



Something to **SMILE** about
BOGROW & ASSOCIATES
Complete Restorative & Cosmetic Dentistry



Produced to improve your dental health and awareness

Spring 2008

from the dentists

I can't believe how fast 2007 has flown by. I guess the old adage is true, "time flies when you're having fun!" My first year with Dr. Bogrow and his team has been absolutely wonderful; everyone has helped to make me feel completely welcome!

I'd like to say a sincere "thank you!" to all my patients and the team here at *Bogrow and Associates*. Your trust and acceptance has further strengthened my belief that this office is truly the place I call home. Let's have 2008 give us *Something to Smile About!*

Kelly Burgess, DDS

Spring Is In The Air

Open up the windows and breathe! It's time to throw the weight of winter off your shoulders and put new life into your steps. Don't forget about getting your smile in shape as well as your body. Whether it be a regular prophylaxis, cavity prevention, cosmetic crowns, veneers, whitening, or TMJ symptoms, let us know what we can do for you! Besides we are the first line of defense in recognizing other health issues that are first observed in the mouth. More and more research is indicating the correlation with your overall health ... we are more than just "teeth doctors."

One of the more gratifying parts of being in private practice is the real relationships we form with our patients. We get to meet and treat all walks of life and appreciate you choosing us for your dental health needs. Our entire staff is committed to giving you the best customer/patient service!

Sincerely,

Earl K. Bogrow

Obstructive Sleep Apnea...

Are you at risk?

The insidious disease known as obstructive sleep apnea (OSA) has been linked to high blood pressure, diabetes, stroke, fatigue, depression, gastric reflux, and even death. There is an ever growing list of statistics surrounding OSA. It is estimated that 30 to 40 million Americans suffer from this disease.

What are some warning signs? In adults it may be snoring and daytime drowsiness, enlarged neck, difficulty concentrating and morning headaches or nausea. In children, it may be hyperactivity, snoring because of enlarged adenoids and /or tonsils, poor performance in school, and SIDS (sudden infant death syndrome).

Several years ago, football star, Reggie White, died in his sleep. His death was attributed to OSA. Employers are finding decreased productivity among their employees due to sleep deprivation. And a Canadian study found a correlation between short sleep time and lower test scores for children entering school.

Dr. Bogrow and Dr. Burgess have recently embarked upon advanced training to offer oral appliance therapy for the treatment of OSA. Many current CPAP users are having difficulty complying with the use of the device and are searching for alternative solutions aside from surgery. We feel that oral appliance therapy may be the key.

All our patients, whether existing or new, will soon be given a simple nine question test at their next appointment to screen for OSA. It is simple and painless and may improve your life. It is estimated that six percent of our patients will have a shortened lifespan if not diagnosed. If you have questions regarding oral appliance therapy and OSA, please do not hesitate to call our office.



A healthy smile will last a lifetime!



First Things First It's worth it!

Study after study shows that a nice smile is important to how others perceive you. So we're totally on board when you want cosmetic dentistry. We'd like to remind you though, that whether you're considering whitening, veneers, or restorations like crowns or implants, you need strong teeth or bones and healthy gums to get your most attractive – and *lasting* – outcome.

Brush, floss, and rinse to banish gum disease!

Early disease includes gums that...

- are red, swollen, and tender
- bleed when you brush and floss
- generate bad breath.

If left untreated gum disease can...

- progress to inflammation and chronic infections.

That can lead to...

- the loss of teeth, gum, connective tissues, and the underlying jawbone.

Let's optimize your oral health and maximize your cosmetic results!

Manage It!



