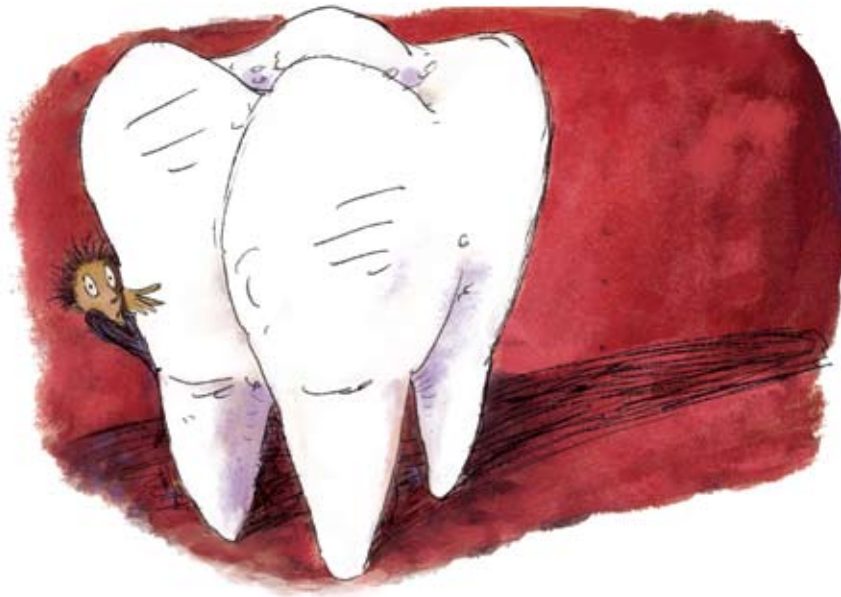


Deborah Zernke



Getting to the Bottom of Patients' Fears

An estimated 80 percent of all American adults admitted they fear going to the dentist and of those, more than half say anxiety grips them so much that it prevents them from climbing into the dental chair.

The findings of the American Association of Endodontists' survey are part of the group's effort to tackle the anxiety that is so deeply rooted in the American psyche.

"There are many misconceptions about dental visits and root canal treatment, in particular," said Louis E. Rossman, DMD, AAE president.

Speaking at its recent third annual Root Canal Awareness Week, which took place in the spring, Rossman said the effort "is aimed at dispelling these long-standing myths and hopefully reducing anxiety around the procedure. Patients

CONTINUES ON 450

"The acids in wine create rough spots and grooves that enable chemicals in other beverages that cause staining, such as coffee and tea, to penetrate deeper into the tooth."

MARK WOLFF, DDS, PHD

White Wine Has Similar Stain Effect as Red Wine

Contrary to popular belief, white wine can cause teeth to take on dark stains.

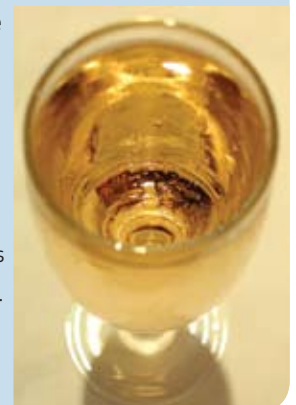
Using a spectrophotometer to measure color intensities, dental researchers at New York University used two sets of six cow teeth and soaked them in white wine for one hour before plunging them into black tea. (Bovine teeth have similar surface to human teeth.)

The result? Those teeth had more noticeable darker stains than the comparison teeth that were soaked in water before being immersed in the tea.

"Dipping teeth in white wine for one hour is similar to the effect of sipping the wine with dinner," said Mark Wolff, DDS, PhD, professor and chairman of the Department of Cariology and Comprehensive Care at New York University College of Dentistry, who oversaw the study. The findings were presented at the annual meeting of the International Association for Dental Research in Miami.

"The acids in wine create rough spots and grooves that enable chemicals in other beverages that cause staining, such as coffee and tea, to penetrate deeper into the tooth," said Wolff. Still, red wine continues to beat out white wine when it comes to staining teeth, he said in a press release.

