

The Dental Group
6200 Baltimore Avenue
Suite 200
Riverdale Park, MD 20737

Phone: 301-476-4696
www.thedentalgroup.com

PRSRST STD
US POSTAGE
PAID
MAIL
MARKETING



The Dental Group

(301) 476-4696

www.thedentalgroup.com

6200 Baltimore Avenue
Suite 200
Riverdale Park, MD 20737

MEET OUR TEAM

GENERAL DENTISTS

Mark J. McClure *D.D.S., N.D., F.A.G.D.*
Frederick J. Blumenfeld *D.D.S.*
Anthony J. DiGregorio *D.D.S.*
Tillman R. Sease, Jr. *D.D.S.*
Ramien R. Tajick *D.D.S.*
Kashia Figueroa *D.D.S.*

ENDODONTIST

Kathleen T. Frankle *D.D.S., M.S.*

PERIODONTIST

Sarah K. Park *D.D.S., M.S.*

ORTHODONTIST

David C. Williams *D.D.S.*

PEDODONTIST

Teresa Regil *D.D.S.*

MAXILLOFACIAL ORAL SURGEON

Michael Will *D.D.S., M.D.*

PRACTICE ADMINISTRATOR

Carol L. Patsel

DENTAL HYGIENISTS

Carol D. Cromer *R.D.H., B.S.*
Carol Levy *R.D.H.*
Marcia Twomey *R.D.H., B.S.*

Care, Comfort,
Compassion & Convenience.



DENTAL HEALTH TODAY

Volume 3, Issue 1
January 2008



Published by THE DENTAL GROUP

Please, join us...

Here, at The Dental Group, wellness covers more territory than the oral cavity. Our professional staff strives to blend the best in dentistry with dental biological strategies to enhance Health and Healing. We are dedicated to providing our patients with cutting-edge information to promote healthier, happier lifestyles and recognize that food is the most fundamental element to life.



This year, our doctors and staff cordially invite everyone who is interested to join us for a series of seminars on Healthy Eating. Admission is at no charge. A team of certified health counselors and nutritional consultants will lead discussions and lectures on healthy eating, lifestyle and environment. Don't miss this great opportunity—call today and reserve a seat, as space is limited.

Start the year out right. Mark these dates on your calendar:

January 22, 1:00 p.m. – 2 p.m.

“Blood Sugar Blues”

Learn about the surprising link between a vast number of diseases and disorders and the consumption of starches and sugars in our diet.

February 12, 1:00 p.m. – 2 p.m.

“Additives, Preservatives and Chemicals in Our Food”

A message everyone needs to know! Learn about the cumulative effect of toxins in our foods that contribute to the occurrence of disease and premature death.

March 11, 1:00 p.m. – 2 p.m.

“Eating for Energy”

Learn how foods, lifestyle and environment can drain or give you energy.

Good and Green | At The Dental Group, Green is a way of life, not just a color.

We want our patients to know that there is a vital link between one's oral-physical health and the health of the environment. Improved water quality, elimination of toxic material in the oral cavity, as well as in the environment affects our society's welfare.

The Water in Our Dental Units is Cleaner Than The Water You Drink At Home

Two years ago, we installed clean water systems that use distilled water containing extra oxygen bubbles that keep bacteria from becoming attached to the inner surfaces of water lines running into dental units. It even cleans the water lines that run through older units.

Even though no illness has been traced to the water used in dental units, elderly patients, whose immune systems are not as strong as they used to be, plus a growing number of people with special medical concerns, do not need to be exposed to unwanted microorganisms when they visit the dentist.

Since we've installed our clean water systems, no bacteria has been found in the water lines of our dental units, old or new.

