
Welcome Back Dr. Jong!

We are very excited to welcome back to our practice, Dr. Kevin Jong, a 1993 graduate from the University of Pennsylvania School of Dental Medicine. Many of our long-term patients will remember him as he was an associate in our office from 1998-2000.

In 2000, he moved out of town, obtained advanced training in Implants and Orthodontics, got married and started a family. He now returns to our community, and our practice, to raise his family and resume caring for our patients in the professional manner and with the high quality of care our patients are used to. In addition to the complete range of dental services offered by the office, Dr. Jong also renders Complete Implant Care from placement to restoration and Orthodontic care including Invisalign® and Full Banded Orthodontic braces.

As a special re-introduction to Dr. Jong, we are welcoming all our patients who are due for their professional hygiene and examination visits, or those who are overdue to be seen, to enjoy a 20% courtesy off our normal fee for examinations, x-rays and prophylaxis (cleaning) and 10% off all other services during the month of July when services are performed by Dr. Jong. Please mention this newsletter for your courtesy discount.

On a personal note, many of you may be aware that for the last year since my grandson, Asher, was born, I have been spending half my time in New York and the remainder either in California with my family or lecturing nationally to other dentists on technology integration in the dental office. I thoroughly enjoy patient care and interacting with my long-term friends and patients, but find the administrative tasks of running a dental practice to be cumbersome. It is my hope that the association with Dr. Jong will be a long-term one and that his assumption of the management duties will enable me to focus my time in New York on patient care.

To continue to find out the latest news about our practice and get informative information about dental health, please visit and “Like” our Facebook page at www.facebook.com/painlessdrz.

With Best Wishes,

Edward J. Zuckerberg

Dr. Edward J. Zuckerberg
EXPLAIN THE PAIN

Pain is often a difficult thing to clearly communicate to a dentist, as while you know your tooth “hurts”, your dentist can’t feel exactly how it hurts, and therefore has to rely on your description of the pain in order to try and figure out the cause.

Here are some of the most common types of dental pain, ways to describe them to the dental staff, and what the symptoms could mean:

“It hurts when I eat or drink something hot or cold.”
This type of sensitivity may be caused by tooth decay (a small cavity), receding gums, worn enamel on a tooth, a cracked tooth or even a dental abscess.

“It hurts when I eat. Sometimes when I bite down, the pain sends me through the roof!”
If it hurts to eat, you’re probably suffering from tooth decay. If you find yourself being jolted out of your chair from time to time upon biting down on some food, chances are you have a crack or fracture in your tooth.

“Boom, boom, boom... my tooth is just throbbing, Doc.”
Intense, throbbing pain can be an indication of an infection or dental abscess. If you’re experiencing this type of pain, and especially if it’s accompanied by a swollen face, you need to seek immediate medical attention. Even if the abscess ruptures, resulting in a significant decrease in pain, it doesn’t mean the problem has solved itself – a follow-up dental examination is still crucial. An abscess that doesn’t fully drain can turn into a serious medical problem by spreading infection to your jaw, neck and head.

“I think my teeth are fine, but my jaw really hurts!”
Jaw pain may be a symptom of impacted wisdom teeth at the back of your mouth, or it could be caused by teeth grinding or TMD – temporomandibular joint disorder.

In some cases a patient’s description of the pain is clear, but the location isn’t. The mouth has an interesting inclination to trick you into thinking your toothache is in one place, when in fact, the problem is related to a tooth a couple of pearly whites away. This phenomenon is called “referred pain”, and the indication of pain is known to travel up or down on the same side of the jaw, but not across the middle of the mouth from the left side to the right, for example. The only way to isolate which tooth is the real culprit is to undergo a variety of tests at the dental office.

Referred pain in the mouth has also been known to indicate a medical emergency: A heart attack! People with a history of angina and heart problems should be aware that pain in the left side of the mouth could actually be an indication that they’re having a myocardial infarction or heart attack. Pain in the neck or jaw is more often an indicator of a heart attack in women more than men.

