

SPECIALIZING IN COSMETIC PERIODONTICS DENTAL IMPLANTS



What you should know:

Meet Mark Glover, DDS, MSD, PC

7 health conditions that your periodontist may detect

What should you look for when choosing a periodontist?

What you may not know about tooth loss

The latest options for restoring and replacing your teeth

An Expert in Dental Implants

Questions relating to periodontal disease

Too often, we think of our oral health as separate from our overall health. In reality, the health of our teeth and gums is intertwined with the rest of our body. Your mouth is the main entrance to the body. Gums and teeth are linked to the digestive, nervous, endocrine, lymphatic and skeletal systems and the bloodstream. And they share the harmful organisms that cause disease. This is why your periodontist is so important to your health and well-being. Your periodontist is an expert in diagnosing and treating conditions of your teeth, gums and upper jawbone—conditions that can impact your overall health. Your periodontist can also help you prevent damaging and costly oral health problems from occurring in the first place.

Meet Dr. Mark Glover

Dr. Mark E. Glover was recognized with the Southwest Society of Periodontists' prestigious Fellowship Award. He is only the seventh member to be selected for this honor in the last 50 years.

Dr. Glover is a native Texan, a 1975 graduate of Texas A&M University and a 1978 graduate of the University of Texas Dental Branch at Houston. In 1979, he left his practice of general dentistry and relocated to Seattle, where he completed his residency in periodontics at the University of Washington. In 1982, he received an M.S.D. degree for research in periodontal bone regeneration. He returned to Dallas following graduation where he established his now world-class private periodontal and dental implant practice.

Dr. Glover continues to keep abreast of his specialty by

attending and hosting seminars. He has published many articles in state, national and international periodontal journals and books. He has served as President of both the Texas Society of Periodontists and the Southwest Society of Periodontics, and was board certified by the American Board of Periodontology in 1994.



Mark Glover, DDS, MSD, PC

Even with the very best dental care, if you don't do your part, the health of your teeth and gums is at risk. Although personal dental hygiene practices differ depending on the general condition of your mouth and gums, the following three steps are crucial.

1. Brush all sides of your teeth for two minutes with a pea-sized amount of toothpaste, as well as floss at least once a day. Floss only the teeth you want to keep.
2. Eat a well-balanced diet. Good nutrition helps you maintain healthy teeth.
3. Have your teeth examined and cleaned every six months—more if you have gum disease or other conditions that place you at greater risk of oral health problems.

Only 12 percent of Americans floss daily. 39 percent floss less than daily. 49 percent don't floss at all.

— *American Dental Association*

7 health conditions your periodontist may detect first

You might be surprised to know that a periodontist is often the first person to spot a number of health conditions, including serious diseases like diabetes and heart disease. All told, more than 90 percent of the systemic diseases of the body are linked to symptoms in the mouth.

1. Red, sore, swollen gums of periodontitis (gum disease) may be associated with heart disease and stroke.
2. Sore, pale gums indicate you may be anemic.
3. Bright red, spongy, inflamed gums that bleed easily can be a sign of leukemia.
4. Significant erosion of tooth enamel may signal eating disorders, such as bulimia, or gastric conditions.
5. A chronic cough or bronchitis may be related to gingivitis and periodontitis.
6. Bad breath, dry mouth, bleeding gums and receding gums are often associated with diabetes.
7. White spots and sores that don't heal on your gums and other oral tissues can be signs of oral cancer.

What you should know before choosing a periodontist

- Does the periodontist perform the kinds of services you need?
- Is the periodontist board certified?
- Is the periodontist rated one of the best in Dallas in D Magazine?
- Are the location and hours of the office convenient for you?
- How long is the wait for non-emergency appointments?
- Are payment plans available?

Do you know what kind of dental health practitioner to see?

