more bad news for teeth!*

Energy drinks aren't just the latest craze...they're big business. Over \$3 billion in sales were recorded in the last year or so, and that number is rising. Unfortunately, what's good for the makers of these overcaffeinated beverages is not good for teeth.

There are several problems with energy drinks and dental health:

- 1. Acidic content**—Acids often dominate the list of ingredients of energy drinks. These acids can literally erode away enamel—the first layer of protection teeth have from decay.
- 2. Sugar content**—Sugar content approaching 30 grams per serving makes these drinks equivalent to sodas. So while you're drinking, you're actually bathing your teeth in sugar and loading up on calories.
- 3. The buzz factor**—Loaded with caffeine, energy drinks provide a buzz that keeps those who ingest them pumped. Of course, that's the point. The problem, however, is that caffeine—like any other addictive substance—will keep you coming back for more. Many who imbibe these drinks report that they have three or more per day, and the more you drink, the worse for your teeth.

In addition to these problems, there are other health issues of concern, including obesity and the fact that these drinks provide no nutritional value. As is often the case, moderation is key. Once in a while, an energy drink is fine, but don't make them a habit. Enjoying one only every now and then is something your teeth, your waistline, and your overall health will thank you for.



**Don't brush  
RIGHT AFTER  
drinking an  
energy drink,  
but do rinse!**

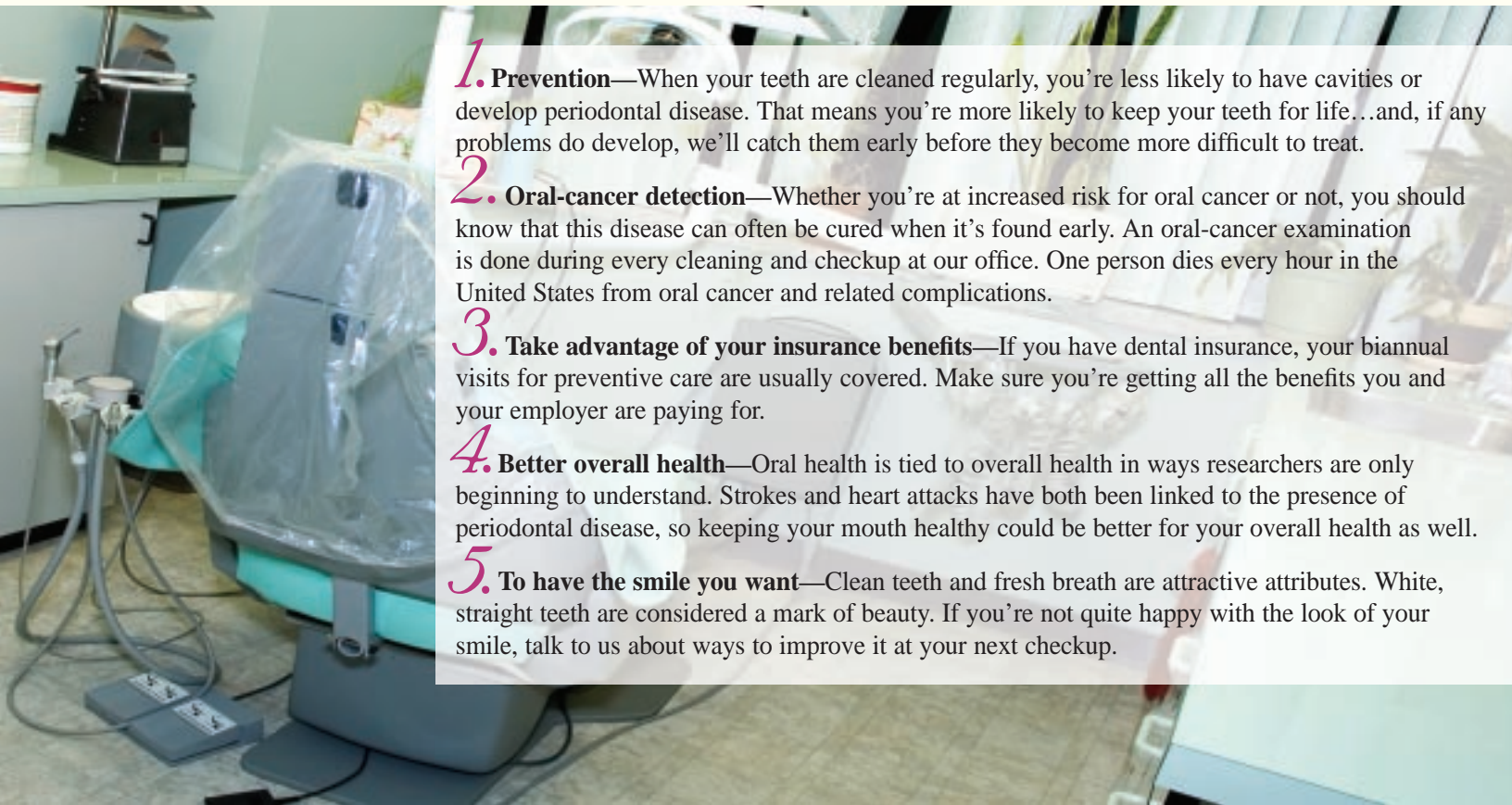
That may sound like strange advice coming from a dentist, but the way the acid in these drinks acts on enamel makes it a smarter choice to rinse with plain water and then wait a bit before brushing.

## *Don't skip that checkup*

Sometimes, when things are going well with your teeth, and your life is really busy, you may start to think: "Hey, I can skip this checkup and make do with just one this year." However, it's never a good idea to just skip a checkup.

