

Oral Health—It's Not Just About Looking Pretty

Poor dental care and oral hygiene not only change the way you look, but can also cause health problems like heart disease, stroke and memory loss. Healthcare providers are finally seeing the mouth as part of the whole body and understanding that everything needs to be in sync for your overall well being.

Advances in technology are helping dental providers take care of their patient's whole body health. Our dental office offers the latest technology to identify potentially chronic problems with your GUMS, TEETH, MOUTH and OVERALL ORAL HEALTH and thus, your whole body health.



Dr. Mary Gharagozloo

Gums

Inflammation is a word being seen and used by healthcare providers of all kinds. Many of the diseases associated with periodontal disease are considered to be inflammatory disorders, including cardiovascular disease, diabetes, rheumatoid arthritis, chronic kidney disease and even some types of cancer. Inflammation is often characterized by swelling, redness, heat and pain around affected area, in this case your gums. Periodontal ("around the tooth") disease is a textbook example of inflammation. It begins when the bacteria in plaque (the sticky, colorless film that constantly forms on your teeth) causes the gums to become inflamed. According to the American Dental Association, an estimated 75 percent of all Americans over the age of 35 have some form of the disease.



There are many treatments available today to prevent chronic gum disease.

OralDNA Labs now offer two new diagnostic tests that give valuable information to your dental clinician to help determine the most appropriate treatment of your condition. These tests, MyPerioPath sm TEST and MyPerioIDsmPST® TEST, help identify the levels of bacteria involved and ones susceptibility to periodontal disease. Both are quick, non-invasive and simple and easy to perform (and receive).

Teeth

The widespread use of fluoride supplements in dental materials, toothpastes and drinking water has made tooth surfaces harder and more resistant to decay. However, diagnosing cavities beneath the hard surface enamel of the teeth is more challenging. X-rays and probing with an explorer are limited in detecting subsurface decay, particularly when the cavity is in its early stages. Fortunately, the DIAGNOdent® is a major breakthrough that allows the dentist to monitor the areas below the hard surfaces. It allows the dentist and hygienist to locate hidden decay, and with treatment, stop the spread of disease before it destroys the tooth from within.

This unique instrument provides instant feedback on the health of the tooth. A pen like probe simply glides over the tooth surfaces constantly checking the health of the tooth. A number scale and an alarm signals to the operator when there are signs of hidden decay. This technology is completely safe and pain free.

Another way to prevent cavities before they start is CariFree®. Car-

iFree® employs pH+ technology to neutralize the decay-causing acids and treat the bacterial infection. Your dental professional may perform a quick, painless one-minute screening to determine your risk for cavities. If you get a positive result a treatment protocol of CariFree® products will be recommended. Their products utilize patent-pending pH+ technology that neutralizes decay-causing acids and Xylitol, a natural sugar substitute that has been proven to lower decay rates.

Mouth

You may be surprised to learn that oral cancer is one of the few types of cancer that hasn't experienced a significantly reduced mortality rate in the past 30 years. In fact, the number of North Americans developing oral cancer is three times the number who develops cervical cancer. One North American dies of oral cancer every hour of every day. The problem is, until now, it is often (70 percent of the time) discovered in its late stages.

Our office has a state of the art device, VELscope® Oral Cancer Screening System. Along with our conventional oral screening exam, which includes looking inside your mouth for any lesions that might be visible to the naked eye and feeling your neck for any suspicious bumps, we can use the VELscope® to literally see beneath the surface to detect potential dangerous growths which may be undetectable to the naked eye.



The VELscope® exam takes about two minutes as part of your regular hygiene check up. It is painless and completely safe. The additional cost for this exam is very reasonable and it may be covered by your insurance company. The survival rate for oral cancer is extremely high when diagnosed early. Ask your dentist about the VELscope® and have the screening yearly. Remember, people are living longer these days. Make your golden years healthy.

About Dr. Mary Gharagozloo

The daughter and granddaughter of dentists, Dr. Gharagozloo was born and raised in Illinois. She received her DDS from the University of Maryland in 2000. She has continued her postgraduate education at such prestigious institutions as the Pacific Aesthetic Continuum at The University of the Pacific School of Dentistry, The Hornbrook Group, The Las Vegas Institute for Advanced Dental Studies, The Nashville Center for Aesthetic Dentistry and The Kois Center. Her passion for healing and patient care, combined with her sense of aesthetics and artistry has guided her in her career. They are the qualities that distinguish her in the dental profession.

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Mary Gharagozloo, DDS
6845 ELM STREET, SUITE 450, MCLEAN, VA

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