"Red wine, unlike white, contains a highly-pigmented substance known as chromogen," Wolff said, adding that connoisseurs concerned about staining need not cut back on their consumption. "The best way to prevent staining caused by wine, as well as other beverages, is to use a toothpaste containing a whitening."



Fewer Complications With Implant Therapy Than Hemisected Molars

A study in the *Journal of Oral Implantology* recently evaluated long-term outcomes of two treatment options in a private practice setting and found that implant therapy has fewer incidences of complications than hemisected molars.

When mandibular molars are periodontally involved, the choices of treatment can include implants or hemisection of the molar and tooth extraction. Two groups were in the study and followed for four years for maintenance after first being treated. One group had 32 individuals with a total of 56 mandibular molars treated with



hemisection. The other group had 28 patients receiving 36 implants replacing the mandibular molars. All participants had grade III furcation involvement of the first or second mandibular molars.

With patients in the implant group, four implants had complications and one was considered nonsalvageable. With the hemisected molars group, however, 18 had complications and a dozen of those were considered nonsalvageable. Also according to a press release, in both groups, teeth or implants that experienced complications presented a larger percent loss of clinical attachment level per year.

To read the full text of this article, "Mandibular Molar Root Resection Versus Implant Therapy: A Retrospective Nonrandomized Study," go to allenpress.com/pdf/ORIM35.2.10.1563-1548-1336-35.2.pdf.

FEAR, CONTINUED FROM 449

need to understand that root canals actually relieve tooth pain and are much more comfortable today, thanks to new technology and endodontists' specialized training."

In addition to debunking myths about root canal treatment, the annual event also is a way to highlight endodontics as a specialty.

Participants, according to the survey, said getting a root canal was slightly less scary (54 percent) than being on an airplane in a storm (57 percent), with public speaking spiking at only 42 percent. The dread of pain reigned as the top motivation for avoiding the dentist, with root canal treatment the most frightening dental procedure.

One-third of the respondents admitted to surveyors that their preconceived notions about root canal treatment were based on someone else's experience and not their own. What's more, many reported a pleasant encounter when their

treatment was performed by a specialist.

"Dealing with patient fear isn't unique to endodontists, but because of the root canal's reputation, we have significant experience with anxious patients," said Rossman. "Given that poor oral health and tooth loss are linked to many serious medical conditions such as heart disease, stroke, and diabetes, we are committed to helping people overcome their fears to ensure they prioritize necessary dental care."

The AAE has several recommendations for the most trepidatious patients regarding dental procedures. According to a press release, patients can:

- Talk about fears. The patient should establish a "stop" signal in case they become anxious and need a time out during the procedure.

- Ask as many questions as they need to feel comfortable. Obtain a brochure explaining the process or get referred to a specialist to describe each step.

- Bring a personal music device or request the dentist play soothing music during the procedure if they are among the one in every five patients who are frightened by the sound of dental instruments.

- Request, like Erich Nitzsche, to be referred to a specialist, like an endodontist, for a more complicated procedure such as a root canal.

Holding onto anxiety he experienced as a child, Nitzsche, now 48, was nervous when his dentist said he needed a root canal. After talking with his dentist, the Massachusetts resident decided to have the procedure done by an endodontist.

"I felt more confident about having a root canal performed by a specialist," said Nitzsche. "My endodontist helped to ease my anxiety by explaining the procedure in simple terms so I knew what to expect every step of the way. The actual procedure was painless, which totally eliminated my anxiety."

AGD and Sirona Partnership to Benefit Members

Now that the Academy of General Dentistry and Sirona Dental Systems have joined forces, AGD members will have a chance to benefit from computer-aided designer and computer-aided manufacturing technology in the dental office.

This year-long sponsorship will provide continuing dental education programs and materials for AGD members aimed at raising awareness for CAD/CAM technology.

“This partnership between Sirona and the AGD is an exciting opportunity to combine two forces, an organization dedicated to continuing dental education and a company committed to providing the best in dental equipment and services,” said Michael Dunn, Sirona’s Clinical CAD/CAM division marketing manager.

