



# BONDING Together

## At A Wonderful Dental Studio

**It** was my pleasure for this issue of Kane County Magazine to interview Dr. Irena Hyvel, DDS, who recently opened her new practice in St. Charles.

I visited Dr. Hyvel at Bond Dental Studio, and she shared tips to keep your smile bright and healthy and the truth behind oral-care myths.

When I walked into Bond Dental Studio, I was greeted by the very friendly voice of staff member Michelle, who welcomed me to Bond. As I looked around, I was pleasantly surprised by the aroma of freshly brewed espresso, a buffet of fruits and pastries, music playing in the background and flowers and candles. This is certainly not your typical dental office.

Dr. Hyvel proudly showed me her custom-made wall graphics and her artwork.

### WELCOME TO BOND DENTAL STUDIO

**Kane County Magazine:** Your studio is more like a home away from home than a

dentist's office. What was your inspiration?

**Dr. Hyvel:** A warm, home-like atmosphere and great customer service — those are the two main principles I am building my practice on. I want people to enjoy their dental visit and have a relaxing and pleasant experience at Bond Dental Studio. I want to break that “dental fear

DNA code” people were developing for generations. I did not use any professional service in designing my studio — I did it all by myself. I put lots of love and thought into it, and I would like to share it with my patients.

**KCM:** When you step inside Bond Dental Studio, there are lighted signs with various definitions of the word “bond” that line the hall. Tell me about how you came up with that name.

**Dr. Hyvel:** My teacher in dental school, Dr. Chris Harvan, always says, “Never treat a stranger. Before you start treating your patients, get to know them — bond with them.” I want to develop that doctor-patient bond with each of my patients. If you look at my logo, BONDDDS, you can break it in two parts in two different ways — BOND, a connection, and DS, which stands for Dental Studio, or BON, which means “good” in other languages, and DDS, which stands for doctor of dental surgery.





a mentor, an educator and a doctor for my patients. I believe in excellence: clinical, professional and personal, and I pursue excellence by continuously improving my knowledge and skills through continued education.

Some people might ask me whether I'm not stretching myself too thin. My answer is no. The more I know, the more I know my limits, and by knowing my limits, I know when to ask for help and how not to compromise my patient's health. That's why I would like to develop partnership relations with my colleague doctors in the St. Charles and Geneva area. I am very thankful for the warm welcome and support for me as a new dentist in town.

Also, I would like to say I am very lucky to be able to do what I love the most. Dentistry is hard work, which requires deep knowledge, an intuition, technique and improvisation. It's my job, it's an art and it's fun. It's a lot of things for me.

**KCM:** The design of Bond Dental Studio isn't the only aspect that's unique. You also have a very interesting background. Could you tell us a little about yourself?

**Dr. Hyvel:** I was born and raised in the west part of Ukraine — a very colorful and multilingual place where I learned how to appreciate cultural diversity, architectural beauty, good food and much more. I graduated from dental school in Ukraine in 1997 and then finished a one-year residency program in general dentistry. I practiced for a few years before I moved to Chicago in 2002. To be able to practice dentistry here

and my mom.

**KCM:** When did your fascination with dentistry begin?

**Dr. Hyvel:** I was about 16 years old and had my regular dental visit. I met my new dentist, and she was smart, beautiful, and that white lab coat fit her perfectly. I thought, "I want to be her," and I also thought I would look good in a white lab coat. But my understanding and passion for the profession grew through my years of dental schools, practicing dentistry and immigration. Now I know I would not only look good in a white lab coat, but I can do some darn good dentistry.

**KCM:** Your practice is off to a great start! Can you tell me about your vision and where you want to be in a few years?