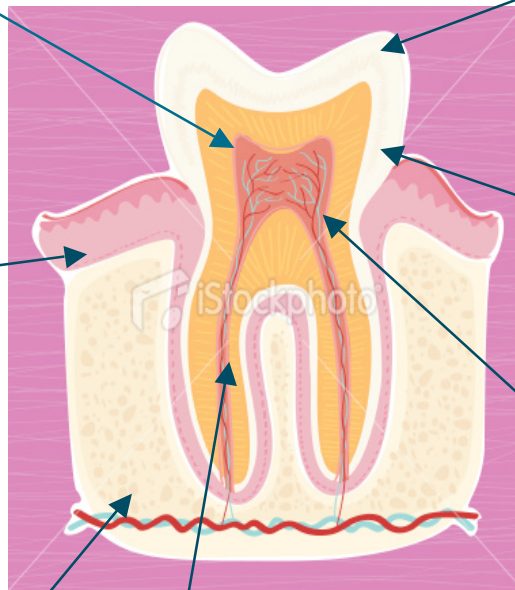
Type of Dental/Oral Healthcare Provider	What They Do
General dentist	Much like your primary care physician, your general-care dentist examines and monitors the condition of your teeth and gums. He or she will chart an overall plan to treat problems and to prevent future problems. A general-care dentist uses a number of procedures for restoring teeth that have decay, disease or have been injured.
Pediatric dentist (also called pedodontist)	Pediatric dentists have postgraduate training in working with children and conditions common to children. They have kid-size equipment and are experienced at putting children at ease.
Oral and maxillofacial surgeon	Surgery of the mouth, jaw and face are performed by an oral and maxillofacial surgeon. Common surgeries are extraction of teeth, correcting cleft palates and repairing facial injuries such as fractured jaws.
Periodontist	Periodontists specialize in the treatment of diseases of the gums and bone that support your teeth. In addition, dental implants are performed by a periodontist.
Endodontist	Have you ever had a root canal? It may have been performed by an endodontist, a specialist who focuses on the pulp—the tissues, blood vessels and nerves inside your tooth and in the tissues that surround the outside the tooth's root.
Orthodontist	Making sure your teeth are straight and your teeth meet properly when you bite down is the job of an orthodontist. Braces and retainers are common tools used by an orthodontist.
Cosmetic/aesthetic dentist	From teeth whitening and tooth veneers to gingival sculpting, bridges and braces—a cosmetic dentist has the tools and technology to bring a great-looking smile to your face.
Dental hygienist	An indispensable defender of your dental health, your dental hygienist conducts initial examinations, cleans teeth, scrapes away stubborn tartar, takes x-rays and provides instruction in self-care.

Anatomy of a Tooth:

Dentin lies just under the enamel and makes up most of the mass of your tooth. Like enamel, dentin can become decayed.

Gums, or gingiva, are part of the mucous membrane in your mouth. When healthy, they are a coral-pink color. Inflammation of the gums, gingivitis, can lead to more serious gum disease.

Bone supports your teeth. The bacteria that cause gum disease contain toxins that dissolve the bone.



The **Crown** is the visible, top portion of the tooth.

Enamel is the shiny white part of the tooth. It's tough, but it can become decayed or damaged.

Pulp is made up of soft tissue, nerves and blood vessels. When cavities aren't treated, the pulp becomes diseased. This can lead to tooth loss.

The **Root** is the part of the tooth you don't see. About two thirds of the total length of the tooth, the root is attached to the bone.

What you may not know about tooth loss

Teeth have an important job **in addition** to chewing and giving you a great smile. In fact, your teeth are essential to maintaining the normal structure of your face. If restorative steps aren't taken when you lose a tooth, the part of the jaw bone that once held the tooth dissolves and the remaining teeth shift out of alignment.

When people are missing most or all of their teeth, the upper and lower jaw bones shrink in size, the gums recede and the space between the nose and chin decreases. Called "facial collapse," this gives the mouth and cheeks a sunken look that adds years to a person's appearance. Fortunately, advances in cosmetic dentistry make it possible to restore the mouth, typically using dental implants.

In a national survey, Americans rated the smile as a person's most important attribute.



The road to tooth decay and gum disease

Tooth decay and gum disease don't happen overnight. Instead, they take a long and winding road that can lead all the way to periodontal disease and tooth loss.

Tooth Decay

Plaque is a sticky, invisible film that builds up on your teeth, between your teeth, on your gums and under your gums.

Bacteria from food or beverages stick to the plaque. They create an acid that eats away at teeth. Eventually, the bacteria can destroy enough of a tooth to create a cavity.

If the cavity isn't treated, the bacteria eat their way through the tooth to the pulp and the pulp decays. This almost always kills the tooth. Often an abscess (infection) follows.

Gum Disease

When tooth decay is untreated, the bacteria that destroyed the tooth can cause an infection of your gums called gingivitis.

Gingivitis progresses to periodontitis, a more serious infection. Your gums separate from your teeth and your teeth may become loose or out of alignment

The infection that started with the build up of plaque travels to the bone that supports your teeth. Gradually, the bone dissolves.

Your questions about your teeth and gums

Q My dentist has talked to me about not flossing regularly. How can he tell?