Over the years, technological advanc-



es in the dental industry have provided dentists with more efficient ways to detect decay and bone loss and to help with root canals. This progression has allowed dentists to provide more precise tooth whitening procedures and better treatment of gum disease therapy to their patients. Dental technology also has offered patients an inside look at their teeth and a better image and understanding of the state of their oral health.

“Sirona’s technological innovations and expertise will enable AGD members to develop, shape, and enhance their practices with next level dental equipment and knowledge that will ultimately benefit the oral health of their patients,” says Paula S. Jones, DDS, AGD president. “We are pleased to partner with a company that takes great pride in creating and providing products to help advance the dental community and the public.”

General dentists who are members and their office staff can attend a CAD/CAM technology related course, which will be held July 8-12 at the AGD’s 2009 Annual Meeting & Exhibits in Baltimore, Md. Additionally, as an official sponsor of the AGD’s speaker’s bureau, Sirona will sponsor two courses focusing on this technology that AGD constituents and their local members will have an opportunity to participate in and earn continuing education credits.

C.E. Course Designed to Nurture Leadership Skills

The American Dental Association’s Continuing Education Online program offers a self-guided course for dentists who want to hone their leadership skills.

“Understanding Associations” can help dentists identify their leadership style, conduct effective meetings, set goals, and gain a better understanding of the professional association’s role in the political process, according to a press release. There is no cost for the course and is offered just to ADA members.

Nine modules comprise the program. Among them are Associations 101, Effective Leadership, Strategic Planning, Association Committees, Formation and Procedure, Recruitment and Retention, Finances and Budgeting, Communications, Diversity and Political Action.

Dentists can work at their own pace, and those who complete the entire series within one year earn three continuing education credits. It is suggested that those who take the course check with their state dental board to determine whether these credits will be accepted by their dental licensing jurisdiction.

For more information about “Understanding Associations” and other Committee on the New Dentist leadership development offerings, contact the ADA at 800-621-8099, ext. 2779; newdentist@ada.org, or go to ada.org/goto/newdent.



AGD Issues White Paper on Access to Care

The Academy of General Dentistry recently reminded legislators that dentistry is very different from the practice of medicine and these differences must be taken into consideration in any effort by Congress to enact an overhaul of the health care system.

As such, the AGD created a white paper on access to oral health care to provide real and workable solutions for improving access to oral health care as part of any broader health care reform undertaken by the 111th Congress, according to a recent press release.

“Adoption of the specific recommendations included in the white paper with regard to each of these broad subject areas is likely to dramatically increase access to oral health care and reduce the incidence of dental disease and associated systemic ailments,” said Paula S. Jones, DDS, FAGD, AGD president. “The AGD hopes that the Congress will seriously consider the solutions outlined in the white paper in preparing health care overhaul legislation.”

“In order to bridge the gap between those who receive proper dental attention and those who do not, professional organizations, as well as local, state, and national governments and even community organizations must all make a collaborative effort,” she said, adding the AGD has put forth several well-thought out solutions to bridging the gap, many of which urge greater funding for dental care through



Honors

Jane Weintraub, DDS, MPH, has been honored with the 2009 International Association for Dental Research's H. Trendley Dean Memorial Award for her meritorious contributions to epidemiology and public health.

She holds the Lee Hysan Chair in Oral Epidemiology and Dental Public Health at the University of California, San Francisco, School of Dentistry. Currently, she is principal investigator and director of the National Institutes of Health-funded Center to Address Disparities in Children's Oral Health, which was recently renewed for \$17 million.

Jared Fine, DDS, MPH, is the recipient of the 2008 Myron Allukian Jr. Lifetime Achievement Award for Outstanding Achievements in Community Dental Health.

Fine, dental health administrator for the Alameda County Department of Public Health in

Oakland, was recognized for his exemplary service to communities, distinguished leadership, creativity in promoting essential public health services, achieving results through collaborative efforts with other health professionals and organizations, and demonstrating sensitivity to addressing the needs of special populations.

Richard Jordan, DDS, PhD, has been named associate dean for research at the University of California, San Francisco, School of Dentistry. Jordan will oversee the school's research and graduate affairs, and will work closely with the dean, associate deans, department chairs and others to fulfill the school's research mission. He will continue his current positions as professor of oral pathology in the UCSF School of Dentistry's department of orofacial sciences, and as professor of pathology in the UCSF School of Medicine.