**Dr. Hyvel:** My vision is to build a practice that will advocate the best care possible for my patients. I want to create a comprehensive-care practice where trust is developed through a meaningful doctor-patient relationship. I want to build a practice where I will be a friend,



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in the U.S., I had to obtain a U.S. dental degree. In 2008, I received my Doctor of Dental Surgery degree from the University of Colorado School of Dental Medicine. I am very thankful for the amazing people I met in Colorado and the great experience and knowledge I've gained. Now I live in Naperville. I am managing my own practice and working as an associate in Chicago. I have three children (which is another full-time job itself), Daniel, 12, Chloe, 2, and baby boy Luka is 1 year old. I live a very busy life, but I have unbelievable support from my oldest son, my husband

# KEEPING A TIMELESS SMILE

**KCM:** Taking care of your teeth and gums is a full-time job. Can you share a few interesting facts on how to maintain oral health at different ages?

**Dr. Hyvel:** That would be my pleasure. You should always (and this refers to all ages) look for abnormalities. Teeth should be “white,” aligned, upper teeth should overlap lower teeth and the teeth on the left should look like the teeth on the right. Any black, orange, red or green spots on the teeth or misaligned teeth are not normal. Gums should be pink and firm. Red, bleeding, swollen, eroded gums are not normal or healthy. Breath should be odorless, and functions like talking, chewing and swallowing shouldn't be painful.

Help kids develop good habits. And I'm not talking about just good oral hygiene habits. Good eating, personal hygiene and social and mental health also are important. Most people know nutrition has a great impact on overall health and oral health in particular. Tooth decay is a multifactor disease, where diet is one of the major causing factors. Include more raw fruits and vegetables in your kids' diet, and limit products that contain refined sugars and acid.

Also, I would encourage all mothers to breastfeed their children as much as possible. Conventional wisdom, supported by scientific research, advocates breastfeeding is not only the superior method of infant feeding, but also causes positive effects on the development of an infant's mouth, including healthy swallowing habits and proper shaping of the palate, which results in proper alignment of teeth and fewer problems with occlusion.

Make sure your kids breathe through the nose, especially at night. Mouth breathing can cause skeletal deformities and also leads to consuming 20 percent less oxygen than

nose breathing. Mouth breathing can be a sign of airway obstruction, which is a very dangerous condition for overall health. It can lead to a delay in physical development and lower performance in school. Ask your doctor about airway obstruction and sleep apnea in children.

Sometimes parents do not pay proper attention, or they have a lack of knowledge, to teach their children good dental habits. I hope the following tips will help parents make their children love and enjoy tooth brushing.



**Between the ages of 1 and 2,** clean the teeth of your child with a small toothbrush and toothpaste with or without fluoride such as Baby Oral Gel. Your child can start brushing his or her own teeth at age 2. Help your child finish brushing until he or she is about 7 to 8 years old. Store toothpaste out of your child's reach to prevent him or her from eating it. Don't

forget to replace your child's toothbrush every two to three months or after a heavy infection, and never let children share toothbrushes. To ensure excellent dental health for your child, specialists recommend brushing his or her teeth for two minutes twice a day — in the morning and before bedtime.

Brush your teeth together with your child, and make it fun — not a chore!

**In your 30s,** the key is good maintenance. Go to your dentist every six months for a checkup and cleaning. People in their 30s deal with a lot of stress from different life situations, which can lead to parafunctional activities. Those activities include grinding, clenching, chewing or biting on foreign objects. Those activities can cause temporomandibular joint dysfunction (TMD). Ask your doctor about prophylactics and treatment of TMD with special appliances and physiotherapy.

**In your 40s,** start screening annually for oral cancer. About 37,000 people in the U.S. were diagnosed with oral cancer in 2010. There are two distinct pathways by which most people get oral cancer. One is through the long-term use of tobacco and alcohol, and the other is through exposure to the HPV-16 virus, which is responsible for the vast majority of cervical cancers in women. When found at early stages of development, oral cancers have an 80 to 90 percent survival rate. Unfortunately, the majority of cancer lesions are found at the late stage, and that accounts for the very high death rate of about 45 percent in five years from diagnosis. Late-stage diagnosis is not occurring because those cancers are hard to discover. It's because of a lack of public awareness. At Bond Dental Studio, we provide a comprehensive oral-health screening with VELscope technology, which allows us to see the disease not visible with the naked eye and discover cancer at the early stage.



