



Fred Dreher, DDS

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advanced!

Our Commitment to You

Our office is committed to providing you with the highest level of Dental Care. We hope to help you keep your teeth for a lifetime. Our treatment protocols evolve as new research in Dentistry emerges and offers better treatment and better results. I am currently attending courses to obtain certification as a naturopathic practitioner. This year has brought some changes both personally and professionally in our practice. On a personal note, we have welcomed three new team-family members, Melissa W. and Lyndsey both had babies, and Holly got married this year! On the professional side, as I have obtained more information regarding the use of fluoride, we have discontinued promoting its use in our practice. We now use fluoride free products. While we continue to promote porcelain as the best option restoration in most cases, we have researched more bio-friendly alternatives for composites (filling materials). We have become mercury-free and mercury-safe. We have started working with patients who have had biocompatibility testing done, to offer them the best possible care using products specifically approved for their restoration work. My focus, and indeed passion, over the next year will be my quest for an expansion of the use of holistic or biologic materials and protocols in the practice. We hope to help our patients improve their overall health through dentistry. I will, as always, continue to further my education in ways that will benefit the patients in my practice.

Regular Exams Are Important

Because we are committed to preventing dental problems before they happen, we recommend that all of our patients see us at least every six months for a routine cleaning and examination. Some people with specific dental or other health issues should come in more frequently. Dental problems usually start out small but can quickly worsen to become much more serious. These problems are much easier to treat—or better yet avoid—if they are caught early.

Serious dental problems begin as treatable problems

One example of this is gingivitis. The effects of gingivitis are reversible. But when gingivitis advances into periodontal disease, the bone loss that can result is not reversible.

Another example is a small cavity on the surface of a tooth. This can easily be fixed, but if it spreads to the inner layers of the tooth, we may need to perform root canal therapy and restore the tooth with a crown. This can also be the case with a cracked filling. It can usually be fixed quite easily. If untreated, it may lead to an infection in the tooth's inner pulp layer that also must be treated through root canal therapy.

The problems mentioned above are just a few of the many avoidable or treatable problems that, if left untreated, can quickly become much worse.

The key to avoiding serious dental problems—Regular checkups

During your regular checkups we examine the health of your mouth, measure the bone levels around your teeth, check for decay, screen for oral cancer, examine your dental work, evaluate your bite, and remove plaque and tartar from your teeth. The bacteria that cause periodontal disease thrive in plaque and tartar, producing toxins that can cause bone loss and eventually tooth loss. A toothbrush and floss are almost useless against tartar, so to keep it from building up we must remove it every six months in our office.

Your six month exam and cleaning is a critical part of a preventive strategy. It is the best way for you to prevent advanced dental problems, and minimize the time and money you spend in the dental chair. Make it a New Year's Resolution to stick to your

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recommended hygiene schedule in 2012, and do yourself a healthy favor!

We would like to wish you all safe and joyful holidays!

Thank you so much for being our patients, and friends. We're wishing you all the best in 2012!

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