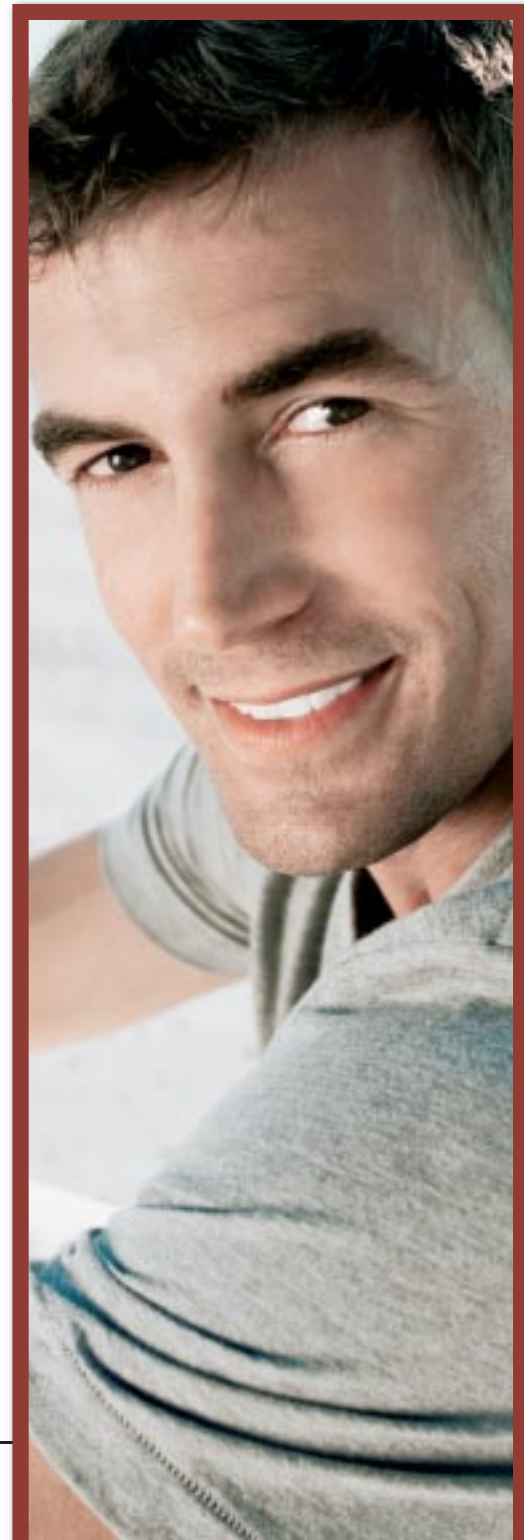
Your environment can hurt your smile!

Smoking is the single major preventable risk factor for gum disease

You don't have to assume that chronological ageing will dramatically alter your smile. After all, as your dental team, we're committed to helping you maintain your oral health and most attractive appearance. But you can help by becoming aware of and managing factors in your own environment.

- Toothbrush abrasion from brushing incorrectly or with too much pressure is common and can lead to receding gums, exposed roots, and exposed yellow dentin due to thinning enamel, plus sensitive teeth, cavities, and tooth loss.
- Substituting unsafe objects like earrings, forks, and needles for dental floss can damage your gums. Frankly, toothpicks are also potentially hazardous.
- Sugary acidic drinks and sports beverages can erode enamel and create an incubating environment for the bacteria that cause tooth decay and gum disease.
- Teeth grinding and clenching can crack and wear teeth and restorations and damage gums and cheeks.
- Smoking is the single major preventable risk factor for gum disease. It also depletes Vitamin C which is preventive. Even exposure to secondhand smoke is associated with a 50-60% increased risk for developing disease.
- Untreated periodontal diseases which are infections of the gums, periodontal ligament, and alveolar (jaw) bone can destroy the appearance and health of the gums and bone and lead to tooth loss.

We can't stop the ageing process, and maintaining your beautiful and youthful smile is really a lifetime commitment. But with good care, you can keep a healthy, younger-looking smile ... for decades.



How Do They Do That?



...Naturally!

Do you think they inject Omega-3 fatty acids into *every* one of those eggs? Surprise! Actually, they alter the chickens' feed – often with pleasant-tasting ground flaxseed which is higher in Omega-3 fatty acids and lower in saturated fatty acids than other grains.

Cold water fish like herring, mackerel, and salmon are superior sources of Omega-3, but all sources, according to research, can be beneficial to your health. One caveat, though – if you opt for supplements, Omega-3s have blood-thinning potential and can interact with medications.

Did you know that Omega-3s may prevent soft tissue and bone loss associated with gum disease? Not only that, but research also suggests they may...

- improve cardiovascular health
- help brain function
- protect expectant mothers against post-partum depression
- diminish joint inflammation.

Eggscellent!

A Piece Of The Puzzle

About oral cancer

Worldwide, close to 400,000 new cases of oral cancer are diagnosed each year. If diagnosed early, oral cancer can be highly curable, and now research has provided another clue. Chronic gum disease in men may increase their risk of tongue cancer!

Even after adjusting for smoking, age, and the number of teeth, each millimeter of bone loss due to gum disease was associated with more than five times the increase in the risk of tongue cancer.

This is interesting because today more than 25% of oral cancer victims are young adults who have none of the usual risk factors like tobacco use, alcohol use, diabetes, or HIV.