Different types of toothache pain may signify other specific health problems. It’s important to discuss any dental discomfort with your dentist, even if it doesn’t appear to be a big problem. It simply makes sense to identify and correct small oral health problems before they turn into big, expensive, and uncomfortable dental issues.
TOOTH OR CONSEQUENCES

Everything we put into our mouths affects our overall health, but there are some eating habits that have the disadvantage of contributing specifically to poor oral health as well.

**Eating Disorders:** Teenagers and young adults are more prone to suffer from eating disorders such as bulimia nervosa – secret binge eating followed by self-induced vomiting which, because of the high levels of acid in the vomit, can severely erode tooth enamel and cause decay. Sensitive teeth, severe dental erosion and facial pain are therefore common symptoms of patients with anorexia and bulimia.

**Constant Eating:** People who snack constantly throughout the day are at the other spectrum of the scale, as their increased risk of tooth decay comes from the constant supply of food that feeds the plaque that forms on teeth, producing acids that then attack tooth enamel and contribute to tooth decay.

**Alcohol Consumption:** Researchers at the University at Buffalo School of Dental Medicine found a direct correlation between the amount of alcohol consumed and the risk of gum disease. Gum disease is the first step to periodontal disease, which can lead to tooth loss. In addition, high alcohol consumption has been linked to an increased risk of oral cancer, especially when combined with tobacco use.

In addition to identifying oral cancer and dental problems linked to known patient habits, sometimes dentists can identify health problems patients have no idea they have, such as diabetes. Because of this, it is vital to maintain a regular schedule of dental visits, for both your oral and overall health.

**DO YOU SUFFER FROM TMD?**

TMD, or temporomandibular disorders, are problems arising from the temporomandibular joints (TMJ), which connect our jaws to our skulls. To feel them work, place your fingers right in front of your ears and open and close your mouth. These are the joints that allow us to open and close our mouths and move our jaws in order to talk, yawn, chew and swallow.

Most people have no reason to think about their TMJ if their joints are functioning smoothly, but for the millions of people throughout North America who suffer from TMD, these joints may be the starting point for a host of medical symptoms.

Indications of TMD can vary from person to person, and may present themselves through any of the following symptoms:

- Headaches and/or dizziness
- Neck pain
- Facial or jaw pain
- Ear pain
- Clicking or popping noise in the jaw
- Difficulty chewing
- Limited mouth opening
- Uncomfortable or changing bite
- Tinnitus (ringing in the ears), or muffled ears
- Clenching or bruxing (teeth grinding), resulting in worn-down teeth

If you are diagnosed with TMD, we can work together to ease the discomfort of your condition by providing you with a variety of stress reducing exercises, muscle relaxants and even a mouth protector to prevent teeth grinding. Give us a call to discuss this complex condition and the steps we can take to help you with it.
If you’re a smoker, you have no doubt heard about the various cancers and other medical risks associated with smoking. As dental professionals, we know that in addition to all the other adverse effects of tobacco use on the body, smokers are also prone to bad breath, stained teeth, loss of taste, less success with periodontal treatments, mouth sores and facial wrinkling.

Smokers also experience an increased risk of the formation of calculus – the hard plaque that forms and hardens on teeth, which can lead to deep pockets between teeth and gums. These pockets let in bacteria that can destroy tissue and bone, making teeth look longer, while also contributing to potential tooth loss. In fact, research confirms that smokers are about twice as likely to lose their teeth than non-smokers.

While quitting the habit is a great goal, dealing with the dental effects of smoking is an essential necessity in the meantime. Please be sure to schedule regular appointments to have your mouth checked, and your teeth professionally cleaned to fight the effects of plaque and the harmful spiral into gingivitis, periodontal disease and possible tooth loss.


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Office Hours:
Mon.: 8 a.m. - 7 p.m.
Tues., Wed.: 8 a.m. - 5 p.m.
Thurs.: 1 p.m. - 7:30 p.m.
Sat.: 8 a.m. - 2 p.m.

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Dr. Zuckerberg & Team

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