



Family Dentistry P.C.

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www.pieperdentistry.com

Dentists: Dr. Tim Pieper
Dr. Britt Marsh
Hygienists: Jamie Cowan
Dental Assistants: Julie Youtz
Valerie Grant
Sahala Eriksen
Appointment Sec.: Tracy Flock
Office Manager: Leslie Gubbels



Office Hours

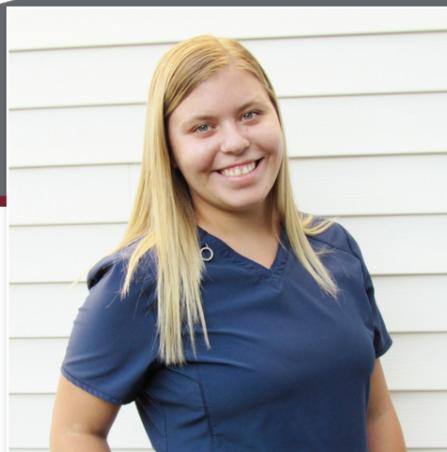
8:00 a.m. - 5:00 p.m.
Monday - Thursday



STAFF CORNER

Meet Sahala

I am a Dental Assistant here at Pieper and Marsh Family Dentistry. After graduating from Torrington High School in 2018, I completed a dental assisting education program. I joined the team here in July of 2019. Though I'm fairly new to dentistry, I love caring for patients and being a part of the life changing results that having a healthy mouth brings. I am looking forward to



expanding my dental education and being part of the team here at Pieper and Marsh Family Dentistry.

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Not Just a Cleaning

your carotid artery and if there are any plaques or calcifications present.

All this has occurred prior to any actual "cleaning" of your teeth. A routine cleaning is often referred to as a prophylaxis appointment, where your dental hygienist removes the plaque, tartar, and stain attached to the teeth, as well as the millions of bacteria colonizing in the mouth. However, not everyone falls into the category of a prophylaxis. Some individuals have more severe periodontal disease and large amounts of tartar under the gums. These individuals require longer, more extensive appointments referred to as scaling

and root planing and periodontal maintenance.

Removing and reducing the bacterial count in your mouth helps prevent or halt the progression of periodontal disease. Symptoms include red, enlarged, and inflamed gums (gingivitis) and the loss of bone supporting your teeth (periodontitis). Removing and reducing the bacteria and inflammation not only improves your oral health but improves your overall health! Good oral health helps prevent cardiovascular disease, decreases the rate of dementia, prevents premature birth rates, and helps stabilize blood glucose levels.

So remember when you are coming in for "just a cleaning" there is a much more detailed and focused routine. Your hygienist isn't simply cleaning your teeth. Your mouth is the gateway to the rest of your body and good overall health starts with good oral health.



Family Dentistry

Timothy J. Pieper, DDS, MAGD
Britton M. Marsh, DDS

IMPRESSIONS

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

2020

The Effects of Diabetes on Oral Health

MANY ARE FAMILIAR WITH DIABETES, the condition that impairs the body's ability to process blood glucose, or blood sugar. Both Type I and Type II diabetes result in high levels of blood sugar which can cause damage to major organ systems such as nerves, eyes, kidneys, and the heart. What some may be surprised to learn is the effect diabetes can have on one's teeth, gums, and overall oral health. Fortunately, dentists are often on the front line in recognizing untreated and undiagnosed diabetic conditions. Regular check-ups and routine care can help prevent symptoms from worsening. In the United States alone, nearly 30 million people are living with diabetes—almost 10% of our entire nation's population! Of those people, over 8 million are undiagnosed, not even aware they are diabetic. This is where dentists play a crucial role. As many signs and symptoms of undiagnosed diabetes can be apparent in regular dental visits and periodic radiographs. The ability to discover diabetic and pre-diabetic conditions in the dental office before they worsen can be very beneficial in a patient's ability to thrive with this disease. Some oral symptoms and presentations of diabetes can include:



- **Bone loss** evident on annual radiographs or x-rays
- Decreased saliva and **dry mouth** which can lead to increased **cavities**
- Increased **inflammation and bleeding** when brushing or flossing
- **Hypogeusia**, or the decreased ability to taste
- **Delayed wound healing** which makes the mouth more susceptible to infection
- Development of **thrush** or other fungal infections
- **Burning mouth syndrome** often caused by fungal infection

Diabetes also limits the body's ability to heal. This can be problematic in the dental setting concerning abscessed teeth, following extractions, or with ill-fitting dentures.