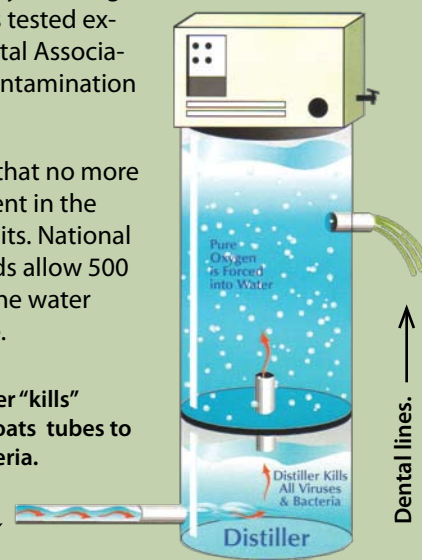
If you'd like to know more or have a concern, we encourage you to talk with your dentist.

Bacterial contamination in dental units is measured in CFU's, or bacterial Colony-Forming Units. Most dental units tested exceed the American Dental Association's recommended contamination standards.

The ADA recommends that no more than 200 CFU's be present in the water used in dental units. National drinking water standards allow 500 CFU's to be present in the water coming into your home.

Hyper oxygenated water “kills” existing bacteria and coats tubes to prevent any more bacteria.

Public water supply enters tank.



The greatest wealth is health. —Virgil



Introducing Byron Lew, D.D.S.

EDUCATION:

- New York University College of Dentistry, D.D.S.
- Saint John's University, B.S., Biology

PROFESSIONAL MEMBERSHIPS:

- Academy of General Dentistry
- American Academy of Craniofacial Pain
- International Association of Orthodontics
- Dental Organization for Sleep Apnea
- International TMJ and Sleep Medicine Network

Dr. Lew's philosophy is to see each person as a whole. Often dental treatments may focus on appearance and esthetics alone, without functional health or other conditions taken into account. For example, headaches and migraines may simply be caused by nighttime grinding or clenching of teeth. Yet many times migraine medication is immediately prescribed. Why not treat the cause instead of merely managing the symptoms? These same headaches and migraines may also be caused by nutritional deficiencies and/or chronic infections or allergies. There are a multitude of possibilities that ought to be considered.

Dr. Lew also believes that children should be evaluated as early as 5 years old for orthodontic intervention. For a child with mismatched upper and lower jaw sizes, beginning treatment at an earlier stage of development often offers more effective options than waiting until they are teenagers to start straightening teeth. Poor orthodontic conditions—which can, in turn, cause poor airway conditions—can also contribute to ADD, ADHD, and nighttime bedwetting.

Similarly, merely straightening teeth where there is a jaw size discrepancy does not treat the cause. Functional or-

thodontics involves the use of appliances to match jaw sizes while a child is still growing, with an eye towards achieving functional health.

Furthermore, functional orthodontics can be utilized in adults to treat headaches, TMJ, and sleep disorders. In fact, untreated children tend to become adults with headaches, TMJ, sleep disorders, or all of the above. Whether it is poor sleep quality or medically diagnosed sleep apnea, these adults can suffer from multiple health issues, including hypertension and chronic fatigue, which might otherwise be perfectly preventable.

Dr. Lew's diagnosis of the person as a whole is a far-reaching goal. This quest for knowledge, with the goal of providing comprehensive, holistic healthcare for each patient, can be accomplished in cooperation with other leading, forward-thinking healthcare practitioners. Working together, healthcare providers and patients can succeed in the lifelong journey of complete wellness.

We are excited to welcome Dr. Lew to The Dental Group. We believe his commitment to excellence in compassionate dental health care makes him a valuable addition to our team.

Sleep Apnea: Resolve to Get Help

It's a brand new year, and some of us have made resolutions. Perhaps you're determined to work harder, although workaholics may resolve to do just the opposite. Many resolve to diet, particularly after the seasonal slide into indulgence from which we must now fight our way back.

For any of us contemplating our health, however, there is one area of our lives that we often overlook, but which can have a profound effect on our well-being: Sleep. If you are affected by snoring or chronic daytime tiredness, for instance—either your own or that of a loved one—now would be a good time to have it checked. You could be suffering from sleep apnea, a hidden health problem that can have far-reaching consequences.