A Most dentists and hygienists can tell you're not flossing by the number of cavities you have—particularly in areas where teeth meet—and by irritated, bleeding gums.

Q I've always taken antibiotics before having a dental procedure, so why am I now told it's not necessary?

A For many years, it was believed that antibiotics would prevent infective endocarditis (IE), a dangerous infection of the heart's lining or valves. People were believed to be at greater risk for IE if they have a condition such as mitral valve prolapse or rheumatic heart disease. However, studies have shown that antibiotics and antibiotic resistance are the greater concerns for people with these conditions. Antibiotics should still be taken by people with specific serious cardiac issues, including: a history of having had IE, artificial heart valves, a number of congenital heart conditions and some cardiac transplant patients.

Q I'm told I need gum grafting because I have receding gums. Is this painful?

A Gum grafting is commonly used to treat people who have receding gum or bone due to disease or overbrushing. In most likelihood, your periodontist will graft tissue from the roof of your mouth onto your gums. If a small amount of tissue is involved, local anesthesia will keep you comfortable. If the grafts are larger, your periodontist may use local anesthesia combined with sedation.

Q Is it true that chewing gum can be good for your teeth and gums?

A Yes, clinical studies have shown that chewing sugarless gum for 20 minutes after eating can reduce tooth decay. Some brands have ingredients that strengthen tooth enamel, too. Look for gum that has the ADA seal of approval.

41% of daily smokers over age 65 are toothless.

Quiz: Dental myths and truths

- 1. T or F** Right-handed people usually chew on the right side of their mouth.
- 2. T or F** In many European countries, children are visited by a rabbit instead of the tooth fairy.
- 3. T or F** Until you can get to a dentist, either put a knocked-out back in its socket or in a cup of beer.
- 4. T or F** It was long believed that an evil tooth worm bored holes—cavities—in teeth.
- 5. T or F** Wisdom teeth normally appear when a child reaches puberty.
- 6. T or F** You can catch bacteria that cause gum disease by kissing.

Answers are on page 13.

Tips for getting your kids to brush and floss

You can't begin teaching good dental hygiene too soon. The benefits will last a lifetime.

Toddlers

- With toddlers, choose a fun brush made for little ones and use a pea-size dab of a toothpaste. Choose a brand recommended by the American Dental Association. (You'll find this information on the toothpaste box.) Make sure the child doesn't swallow the toothpaste. If this is a problem, use a fluoride-free toothpaste until the child's a little older.
- Teach proper brushing techniques by demonstrating on a doll or by letting the toddler "help" brush your teeth.
- Begin flossing as soon as your child has teeth that touch.
- Over time, pacifiers and thumbs push the front teeth forward and affect the child's bite. Seek advice from your dentist and pediatrician if one of these habits continues past age five—the damage of thumb sucking is of greatest concern with permanent teeth.

Children

- Help your kids brush and floss until you're confident they can do it well by themselves, normally when they're about five or six years old.
- Kids should brush their teeth in a circular pattern for at least two minutes.
- If you're meeting resistance to brushing and flossing, consider adding rewards, such as sticker charts, until a dental care routine is established.
- Do you have a budding sports star? Make sure mouth guards are always part of the uniform.
- Talk with your dentist about supplemental fluoride if your water supply isn't fluoridated. Fluoride helps prevent and reverse tooth decay.
- Another effective way to protect kids' teeth is with sealants. Clear plastic sealants are applied over the parts of the back teeth used to chew where they serve as a barrier to food and acid that destroys the surface of the teeth.
- Offer kids healthful, crunchy snacks like apples and carrots. These foods help remove plaque.

Teens

- Teens are voracious consumers of colas and carbs, both of which are highly harmful to teeth because they dissolve enamel. Encourage your teen to follow a healthful diet, including getting enough calcium.
- Third molars, popularly called "wisdom teeth," normally appear between ages 16 and 25. Often, there isn't enough space in the mouth for wisdom teeth and they only partially break the surface of the gum or don't erupt at all. In trying to find space, wisdom teeth can throw other teeth out of alignment and they're prone to decay and infection. Most dentists agree that the best solution for problem wisdom teeth is to extract them.
- Your teen may think that tongue or lip piercing is stylish now but they often become infected and have a tendency to chip and crack teeth, and create gum recession.

Steps you can take to prevent bottle mouth

One of the most common causes of serious tooth decay in children is called “bottle mouth.” Bottle mouth can occur when an infant or toddler is given bottles containing formula, milk or juices for extended periods of time. These products contain sugars, which become acids when they react with bacteria in the mouth. These acids begin attacking your child’s teeth about 20 minutes after the child first drank from the bottle. Of course you can’t stop feeding your infant but you can take steps to keep your child from getting this damaging condition.

