

DENTAL DEVELOPMENTS

FALL/WINTER 2012

THE MORE YOU BOOZE, THE MORE YOU LOSE...

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Dr. Jay Bowling
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Dr. Edmund Rapp
Endodontics

Dr. Robert Hindman
Periodontics

Dr. Laura Juntgen
Pediatrics

Dr. Katherine Nichols
Pediatrics

Dr. Peter Chapman
Orthodontics

Dr. Christopher Howard
Oral Surgery

Office Hours

Monday: 9am-6pm

Tuesday: 7:30am-4:30pm

Wednesday: 7:30am-4:30pm

Thursday: 9am-6pm

Friday: 8am-2pm

Saturdays: 8am-2pm

(2nd & 3rd Saturday each
month)

The holidays often involve parties and celebrations, a lot of which include toasts with champagne or other alcoholic beverages.

In recent times, some of the healthful benefits of moderate alcohol consumption have been noted. However, in excess, alcohol has been shown to be detrimental to health, including your oral health. The detrimental effects of alcohol on your oral health can range from gum disease to oral cancer.

Researchers at the University at Buffalo School of Dental Medicine found a direct correlation between the amount of alcohol consumed and the severity of the risk for gum disease. With five drinks per week, the risk was 10 percent, and that rose to 40 percent for people who consumed 20 drinks per week. Severe periodontal disease can very easily lead to tooth loss.

Periodontal disease and poor oral health have been shown to have a direct effect on systemic health. Periodontal pathogens have been implicated in a long list of systemic disease, from heart disease to pancreatic cancer. While the effect of alcohol on tooth enamel isn't directly dangerous, many cocktails are mixed with sugary fruit juices or soft drinks, which have been proven to cause tooth erosion. When one drinks a

sugary beverage, the sugars from the drink and the bacteria in the mouth combine to create acids. These acids then attack the tooth enamel, causing decay and resulting in cavities.

The most significant way in which drinking affects the mouth is increas-



Celebrating with friends is OK in moderation, but excessive alcohol consumption can lead to health issues.

ing the risk for oral cancer. Evidence suggests that this is because the alcohol breaks down into a substance called acetaldehyde, which can bind to proteins in the mouth. This can trigger an inflammatory response from the body. In the most severe cases, cancerous cells can develop. While oral cancer most often appears on the lips or tongue, it can also occur on both the floor and the roof of the mouth or gums. This risk is significantly impacted when alcohol consumption is combined with tobacco use.

According to the Oral Cancer Foundation, the synergy between alcohol and tobacco results in 15 times greater risk for the developments of oral cancer. Even on it's own, alcohol abuse is the second largest risk factor. It's thought that because alcohol dehydrates the cell walls in the mouth, carcinogens can permeate the tissue more easily, resulting in the development of cancer.

Oral cancer is the major cause of preventable deaths in the United States, and is the fastest growing disease in the 18-34 year old population. Sometimes, this is the very segment of the population that drinks alcohol in excess.

Heavy drinkers may experience dry mouth at night and neglect both personal and professional oral health care. They may also consume higher levels of refined carbs to satisfy their "munchies". All of these increase the risk for developing cavities.

No matter how you celebrate, West 10th Dental Group wants you to have a very happy and safe holiday season!!

*article courtesy of Dental Products Report:
[Http://www.dentalproductsreport.com](http://www.dentalproductsreport.com)



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DON'T FORGET TO UTILIZE YOUR DENTAL
BENEFITS BEFORE THE END OF THE YEAR!!!**

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Welcome



Congratulations to Dr. Christopher Howard and his wife, Dr. Norissa Howard, on the birth of their beautiful daughter, Catherine Nicole Howard. Catherine was born on October 3rd, weighing in at 7lbs, 15 ounces. Mom, dad and baby are all doing well!

And we're all anxiously awaiting the arrival of "Baby Bowling" due to arrive the first week of November. This will make baby #3 for Dr. Bowling and his wife, Susan.



ONLINE BILL PAY IS NOW AVAILABLE!

Beginning in early November, patients will now have the option to pay their West 10th Dental statements online. Just go to our website: www.west10thdentalgroup.com. On the left side of the home page, you will find various links. At the bottom of the list, you will find "Pay My Bill". Simply click the link, enter your payment method information and the rest is taken care of!

COMMUNITY CORNER

This past September, Dr. Barta joined his good friend, Dr. Rafat Abonour and others for Miles for Myloma. The group cycled 200 miles over the course of 2 days, from Cincinnati to Indianapolis. The annual event to date, has raised nearly \$2 million for the multiple myeloma research at the IU Simon Cancer Center.

Many West 10th Dental Group staff members and their families took part in The Walk to End Alzheimers on October 14th in Indianapolis. Rita Hatke from our Georgetown Dental Center has been personally affected by the disease since her husband Mike was diagnosed with early onset at age 46. The couple and their 16 year old son were speakers at the event.

West 10th Dental Group has once again partnered with Women Like Us to provide dental supplies to underprivileged countries. The supplies will be delivered on upcoming trips to India and Costa Rica. In addition to toothpaste and toothbrushes, we are also collecting school and baby supplies.



West 10th Dental Group was proud to support fellow staff member Rita Hatke, and her husband Mike, at The Walk to End Alzheimers on October 14th.

STAFF FAVORITES— LISA'S GREEN BEAN CASSEROLE

Throw out the Cream of Mushroom Soup and French Fried Onions—This is not your mother's green bean casserole. We all love when Lisa, our Front Office Coordinator, brings in this version to our staff pitch-ins.

Ingredients:

- 2 Tb butter
- 2 Tb all purpose flour
- 1 ts salt
- 1 ts white sugar
- 1/4 cup diced onion
- 1 cup sour cream
- 3 cans (14.5 oz) French Style green beans, drained
- 2 cups shredded cheddar cheese
- 1/2 cup buttery round crackers, crumbled
- 1 Tb butter, melted



Serve this creamy, delicious side at your family's holiday get together this year.

Directions:

Preheat oven to 350 degrees.

Melt 2 tablespoons butter in a large skillet over medium heat. Stir in flour until smooth, and cook for one minute. Stir in the salt, sugar, onion, and sour cream. Add green beans, and stir to coat.

Transfer the mixture to a 2 1/2 quart casserole dish. Spread shredded cheese over the top. In a small bowl, toss together cracker crumbs and remaining butter, and sprinkle over the cheese.

Bake for 30 minutes in the preheated oven, or until the top is golden and cheese is bubbly.

Makes 10 servings