Medicaid and Title VII programs, encourage practice in underserved areas through loan forgiveness programs, grants and scholarships, as well as promote recruiting dental school applicants to commit to working in underprivileged areas upon graduation.

Titled “Increasing Access to and Utilization of Oral Health Care Services,” the white paper offers more than 30 recommendations in eight broad subject areas. Some included are:

- attracting students to careers in dentistry;
- enhancing existing federal training programs;
- incentives for establishing dental practices in underserved areas;
- improvements to the Medicaid program relative to the provision of oral health care;
- continuing education and cultural awareness training for general dentists;
- public health enhancements and health literacy improvements;
- support for the “dental team” concept; and
- greater collaboration between private organizations and government entities.

“The AGD white paper provides the

dental profession and policy makers with 30 substantive and workable solutions to access to care that can be implemented by organizations, governmental entities, and communities of interest,” said John T. Sherwin, DDS, FAGD, chairperson, AGD Task Force on Access to Care.

“With the solutions the AGD has proposed in concert with as well as those implemented by other organizations and branches of government, all patients can get the comprehensive, quality dental care that will make their overall oral health substantially better,” said Sherwin. “The AGD asks federal lawmakers and administration officials to consider and include these suggestions in any comprehensive health care reform discussions and debates.”

Said Jones, “The recommendations contained within the white paper, if implemented, will lay a solid foundation to protect the public and provide quality oral health care to all Americans, not just those who can afford care. The AGD understands the importance of preventive measures and oral health, and by creating solutions that give the underserved a better chance at receiving care, we hope for a tremendous effort to help those in need.”

Gene therapy appears safe to regenerate gum tissue

A method for gene delivery that appears to be safe for regenerating tooth-supporting gum tissue has been developed by University of Michigan scientists.

Gene therapy is an accepted, viable therapeutic concept, but safety has been a significant challenge, said William Giannobile, professor at the U-M School of Dentistry. A number of years ago, a teen died receiving the adenovirus during a gene therapy clinical trial at the University of Pennsylvania. While Giannobile's university also uses the adenovirus, the difference is U-M's approach in a lower dose and local application.

Instead of injecting the genes into the blood vessels, where they can then travel through the bloodstream and result in unexpected and sometimes fatal reactions, U-M scientists put the genes on a localized area, directly on the tissue during surgery much like a paste, according to a press release.

"What the U-M study showed is (the topical method) is very well contained and doesn't distribute throughout the body," said Giannobile, who also directs the Michigan Center for Oral Health Research and has an appointment at the U-M College of Engineering's Department of Biomedical Engineering. "This approach alleviates the safety concern about negative reactions within the body.

"When the teenager died, it got into his bloodstream and he reacted to it. It was tragic. This is the first study of periodontal disease therapy that demonstrates the distribution of these genes is very safe, suggesting that it could be used in the clinic for clinical application," Giannobile said.

"Our study doesn't look at all the safety concerns, but certainly this is very important to the field," he continued. "The two clinical applications to date where it shows potential are periodontal disease and diabetic wounds. Maybe the reason for this is that both diseases re-

sult from a compromised or a defective healing environment."

The study was supported by the National Institutes of Health and the AO Foundation. Using this new gene delivery method in human clinical trials is the next step for the U-M team; planning for these studies starts next year, Giannobile said.

Co-authors of "Adenovirus Encoding Human Platelet-Derived Growth Factor-B Delivered to Alveolar Bone Defects Exhibits Safety and Biodistribution Profiles Favorable for Clinical Use," were Po-Chun Chang, Joni Cirelli, Yang-Jo Seol, Qiming Jin, Jim Sugai, Nisha D'Silva, and Theodora Danciu. The paper appeared in the May issue of *Human Gene Therapy*.