- If your child takes a bottle to bed, only fill it with water. Because your child has less saliva when sleeping, acids from milk, formula and juices are even more damaging to the teeth.
- After feeding, wipe your infant’s teeth with a gauze pad.
- Begin brushing the baby’s teeth as soon as they are fully visible.
- Take your child to a dentist by his or her first birthday and maintain the schedule of visits the dentist recommends

More than 7 percent of children have lost at least one permanent tooth to decay—by age 17.



The latest options for restoring or replacing your teeth

You have a cavity or more extensive tooth decay. What's next? Fortunately, there are a growing number of effective solutions restoring teeth. Your periodontist will tell you about the different options and make recommendations about which will work best for you. Following are the most common methods of tooth restoration.

Fillings

When you have a cavity, your dentist will remove the decayed portion of the tooth and replace it with a filling. Common Filling materials include:

Amalgams

Amalgams are metal fillings that have been used for over a century. They're durable and inexpensive. Recently, there has been some concern about the health effects the mercury content in amalgam fillings. Leading health organizations differ on their positions about use of the amalgams, however, the FDA and the ADA both endorse their continued use.

Dental Composites/Veneers

Sometimes called "*white fillings*," dental composites are a mixture of resins and powdered glass that look like natural teeth. They're used to fill cavities, chips and cracks. They're also used as a lower-cost option for minor cosmetic improvements, such as reducing gaps between teeth, repairing chips and enhancing unsightly teeth. When used cosmetically, people often refer to the composites as "*veneers*."

Ceramic/Porcelain

Ceramic fillings are longer-lasting and more stain resistant. They're usually more expensive than other options.

Glass Ionomer

Fillings made of this acrylic/glass blend don't always require drilling which makes them a good choice for small children. Also, because they bond to the tooth surface and release fluoride, they're particularly useful in controlling the spread of decay below the gum line. Glass ionomer is also used as an adhesive when applying veneers.

Root Canal Treatment

New techniques and pain-control options make root canal procedures far more comfortable than in the past. Used when tooth decay has spread into the pulp in the root canal, this process involves removing the diseased pulp, cleaning disinfecting the canal—then filling the canal.

Crown

Crowns, also called caps, are placed over the tooth after a root canal or if a tooth is chipped or cracked. In addition to protecting the tooth, crowns are selected to match your teeth for a more natural appearance.

Extractions

When a tooth isn't a candidate for a root canal procedure or is fractured, it must be removed to prevent infection and abscesses. After you're fully numb, a simple extraction can take just minutes. More complex extractions normally require the services of an oral surgeon. You'll want to replace the tooth, even if it's in the back of your mouth, to maintain the alignment of your remaining teeth.

Bridge

A bridge actually “bridges” the gap left by one or more lost teeth. A bridge has a prosthetic tooth and can be held in place with caps on the teeth next to the gap or with dental implants.

Dental Implants

Dental implants are the gold standard for tooth replacement. Functioning as an artificial root attached to the jaw bone, the implant and bone actually bond, forming a durable support for a crown or bridge.

Do you know what to do in a dental emergency?

Knocked-out tooth

Handle the tooth by the crown, not the root, and rinse it in water or milk. Ideally, the tooth can be held in the socket or mouth until a dentist is reached. If not, place the tooth in milk, or water if milk isn’t available. Timing is critical—if you can get to a dentist within an hour, there’s a stronger chance the tooth will reattach to the socket.

Broken tooth

The tooth will need to be examined promptly by a dentist and x-rayed to determine the extent of damage. Because there’s a high risk of infection and abscess, a root canal will be performed if it’s likely the injury will cause the tooth’s pulp tissue to die. If it has been loosened by injury, it will need to be stabilized or extracted.

Chipped tooth

A chipped tooth should be examined by a dentist in case steps need to be taken to protect the tooth from further damage.

Toothache

A toothache can have many causes, including a cavity, crack, eruption of a new tooth, food stuck between the teeth and gum disease. Rinsing the mouth with warm water or warm salt water and taking an aspirin-free, over-the-counter pain reliever may provide comfort. A cold ice pack may be applied to the cheek.

If your child has swelling of the cheek, fever and pain, contact a dentist immediately.

4 things your periodontist wants you to know

1. Oral health problems don't improve without treatment.

In fact, most conditions only get worse. When you identify and treat problems with your teeth and gums in the early stages, you stop the progression of decay or disease and avoid unnecessary pain and cost.