Defined as stopping breathing for more than 10 seconds during sleep, sleep apnea is not just snoring, although snoring increases your chances of having sleep apnea. It has been estimated that approximately 1 in 10 Americans have obstructive sleep apnea (OSA). They may be men, women or children of any age, with active or inactive lifestyles. Professional football players are 5 times more likely

to have or develop OSA. OSA has no discriminatory capability.

The good news is that most of the time the obstruction blocking the breathing is in the upper airway. This means it is your tongue, tonsils, adenoids, and extra tissue in your throat that are blocking the air flow. The solution is simple. If it is your tonsils or adenoids, you can have them removed. If it is your tongue, your dentist can make a mouth guard to move it out of the way while sleeping. If you always wanted to be an astronaut, you can get a CPAP (wearing a mask that pumps air pressure into you to keep your airway open).

It is estimated that 1400 people die from motor vehicle deaths during the holidays, and that 20% will be related to sleep disorders.



Here are a few things to watch for:

- Snoring
- Stopping breathing during sleep
- Sour taste in the morning or acid reflux
- Frequent arousals from sleep
- Not feeling rested in the morning
- Hyperactivity (especially in children)
- Lack of attentiveness
- Morning headaches
- Uncontrollable high blood pressure

If you think you or someone you know might have sleep apnea, talk to your doctor to get a test. Then talk to your dentist to see if you can wear a sleep apnea mouth guard versus a CPAP (most people become noncompliant or do not wear the CPAP). Start the New Year right. Take care of yourself and your loved ones' sleep. You might just save the life of someone you know.

Mother & Daughter Team Loves Volunteer Work

Gertrude Yeager, age 91, and her late husband, Harold Yeager, have both been patients of Dr. McClure for the past 25 years. Now, their daughter, Mary Ann George, is also one of Dr. McClure's patients.



Mary Anne George (left) and her mother, Gertrude Yeager.

Gertrude is a retired 3rd grade teacher of 36 years. 27 of those years were at Greenbelt Center Elementary School. Gertrude's love of children continues to be reflected in everything she does. Every day is an outing for Gertrude and her daughter, Mary Ann. University Park residents continually spot the two helping children in the "After School Program" at Riverdale Presbyterian Church on Wednesday afternoons. Gertrude and Mary Ann are also seen taking daily walks outdoors, as well as at the Mall at Prince George's Plaza. On these walks, Gertrude never misses the chance to give a smile and an encouraging word to every child who crosses her path. Mary Ann looks on with admiration at her mother's genuine love for children, and notes that the parents also seem to be uplifted by Gertrude's kindness.

Mary Ann is a retired geriatric nurse practitioner and 12th grade teacher. She moved to Maryland in 2004 to be with her mother.

Mary Ann's background working with the elderly prompted her to do volunteer work, along with her "always willing to go" mother. They visit residents at Crescent Cities in Riverdale and Hillhaven in Adelphi.

The pair are also regular participants in the monthly Protestant Religious Service at Sacred Heart Home in Hyattsville. Mary Ann plays piano for the service conducted by Dr. Carolyn Fink (Riverdale Presbyterian Church) while Gertrude encourages all residents attending to "keep looking up." In fact, Gertrude and Mary Ann were recognized as the 2006 Volunteers of the Year representing Sacred Heart Home at a special dinner at the Camelot of Upper Marlboro sponsored by the PG Volunteer Center and the Prince George's County Executive Office. All of us at The Dental Group feel privileged to serve the dental health needs of wonderful patients like Mary Anne and Gertrude.

Take advantage of our
Free Snoring and Sleep Apnea Screening!

Sleep apnea can deprive you of essential rest, contributing to **excessive daytime tiredness** and many health problems including **high blood pressure, heart disease, and more** (for more information see story at top of next page).

Don't put off a good night's sleep and better health any longer—

Call Today! (301) 476-4696