UPCOMING MEETINGS

2009

- | | |
|-----------------|--|
| Sept. 11-13 | CDA Presents <i>The Art and Science of Dentistry</i> , San Francisco, 800-CDA-SMILE (232-7645), cda.org . |
| Sept. 30-Oct. 4 | American Dental Association 150th Annual Session, Honolulu, Hawaii, ada.org . |
| Nov. 8-14 | United States Dental Tennis Association fall meeting, Scottsdale, Ariz., dentaltennis.org . |

2010

- | | |
|-------------|---|
| April 11-17 | United States Dental Tennis Association, Amelia Island Plantation, Fla., dentaltennis.org . |
| April 26-28 | National Oral Health Conference, St. Louis, Mo., nationaloralhealthconference.com . |
| May 13-16 | CDA Presents <i>the Art and Science of Dentistry</i> , Anaheim, 800-CDA-SMILE (232-7645), cda.org . |
| Sept. 24-26 | CDA Presents <i>the Art and Science of Dentistry</i> , San Francisco, 800-CDA-SMILE (232-7645), cda.org . |
| Nov. 7-13 | United States Dental Tennis Association, Grand Wailea, Hawaii, dentaltennis.org . |

To have an event included on this list of nonprofit association continuing education meetings, please send the information to Upcoming Meetings, CDA Journal, 1201 K St., 16th Floor, Sacramento, CA 95814 or fax the information to 916-554-5962.

TMJ Dislocation Treatment Method Developed

A new treatment that combines epinephrine and lidocaine, which is then administered to the deep temporal nerve may spell relief in the treatment for temporomandibular joint dislocation.

An estimated 10 million people are affected at any one given time, according to the TMJ Association, which added that the condition is especially common in women of childbearing age and children.

Traditional treatment has been limited to the application of force, where the jaw is forced back and down into the joint, and in severe cases, general anesthesia alone or combined with surgery is required, according to a press release. However, unbearable pain, reflexive muscle guarding, and muscle spasms can present significant barriers to the manual reduction method. While muscle relaxants can be used to alleviate these obstacles, they usually come in pill form, which may be not able to be swallowed when the jaw is in a locked position.

The new treatment involves a needle inserted near the mandibular notch until the sphenoid bone is encountered, making anesthesia easy to administer. Manual reduction then can be achieved with some ease.

The study was recently published in *Anesthesia Progress*. To read the entire article, "Use of Masseteric and Deep Temporal Nerve Blocks for Reduction of Mandibular Dislocation," go to allenpress.com/pdf/ANPR56.1.10003-3006-56-1-g.pdf.



New Evidence of Periodontal Disease Leading to Gestational Diabetes

Expectant moms who have periodontal disease are far more likely to develop gestational diabetes, regardless if they are not smokers or drink alcohol. The recent study, conducted by dental researchers at New York University College of Dentistry, emphasized how critical it is to achieve and maintain good oral health.

Led by Ananda P. Dasanayake, BDS, MPH, PhD, a professor of Epidemiology and Health Promotion at New York University College of Dentistry, the team eliminated smoking and alcohol use among a group of 190 pregnant women in Sri Lanka, where a combination of cultural taboos and poverty deter the majority of women from smoking and drinking. The team also collaborated with the Faculty of Dental Sciences at the University of Peradeniya, Sri Lanka.

Results from this study bolster earlier findings, also led by Dasanayake, that found evidence that pregnant women with periodontal disease are more likely to develop gestational diabetes than their counterparts who have healthy gums.

The previous study, which followed 256 women through their first and

second trimesters, showed that 22 of the women developed gestational diabetes. In comparison to other women in the study, 22 had considerably elevated levels of inflammation and periodontal bacteria. That research was published in the April 2008 issue of the *Journal of Dental Research*.

In the new study, which was conducted over a year, more than one-third of the women reported bleeding gums while brushing their teeth. These expectant moms were given a glucose challenge test especially to screen for gestational diabetes as well as a dental examination.

Dasanayake said those same women also had the highest levels of glucose in their blood, adding that he expected the final data to show that between 20 and 30 of the women had developed gestational diabetes.

"In addition to its potential role in preterm delivery, evidence that gum disease may also contribute to gestational diabetes suggests that women should see a dentist if they plan to get pregnant, and after becoming pregnant," Dasanayake said. "Treating gum disease during pregnancy has been shown to be safe and effective in improving women's oral health and minimizing potential risks."