2. You may be tired of hearing it but flossing is important.

Do you floss your teeth about as often as you change the oil in your car? There's a reason why you hear, "floss, floss, floss," at the dentist's office. Toothbrushes can't remove food between your teeth; you need to floss for this. If the food isn't removed, you're more likely to have tooth decay and gum disease.

3. Choose the dental implant.

If you lose a tooth, a dental implant is a better option than a bridge. Why? Because a bridge requires removal of a portion of the teeth on either side of the empty tooth socket. An implant is attached to the jaw bone, leaving other teeth in their original condition.

4. It's pointless to have cosmetic dentistry without first treating oral health conditions.

The popularity of cosmetic dentistry is skyrocketing. Advanced procedures work wonders in approving the appearance of your smile. But they shouldn't be performed if you have untreated tooth decay or gum disease.

Answers to Quiz: Dental myths and truths

- | | |
|-----------------|--|
| 1. True | And left-handed people chew on the left side of the mouth. |
| 2. False | A mouse is the tooth fairy substitute in many European countries. In Scotland, the tooth fairy stand-in is a white rat. |
| 3. False | If the tooth can't go back in the socket until treatment is available, please put it in a cup of milk—not beer. |
| 4. True | Until the 18 th Century, people in many countries believed the tooth worm bored holes in teeth, causing pain when they wiggled. |
| 5. False | The typical age for the eruption of wisdom teeth is 18. |
| 6. True | Bacteria that cause gum disease may be transmitted by saliva. |

Dr. Mark Glover: An Expert in Dental Implants

Dr. Glover has been placing dental implants for over 23 years, and has placed over 3,000 implants in every conceivable position in the mouth using multiple implant systems.

He is trained in the most advanced procedures for tooth replacement such as immediate loading, mini-implants, implant-supported dentures, sinus augmentation and ridge augmentation.

Dr. Glover is an expert in periodontal bone regeneration to positively influence the result of implants and constantly monitors new research on the subject.

Replacing a Missing Tooth

The Alternative - a Fixed Bridge

Two adjacent teeth need to be cut down to fit the bridge. Dental implants don't need this and preserve your teeth.

A natural tooth is anchored into the jawbone by its tooth root. Tooth roots attach firmly to the jawbone and keep your teeth stable when chewing foods.

Traditionally, if you were missing a tooth or if one needed to be extracted, the healthy teeth on either side of the missing tooth would be cut down and the whole thing replaced with a three-crown "bridge".

Dental implants are the modern alternative. Instead of cutting down two perfectly healthy teeth, your periodontist inserts a dental post (dental implant) into the jawbone to replace your missing tooth root. This post becomes solidly fixed into your jaw as the bone heals (like a natural tooth root). Your general dentist then places a crown onto this artificial tooth root that feels and functions like your natural teeth.

Quite simply, dental implants are the most natural replacement for missing teeth.

Replacing Several Missing Teeth

Dental Implant Supported Dentures are firmly anchored to the jawbone. This helps to prevent bone loss and causes them to feel much more like natural teeth.

Traditionally, several missing teeth would have been replaced with a removable partial, full denture or full bridge.

Dentures have to be taken out and soaked at night. They can also look unnatural and rub painfully. Dentures and partials make it difficult or impossible to eat certain foods.

Dental implants can now be used to anchor partial and full dentures. This prevents the slipping, irritation, and pain associated with "floating" partials and dentures. It also prevents the tedious removal of dentures for overnight soaking and cleaning. Dental implants also eliminate the need for dental adhesives. This allows you to enjoy eating the foods you previously avoided. With dental implants, your partials or dentures are firmly anchored to the jawbone, causing them to feel much more like natural teeth.

Natural tooth roots and dental implants are fixed firmly in your jawbone. When you chew, these tooth roots and posts stimulate the jawbone and prevent it from shrinking. You may have seen a person who looked prematurely old because their jawbone had shrunk after wearing floating dentures. Dental implants help preserve your jawbone and appearance.

The Success Rate of Dental Implants

After their healing period, the success rate of dental implants is between 94% and 98%. If you are a non-smoker with good oral hygiene, the percentage is closer to 98%.

How Long Will Dental Implants Last?

Dental implants become fixed to the jawbone. Though the life span of a dental implant will vary with each patient, many have lasted for over 30 years. With good oral hygiene and regular cleanings, dental implants can last a lifetime. In contrast, the average life span of a traditional fixed bridge is between 5-15 years.

