



Family Dentistry

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IMPRESSIONS

2017 Campbell Dr. ■ Torrington, Wyoming 82240 ■ (307) 532-4448

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VAPING



ONE OF THE NEWEST TRENDS among adults is called vaping or using e-cigarettes. Although there has been limited research in this field and there are some statistics, much is still unknown.

E-cigarettes go by a variety of names including hookahs, mods, tank systems, and vape pens. They allow for inhaling an aerosol containing nicotine, propylene-glycol, a flavoring agent, heavy metals, and vegetable glycerin. They are typically battery operated and heat a liquid to release a chemical filled aerosol. It is the diacetyl found in many of these liquids which causes “popcorn lung.” Popcorn lung is the term applied to the disease commonly found in employees working at manufacturing plants that package microwave popcorn. This condition is the result of an irreversible loss of pulmonary function requiring a lung transplant to restore health.

In the mouth, the heat from inhaling the vapors causes ulcerations that often lead to oral cancer. Research has shown that the vapor, whether it contains nicotine or not, leads to potential mutations and oral cancer, in addition to dry mouth and coughing. There are variations in the amount of nicotine in each cartridge. Amounts range from 3 mg to 36 mg of nicotine per cartridge. However, there have been doses as high as 100 mg found in some cases. This elevated level can pose an increased risk of toxicity. The batteries used as the heating element for the liquid get extremely hot and have been known to explode, causing severe burns that require emergency medical attention.

Currently the regulations about listing the ingredients in vaping products are not strictly controlled. In some areas, there are no regulations at all. This contributes to the wide range of nicotine per cartridge. Other ingredients found in some

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pens include Cialis or Viagra and formaldehyde. Television commercials are allowed because the liquid contains no tobacco despite the nicotine content.

Other health concerns include seizures, congestive heart failure, pneumonia, and burns from faulty devices. There is a level of uncertainty about second-hand vapor exposure to non-users, especially children. Another concern about the method of delivery is that the pens are often used for marijuana and other substances. Additionally, these devices are more common than the use of regular cigarettes by middle and high school students.

The effects in the mouth depend on the frequency and types of product used by each individual. Commonly, canker sores, dry mouth, and cough are observed. Ulcerations and burns on the roof of the mouth are typical.

Although there is more research to be done, we can be certain that vaping is not a healthy choice and in fact, very dangerous!



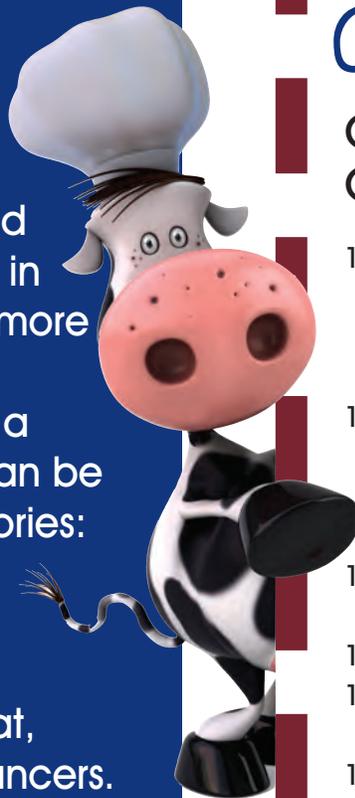
BOOST YOUR DENTAL KNOWLEDGE

-  The average American spends 38.5 total days brushing their teeth over a lifetime. And this occurs at only 45 to 70 seconds a day. The recommended amount of time is 2-3 minutes.
-  People who drink 3 or more glasses of soda each day have 62% more tooth decay, fillings and tooth loss than others.
-  If you don't floss or use toothpicks, you miss cleaning 40% of your tooth surfaces.
-  The average woman smiles 62 times every day. The average man smiles only 8 times a day.
-  Giraffes only have bottom teeth.
-  On average, 3 million teeth are lost at sporting events annually.
-  The life span of a taste bud is 10 days.
-  The tooth is the only part of the human body that cannot heal itself.