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Gum disease, also known as periodontal disease, is one of the primary oral concerns of diabetes. When the tissues that hold teeth in place become infected, inflamed, or irritated, it causes increased bleeding in the gum tissue. This can eventually lead to bone and underlying tissue destruction, ultimately resulting in tooth loss. Diabetes makes it harder for the body to fight such bacteria and infection, especially with uncontrolled blood sugar levels. Some studies have shown that diabetics are twice as likely to have periodontal disease as non-diabetics.

Diabetes also limits the body's ability to heal. This can be problematic in the dental setting concerning abscessed teeth, following extractions, or with ill-fitting dentures. Blood flow to the areas requiring healing is limited causing infection to persist. Thrush is a fungal infection commonly associated with diabetes, as the fungus thrives on the high glucose levels in the saliva of people with uncontrolled blood sugar. Burning mouth or burning tongue can also be caused by the presence of thrush in the oral cavity.

The good news is this can all be prevented and we are here to help! We consistently screen our patients for pre-diabetic conditions, in addition to asking about their current Hemoglobin A1c level. Research suggests that treating gum disease can actually help improve blood sugar control in patients living with diabetes, thereby decreasing the progression of the disease. With proper and consistent oral hygiene, regular routine dental cleanings and x-rays, and healthy blood sugar levels, most individuals with diabetes are able to have healthy teeth that last a lifetime.

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GLASBERGEN

"Yes, I floss regularly — right before every appointment."

Tooth Trivia



- * If you are right handed, you will tend to chew your food on the right side. If you're left handed, you will tend to chew your food on your left side. But it's best to chew on both!
- * More people use blue toothbrushes than red ones.
- * Like fingerprints, everyone's tongue and tooth prints are unique to each individual.
- * 78% of Americans have had at least one cavity by age 17.
- * More than 300 types of bacteria make up dental plaque.
- * There are more bacteria in the human mouth than there are people on the Earth.
- * A snail's mouth is no larger than the head of a pin, but it can have over 25,000 teeth.
- * There are 10-12 teaspoons of sugar in a single can of soda.
- * It was customary during the middle ages to kiss a donkey if you had a toothache.

Not Just a Cleaning

"OH, I JUST HAD A CLEANING," IS a common phrase mentioned when discussing your recent dental visit. However, there is much more that goes into your routine cleaning appointment. Many times patients feel that a dental cleaning appointment is solely for removing stubborn plaque or tartar build-up on your teeth, but your hygienists are doing so much more than that!

Once you are seated in the chair we update your medical history and note changes in medical conditions or medications. These potentially effect your oral health and need to be monitored when examining your mouth. After a chair ride that feels as if you'll end up doing a headstand, we start checking for "lumps and bumps" inside your mouth as we perform our routine oral cancer screening. Next, we use our probe (a fancy name for a ruler) to measure your gums and bone levels. This reading lets us know if you have active periodontal disease or a healthy periodontium. Low readings indicate health, while a reading greater than four or the presence of bleeding means there is infection. With that same ruler, we measure any areas where your gum has receded. This helps us monitor your brushing technique and any bone loss that may have occurred.

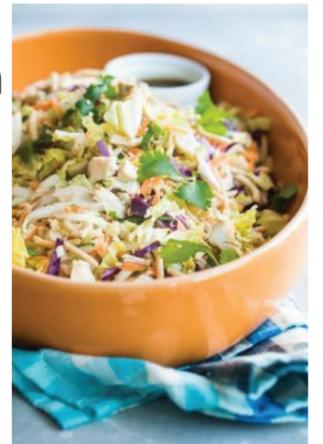
Of course we don't want to forget about everyone's favorite part: X-rays! Once a year we take bitewing x-rays (the ones where we place that little red thing between your tongue and teeth) to check for cavities between your teeth and monitor bone levels. We also take a panoramic x-ray (the machine that goes all the way around your head) every five years. This important x-ray checks for many things: abnormalities or masses in the bone or soft tissue, how your jaw joint is fitting in the socket, and allows us to check the root tips of the teeth for any abscesses or lesions. In addition, this radiograph shows the area from your eyebrow to your collar bone. Therefore, we are able to see a portion of



Cook's Corner

Chinese Chicken Salad

From the Kitchen of Joan Pieper



- 4 cups of shredded cabbage
- 2 cups of cooked chicken breast, chopped
- ½ cup raisins
- 3 green onions, cut into 1 inch pieces
- 2 ½ Tablespoons water
- 2 ½ Tablespoons of reduced sodium soy sauce
- 2 Tablespoons white wine vinegar
- 2 teaspoons sesame oil
- 1/4 teaspoons white pepper

• Combine first four ingredients in a large bowl and toss.

• In a separate bowl whisk together remaining ingredients until blended.

• Pour over chicken mixture and toss to coat.

Makes 4 servings
Serving size- 12 ounces