Bone Regeneration

A critical question in determining whether an implant can be placed is, "Is there enough bone to support the implant?" Fortunately, advanced bone regeneration techniques now make it possible to place many more implants than just 10 years ago.

Am I a Candidate for Dental Implants?

Dental implant treatment begins with an evaluation by your general dentist who will determine if you are a good candidate for this procedure. If he feels dental implants might be possible, he will send you to us for a placement evaluation.

Temporary Anchorage Devices

A new area of dental implants involves the placement of small mini orthodontic implants that assist the orthodontist in moving teeth. These small implants provide additional anchorage which allow movement of teeth that have been previously only treated by orthognathic surgery. When the treatment is complete the implants are removed.

For More Information on Dental Implants: <http://markgloverdds.com/>

What is Periodontal Disease?

The word "periodontal" literally means "around the tooth". Periodontal Disease (also known as "gum disease" or "periodontal infection") is an ongoing bacterial infection in the gums and bone around your teeth. This infection leads to an inflammation under the gums, and if not treated, this inflammation can destroy the bone around your teeth. This results in tooth loss. 75% of all adult tooth loss is due to periodontal infection.

More importantly, research has associated periodontal infection to several serious medical problems; including heart disease, diabetes and stroke. As ongoing research continues to define how periodontal disease is associated with these and other health problems, oral health maintenance is essential. Periodontal health is a key component to a healthy body.

What is an "ongoing infection"?

Have you ever gotten a sliver of wood caught under the skin of your hand? Because the wound is open to bacteria, the site may become infected and so appear red and inflamed. In time, your immune system fights off the bacteria and your hand heals when the sliver has been removed.

During an ongoing infection, however, your immune system is unable to conquer the bacteria on its own, and the pain and redness continue to worsen.

Periodontal disease is an ongoing infection in the pockets around your teeth. You cannot fight off the infection alone, but with periodontal therapy, we are able to remove debris and bacteria from the site, allowing the gum to heal as your hand had. What Can Cause a "Burst" of Infection Activity?

People with periodontal disease have low resistance to periodontal bacteria. This causes an ongoing gum infection that grows in "bursts" of activity. Each time it grows, more support for your teeth is lost. Some factors that can cause this to occur may include:

1. Poor oral hygiene
2. Dental plaque
3. Smoking / Tobacco
4. Genetic factors
5. Stress or tension
6. Diet
7. Age
8. Illness
9. Bad bite
10. Systemic Illness
11. Grinding

Healthy gums are pink and surround the gums showing no roots. With the advancement of periodontal disease, the gums recede along with the bone underneath and expose the tooth roots. The gums become red and swollen in later stages.

Getting Periodontal Infection Treated Right Away

When your infection has a burst of activity, or when there are signs that this is about to occur, your general dentist may recommend you see a periodontist.

Symptoms of Periodontal Infection

Periodontal infection is usually painless until it reaches an advanced stage. However, there are some symptoms which can indicate the presence of periodontal infection.

These may include:

1. Red or swollen gums
2. Bleeding when brushing (pink toothbrush), or at other times
3. Aching, itchy, sore or tender gums
4. Receding gums (teeth beginning to look longer)
5. Pus between your teeth and gums when you press down on the gums
6. Bad breath
7. Any change in the way your teeth fit together when you bite
8. Any change in the fit of partial dentures
9. Loose, separating or protruding teeth
10. Spaces between teeth

If you notice any of the above warning signs of periodontal infection, please contact your general dentist and ask for a periodontal evaluation.

Important Note: Your gums can look and feel quite normal and yet deep pockets of periodontal infection can still be present. To be certain about any periodontal disease, ask your dentist or periodontist to examine your gums for signs of infection.

Who is a Periodontist?

A periodontist is a dentist who specializes in the prevention, diagnosis and treatment of periodontal disease. Many periodontists have also taken advanced training in the placement of dental implants. Periodontists receive extensive training in these areas, including 3 additional years of education beyond dental school. Periodontics is one of the 8 specialties recognized by the American Dental Association.

Periodontists also provide other treatments, such as crown lengthening, bone generation and soft tissue grafting.

As a periodontist, Dr. Glover has received years of additional training in periodontics beyond his general dental degree. He has highly specialized knowledge and skill in the diagnosis and treatment of periodontal disease, options for cosmetic periodontal procedures and the placement of dental implants.