HPV

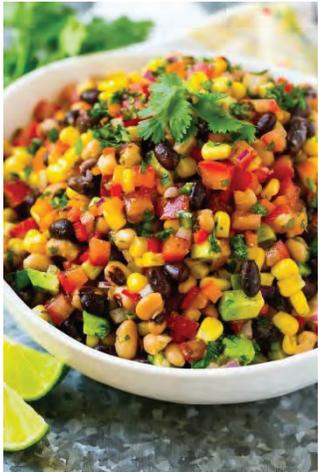
Human papilloma virus is a very common virus effecting nearly 80 million people world wide. 14 million of these are in the United States. There are more than 200 varieties which are spread through contact with a sexual partner. The viruses can be broken down into two categories: low risk forms can cause genital warts while the high risk types can cause various cervical, anal, oral and throat, vulvar, vaginal and penile cancers.

Getting vaccinated early protects preteens long before they are exposed to the virus. The Center for Disease Control recommends all boys and girls who are 11 or 12 years old get two injections of the HPV vaccine six to twelve months apart. Teens and young adults between 13 and 26 are still eligible for vaccination, but may need to have a three series immunization, particularly if begun after the 15th birthday. A third injection may also be needed if the first two injections were done less than six months apart. You can learn more about HPV and the vaccine by talking to your physician and reading additional information online at www.cdc.gov/hpv.



Cook's Corner

Cowboy Caviar

- 
- 1 can black beans rinsed and drained
 - 1 can black eyed peas rinsed and drained
 - 1 C tomatoes seeded and finely diced
 - 1 jalapeno seeded and finely diced
 - 1 C corn can be fresh, canned or thawed from frozen
 - 1 avocado chopped
 - 3/4 C red and/or orange bell pepper seeded and finely diced
 - 1/2 C red onion finely diced
 - 1/3 C cilantro leaves chopped
 - 1/3 C olive oil
 - 1/4 C lime juice
 - 1 tsp chili powder
 - 1 tsp cumin
 - salt and pepper

1. Place the beans, black eyed peas, tomatoes, jalapeno, corn, avocado, bell pepper, onion and cilantro in a large bowl.
2. In a small bowl, whisk together the olive oil, lime juice, chili powder, cumin and salt and pepper.
3. Pour the dressing over the bean mixture and toss gently to coat. Serve as a salad or with chips.

NOTES: Make ahead instructions: Assemble according to instructions, except omit the avocado. Refrigerate for up to 8 hours. Add the avocado right before serving.



Family Dentistry P.C.

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Dentists: Dr. Tim Pieper
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Dental Assistants: Julie Youtz, Valerie Grant,
Kristie Sierra, Faye Rife
Appointment Sec.: Tracy Flock
Office Manager: Leslie Gubbels



Office Hours

8:00 a.m. - 5:00 p.m.
Monday - Thursday



STAFF CORNER

Happy Retirement, Cara!



As soon as I graduated from dental hygiene school in 1977, I started working here at Family Dentistry. Of course it wasn't called that. The office name is only one of many changes that have occurred in my tenure as hygienist. Gone are the white uniforms and shoes, while gloves and face masks

have been added. No longer do we use colored pencils to chart fillings and gum levels. Instead there are computers in every operatory. The dip tanks and automatic x-ray film developers are history, replaced by digital sensors that store x-ray images in computers. However, some things don't change, and that includes the wonderful patients I have had the privilege to treat these past decades.

Over the years I have been able to educate children during Children's Dental Health Month, provide training for the Care Center, Diversified Services, Senior Center, Home Health, and preschools. Every patient also endured constant attention to their oral hygiene needs, whether they wanted to hear it or not! I've run water down necks, made ears into swimming pools, and given moisturizing

treatments to nearly everyone's face.

I've also learned about families, hobbies, pet-peeves, and personal philosophies. I've worked on grandparents, parents, children, and grandchildren. Some of my patients have never had anyone else clean

their teeth. Now I am retiring.

I have come to love my patients and will sincerely miss seeing you. Perhaps I only saw you once or twice a year, but after nearly forty-two years, that adds up to many hours spent together. You may not recognize me when I see you on the street or in a store. Without a uniform, mask and telescopic glasses, I won't look the same. But you all won't change. You'll still be the person with that one area that was hard to clean, that sensitive spot, or had a little bump in your mouth. I'll recognize you, so please don't avoid me. After all, I won't be nagging you to come get your teeth cleaned. We can just visit socially instead.

Love,
Cara