Here are some good reasons to make your dental cleaning and oral health check a priority:

- 1. Prevention**—When your teeth are cleaned regularly, you're less likely to have cavities or develop periodontal disease. That means you're more likely to keep your teeth for life...and, if any problems do develop, we'll catch them early before they become more difficult to treat.
- 2. Oral-cancer detection**—Whether you're at increased risk for oral cancer or not, you should know that this disease can often be cured when it's found early. An oral-cancer examination is done during every cleaning and checkup at our office. One person dies every hour in the United States from oral cancer and related complications.
- 3. Take advantage of your insurance benefits**—If you have dental insurance, your biannual visits for preventive care are usually covered. Make sure you're getting all the benefits you and your employer are paying for.
- 4. Better overall health**—Oral health is tied to overall health in ways researchers are only beginning to understand. Strokes and heart attacks have both been linked to the presence of periodontal disease, so keeping your mouth healthy could be better for your overall health as well.
- 5. To have the smile you want**—Clean teeth and fresh breath are attractive attributes. White, straight teeth are considered a mark of beauty. If you're not quite happy with the look of your smile, talk to us about ways to improve it at your next checkup.





## We ♥ referrals

Patients who refer others to our practice are a source of joy and satisfaction to us. We do appreciate those who spread the good word, who send their relatives and friends to us, and who keep coming back year after year.

A good dental practice doesn't just happen. It is the result of diligence, honesty, and foresight—along with the help of many good friends. We are grateful for the patients who continually express their confidence and trust in our staff members and our abilities by referring friends, business associates, and relatives to us.

All health practitioners depend on the confidence of their patients for the continued health of their practices. But referrals are the best illustration of satisfaction for the things we do.

Needless to say, we hope you will continue to recommend us. After all, if you like your friends and you like us, then it's almost a sure thing that our office and your friends will like each other.

## DIABETES AND acute periodontal disease

Diabetes is a prevalent disease. A full third of the U.S. population may have it, but only about half of those cases are already diagnosed. Diabetes tends to manifest itself in dental-health problems.

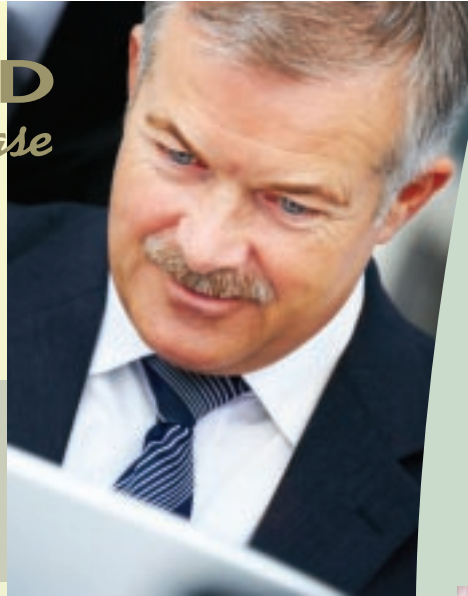
Among the ailments more common in diabetics are:

- gum disease
- dry mouth
- dental caries

Diabetics who keep their blood sugar under control, practice good home care, and visit their dentists according to a specific schedule are less likely to experience dental problems related to their disease. However, those who don't control their blood sugar or take care of their teeth are more likely to suffer from gum recession and decay. Both of these can lead to premature tooth loss.

Diabetics who have the best dental outcomes are those who take charge of their situations. Learning to control your diabetes rather than letting it control you can mean positive changes in both your dental and overall health. Proper diet and exercise coupled with good home and professional dental care can mean a healthier future.

Acute periodontal disease can crop up quickly. Regular dental exams enable us to identify this problem sooner and treat it more effectively.



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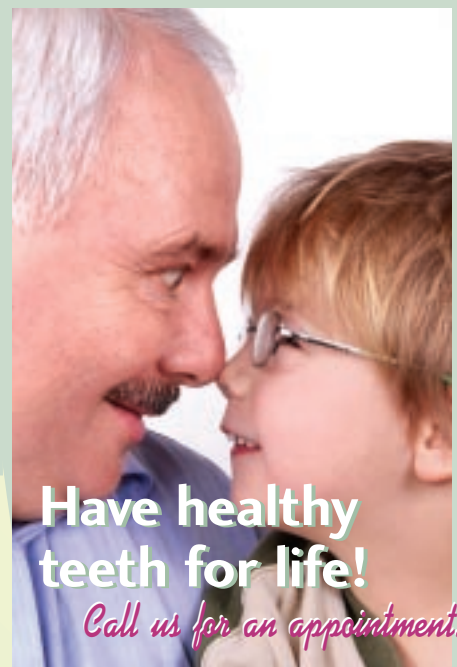
### Office Hours

Monday	8:00 a.m.-5:00 p.m.
Tuesday	8:00 a.m.-5:00 p.m.
Wednesday	8:00 a.m.-5:00 p.m.
Thursday	8:00 a.m.-5:00 p.m.

**Appointment and Emergency Phone:** (301) 593-6604  
**Fax:** (301) 681-7532  
**E-mail:** [elsabtek@aol.com](mailto:elsabtek@aol.com)  
**Web site:** [www.drtekle.com](http://www.drtekle.com)

## FOR HEALTHY TEETH

- keep blood sugar under control
- practice good home dental care
- visit the dentist according to a specific schedule



## Have healthy teeth for life!

*Call us for an appointment.*