"People think of gum disease in terms of their teeth, but they don't think about the fact that gum disease is a serious infection that can release bacteria into the bloodstream" Dr. Robert Genco, editor "Journal of Periodontology"

Periodontal disease leads to inflammation of the gums. This inflammatory bacteria then enters your bloodstream and travels throughout your body. Researchers have linked this process to a number of serious medical conditions. It is important to treat periodontal disease as quickly as possible to avoid the release of bacteria into your bloodstream.

Heart Disease & Heart Attack

Recent studies have shown that people with periodontal disease are 2.7 times more likely to suffer a heart attack.

Stroke

Studies have also shown that people with periodontal disease are 3 times more likely to suffer a stroke.

Pre-Term Childbirth

Women with periodontal disease are 7-8 times more likely to give birth prematurely to a low birth-weight baby.

Diabetes

Periodontal infection can raise blood sugar in diabetic patients.

Respiratory Disease

Periodontal infection in the mouth can be breathed in and increase the severity of such respiratory diseases.

Periodontal Infection is a Medical Problem

Periodontal disease is no longer thought to be just a dental problem. Researchers are finding many correlations between periodontal infection and serious medical problems.

Your Infection Can Be Transmitted

Research using DNA testing has found that 80% of all periodontal disease comes from bacteria transmitted by a parent or spouse. Patients with periodontal disease can pass their infection along to their loved ones.

Patients in certain higher risk categories (see below) should pay particular attention to any signs of periodontal disease.

Those patients having a personal or family history of:

- * Heart disease
- * Heart attack
- * Stroke
- * Premature childbirth
- * Diabetes
- * Respiratory diseases
- * HIV / ARC

Those patients having higher risk lifestyles, including:

- * Chronic stress
- * Smoker
- * Sedentary and overweight
- * Frequent colds, flu, etc.

Higher Risk Patients

If you have been told you have periodontal disease (or some of its symptoms) it is vital that you seek evaluation and treatment.

Questions Relating to Dental Implants

What are dental implants?

Implants are natural looking replacements for missing teeth. The implant itself is a biologically compatible screw that bonds to your jawbone. This implant provides an anchor for your general dentist to place crowns, bridges or other restorations.

We are experts in the placement of dental implants. Dental implants begin with an evaluation by your general dentist who will decide if you are a good candidate for this procedure.

Do implants work as well as natural teeth?

Dental implants function much better than removable teeth, (e.g. partials or dentures). Patients often comment that dental implants are so natural in appearance and function that it is like having their natural teeth back. Today's advancements make implants function within 90% of the efficiency of natural teeth in terms of both bite and feel.

How much do dental implants cost?

The cost of implants varies from patient to patient, depending on the complexity of each case. As a general rule, however, the investment is comparable to that of fixed bridgework.

How soon is it possible to eat after receiving dental implants?

As soon as the final restoration has been placed, you can resume normal eating again at the site of the implant. A soft diet is necessary between placing the implant and placing the final restoration since stress prior to the final cementing of the restorative tooth could cause the implant to be weakened and fail.

Questions Relating to Periodontal Disease

What is periodontal disease?

Periodontal disease (also known as periodontal infection, gum disease or pyorrhea) is an ongoing infection in the gums around your teeth. The cause of periodontal disease is infectious bacteria that gets deep into your gums and causes tissue inflammation.

This infection starts destroying the bone that supports your teeth. If left untreated, it can lead to tooth loss.

What are the symptoms of periodontal infection?

Because periodontal infection grows under your gums, you can have no symptoms at all. Patients with more advanced periodontal disease may experience some of the following symptoms:

- * Red, swollen or tender gums
- * Tooth sensitivity to heat/cold
- * Bad breath
- * Deep pockets around the teeth
- * Spaces between the teeth
- * Loose or shifting teeth
- * Missing teeth
- * Gums receding around the teeth (longer looking teeth)

Why, all of a sudden, is my dentist sending me to a periodontist?

Periodontists have advanced training in the treatment of periodontal disease and the placement of dental implants.

Patients with periodontal infection have a lowered resistance to periodontal bacteria. This causes a continuing gum infection that can grow in bursts of activity. Some factors that can cause a dramatic increase in the severity of your periodontal disease are:

- * Poor oral hygiene
- * Dental plaque
- * Smoking
- * Genetic factors
- * Stress
- * Diet
- * Age
- * Illness

Two other important factors are:

- * Lack of regular dental checkups
- * Lack of regular dental cleanings

When your infection has a "burst" of growth, or when there are signs that this may occur, your dentist may recommend periodontal treatment.

How is periodontal disease treated?