## The Tooth Behind The Myths

**KCM:** There are a lot of myths out there when it comes to oral health care. Can you dispel a few?

**Dr. Hyvel:** I would be happy to.

**MYTH:** Tooth whitening is harmful to the enamel on your teeth.

**TRUTH:** Every time you eat or drink, the leftover residue accumulates to form a pellicle film. Whiteners work by using bleaching agents such as carbamide peroxide or hydrogen peroxide, which are able to get deep into the enamel and oxidize (or break apart) the staining compounds. The result: a bright, white smile. All “at-home” whitening gels contain peroxide in a ratio that doesn’t cause any damage to the enamel. Professionally applied bleach whiteners contain higher concentrations of peroxide — sometimes up to 35 percent. It can be harsher on the enamel, but even so, dentists add high levels of fluoride to this process to prevent any potential negative effects on enamel.

**MYTH:** Most toothpaste can damage your teeth.

**TRUTH:** Serious enamel abrasion isn’t usually your toothpaste’s fault. Along with fluoride, most toothpaste contains sweeteners, detergents and abrasives. And although they each have their own oral health issues, none are the primary cause of tooth damage. As most of us will spend 38.5 days brushing our teeth during our lifetime, most dentists would say the biggest proprietor of enamel abrasion would be over-vigorously brushing teeth with a hard-bristled brush for an excessive amount of time. Limit your brushing to three minutes, and brush twice a day using an electronic toothbrush and the proper technique.

**MYTH:** Chronic bad breath is cured by mouthwash.

**TRUTH:** A swish of mouthwash might cover up odor in the short term, but that fresh mint smell will quickly fade. Although most of us have suffered from a bout of garlic breath, chronic halitosis affects about 25 percent of the population and is often indicative of a more serious condition. There are more than 600 types of bacteria found in the mouth, so it makes sense 85 to 90 percent of bad breath cases originate there. But decaying debris on the tongue is often an overlooked culprit, and brushing or scraping the far back of the tongue can drastically reduce bad breath — permanently. Another smelly offender is persistent dry mouth. The other 10 percent of halitosis incidents can be caused by internal problems such as local respiratory or sinus infections, postnasal drip, diabetes or gastrointestinal upset. Tobacco and other smoking products are known to cause rancid breath — giving you another reason to kick the habit.

**KCM:** Thank you for the inspiring conversation, Dr. Hyvel. I would say today has been a joyful dental office visit. Your studio is definitely not a typical office — it’s a destination. *kc*

In their 50s, most people have to deal with some type of edentulism or missing teeth. Replicating the natural function and appearance of your lost teeth can be very difficult. Historically, dentures or bridge restorations would be used as replacements, but with limited results. Dental implants, however, are natural-looking replacements for missing teeth that also provide the same function as your natural tooth root. They also have been used as an anchor for other types of restorations with great success and patient satisfaction.

In their 60s, many people have reduced saliva production. Saliva lubricates and protects your mouth from infection by bacteria, chemicals in the atmosphere and from hot food and drinks. Saliva coats teeth and protects them. Reduced saliva flow can damage mouth tissue, cause dental decay and contribute to bad breath. It also can be a sign of dry mouth syndrome, a persistent feeling there is not enough saliva in your mouth that can make talking and eating difficult or embarrassing. It can be caused by many everyday medications. If you have dry mouth, talk to your primary doctor and dentist.

Also, there is a correlation between poor oral hygiene and heart disease. Oral bacteria could harm blood vessels or cause blood clots by releasing toxins that resemble proteins found in artery walls. It is possible inflammation in the mouth revs up inflammation throughout the body, including the arteries, where it can lead to a heart attack and stroke.

### A Reason To Smile

For a limited time, Bond Dental Studio is offering **FREE WHITENING** for a bride and groom, and **50% OFF** whitening services for the bridal party. You’ll also get a **SONICARE TOOTHBRUSH** when you become a patient. *Some restrictions apply. Call the studio for details.*



**Dr. Irena Hyvel, DDS**

**Where:** 202 S. Kirk Road in St. Charles  
**For more information, or to make an appointment:** Call 630-584-0481  
**Or visit** [www.bondds.com](http://www.bondds.com)