Viruses and bacteria in gum tissues could be toxic to surrounding cells, or could indirectly contribute to cancer through inflammation. Please have regular periodontal and oral cancer exams.

Focus On You

Your oral and overall health matter

Imagine if a wound in your forearm became increasingly swollen and inflamed, yet was left untreated. You might worry that it would eventually affect your health. Well, your oral tissue is equal to the amount of skin between your wrist and elbow ... and many scientists believe that gum diseases, like other infections, have the potential to influence the rest of your body.

This is not a new idea. In 1891, *The Human Mouth As A Focus of Infection* proposed that oral microbes affect overall health. However, in the absence of adequate science, focal theory gradually fell out of favor. Still, the mouth-body link regained credibility when newer research was emphasized in the *Surgeon General's Report on Oral Health in America* in 2001.

Associations have been made between gum disease and heart and stroke, some cancers, diabetes, kidney disease, lung disease, Crohn's disease, Alzheimer's, osteoporosis, premature deliveries, and toxemia. The strength and precise nature of these associations are unclear. However, long-term studies and improved research designs that consider factors like age and tobacco use are creating a more complete picture.

Your mouth is a complex ecosystem harboring many kinds of bacteria. Viruses and inflammation have also been suggested as possible factors. Thus it appears unlikely that a single "gorillacillin" superdrug will present the solution.

We urge you to maintain your home care routines and your regularly scheduled visits with us to help maintain your optimal oral health.



Patients In The Spotlight

As usual we like to feature all of our patients. Just let us know and we can share your story as well!

The Hawkins Family

Being a family of ten we have a very active household. We enjoy a variety of physical activities such as bike riding and family soccer. We don't have to look far to find enough people for a game! We really enjoy home schooling and the time it allows us to spend together! We also enjoy traveling and have driven across the country three times to Washington State to visit Grandpa and Grandma. We are so thankful for our little church, Evangel Community in Southfield. Our children are excited about an opportunity they have been given to show the love of Christ by raising funds for a new hospital in Guinea, Africa. A dear doctor friend of ours has begun the hospital in an extremely poor country that has very little medical and dental care.

We are so grateful that Dr. Bogrow has been our dentist since 1994 back when we had only two children. We so appreciate the wonderful dental care that Dr. Bogrow, Dr. Burgess and the entire staff provide for our family! The office is always so accommodating of our schedule and Amy does a great job scheduling us blocks of time. We are so thankful that going to the dentist has always been very positive for each of our children. Thanks so much for the great dental care!

Update on Lily

We want to personally thank all those for their prayers and support. It is incredibly appreciated. Dr. Bogrow's niece Lily has completed all of her treatments for bone cancer and is doing great! In Lily's honor Dr. Bogrow will be again participating in the Make-A-Wish Foundation of Michigan's Wish a Mile 300 mile Bicycle tour scheduled July



24-26, 2008. Make-A-Wish Foundation grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength, and joy. Last year enough money was raised to grant 167 children in Michigan their wishes. If you want to support Dr. Bogrow you can send a check made out to Make-A-Wish of Michigan to our office, or contribute directly online at www.wishmich.org and click on WAM (wish a mile) bike tour, and then click on donate (and type in Earl Bogrow) to sponsor him participating.

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Office Hours

By appointment and we also offer evening and Saturday appointments for your convenience.

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Know Your Antioxidant Level

There are over 700,000 studies that relate high levels of antioxidants to improved health. And conversely, the same studies relate low levels of antioxidants to many known diseases. In fact, the top three killing diseases; cancer, diabetes and heart disease, are not caused by bacteria or viruses, instead they are caused by low levels of nutrition in the body-specifically high levels of free radical damage.

Additionally, periodontal disease has been clinically tied to free radical damage and low levels of antioxidants in the body. In one study at Loma Linda University, Type II periodontal disease was studied in two groups of people. One group was given the traditional treatment of antibiotics and the other group was given antioxidant therapy. The antioxidant group actually showed greater improvement than the antibiotic group. Therefore, it is imperative that everyone know their antioxidant status and take necessary steps to maintain high levels of antioxidants in their body.

Beginning on May 1, we will offer our patients the opportunity to have their antioxidant levels measured. The antioxidant assessment is painless, non-invasive and requires less than five minutes. Because we value your health, during the month of May, we will offer the test for only \$20. I recommend that each patient have the assessment completed during their next visit. If you do not want to wait that long, you can call for an appointment to be tested immediately.