Periodontal disease is an infection in the gums and jawbone. The goal of treatment is to remove this infection and prevent it from coming back. The specific treatment required to do this will vary with each patients' individual needs. After your initial examination, we will completely explain your different options for treatment.

Does periodontal treatment hurt?

One of our primary concerns is that you have a comfortable experience during treatment. Toward this end, we offer an extensive array of the latest techniques to minimize discomfort. Many of our patients are amazed at how little discomfort they experience.

Why must I start treatment right away?

Periodontal infection grows in "bursts of activity."

It is likely that you have been referred to us because your general dentist has noticed an increase in infection activity. This infection eats away at the bone that supports your teeth (leading to tooth loss). If not treated, there can be a number of consequences.

Questions Relating to Anesthesia/Sedation

Is anesthesia safe?

Yes, sedation and anesthesia have been safely employed in dental practice for many years.

In order to administer anesthesia, Dr. Glover has had advanced training in intravenous medication. He is also trained to handle emergency situations, and have the necessary safety equipment and medication on hand in the unlikely event of an emergency.

How am I monitored during treatment?

The periodontist along with a highly qualified staff member will be with you throughout your procedure.

Depending on the form of sedation required we may use one or several mechanical monitors such as:

- * Automatic blood pressure cuff
- * Pulse rate
- * Blood oxygen sensors
- * EKG

How is the medication administered?

These medications are administered intravenously by Dr. Glover in a dosage that is customized just for you to make you relaxed and comfortable. You are continuously monitored and additional medication can be easily administered by Dr. Glover throughout the procedure to ensure your sustained comfort.

General Questions

What is going to happen on my first visit?

On your first visit to our office, you will receive a periodontal examination. You should experience little, if any, discomfort during this examination. If necessary, x-rays will be taken to further evaluate any loss of bone around your teeth. If implants are an option for treatment, a CT Scan of your mouth may be recommended to show bone density, ridge width and specific implant placement.

Afterward, our findings and your options for treatment will be thoroughly explained. At that time, the doctor will answer any questions you may have. Our goal is that you leave with a complete understanding of your condition and the treatment needed to restore you to optimum oral health.

How much will treatment cost and will my insurance cover it?

Everyone deserves to keep their natural teeth for a lifetime. While periodontal treatment is not as costly as replacing natural teeth due to tooth loss, its cost can vary greatly depending upon your needs.

If you have dental insurance, this may provide partial coverage. Our office will contact your insurance company to learn what they will cover. We do accept assignment of most insurance benefits, however your responsibility will be the total fee.

We feel that finances should never be an obstacle to treatment. For your convenience, we offer several payment options. We also have payment plans to suit your individual needs. Our office manager will be happy to answer any of your financial or insurance questions.

What are the medical consequences if I delay treatment?

When periodontal infection gets into the bone around your teeth, it can then enter your blood stream. From there it travels to other parts of the body and can contribute to medical problems.

Recent research has found that patients with periodontal disease are more than twice as likely to suffer heart disease and stroke.

Do you use the latest equipment and techniques?

We keep ourselves up to date regarding equipment and periodontal procedures. You can be certain you will receive state-of-the-art care in our office.

Regarding sterilization, we believe that all procedures should be safe as well as comfortable. We use only the latest sterilization techniques.

What other treatments do you provide?

Besides periodontal treatment and dental implants, we can perform a number of procedures, including:

Prescriptive Periodontal Procedures:

- * Crown lengthening
- * Antibiotic treatment
- * Ridge augmentation
- * Connective tissue grafting

Cosmetic Procedures:

- * Gingival (gum) contouring
- * Aesthetic crown lengthening
- * Soft tissue grafting

How is my general dentist important in my overall care?

Your general dentist knows your entire dental history, the condition of your teeth, and your future dental needs. He is in charge of your overall dental care. We work closely with him or her to ensure you receive the best possible dental care.

In many cases, your general dentist may do your preliminary periodontal treatment and a portion of your periodontal maintenance.



Periodontics and Dental Implants

**Mark E.
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By embracing proven advances in periodontics and implant dentistry utilizing the latest techniques and technology, Dr. Mark Glover provides patients with excellence in implant and periodontal plastic surgery. Dr. Glover exceeds his patients' expectations by utilizing minimally invasive techniques and by focusing on patient comfort and safety with the use of conscious sedation. He is especially grateful to the patients and doctors who show such confidence in him. Dr. Glover is board certified by the American Board of Periodontology and is a recipient of the Southwest Society of Periodontists' Fellowship Award.



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