



Kristen Berning, DDS

By: Kristen Berning, DDS

Does Your Dental Check-Up Measure Up?

Professional Dental Cleaning: What You Need to Know

One of the most valuable services you can receive from your dentist's office is a professional dental cleaning and "check-up". In the past, you may have thought of this service as "just a cleaning." You are not alone. Many patients believe that coming in for regular cleanings is not very important. After all, nothing is hurting and you brush your teeth every day. Right?

whereas diseased gums are inflamed and have deeper pockets if they have filled up with bacteria. The way your teeth fit together is examined to see if there are any problems with the "bite" that can lead to damage. A DIAGNOdent laser may be used to detect cavities or determine if a tooth can have a sealant. Airways are checked for obstruction and sleep apnea-both of which can appear in kids and adults, and need to be referred to a physician.

major factors in the development of diseases such as diabetes, heart disease, and stroke. A professional cleaning can be the first step in getting your mouth bacteria under control so that your immune system can function normally.

The truth is, the cleaning and check-up encompass many services. You may not even realize how much is happening in this one-hour appointment.

During the cleaning, your hygienist can use a desensitizing paste or a topical anesthetic if needed to keep you comfortable. Your hygienist can provide valuable information when it comes to oral hygiene instructions, including what types of toothbrush, floss aid, toothpaste & mouth rinse would be best for you.

At some time during your appointment, the dentist will come in to do an exam and answer questions or address concerns. The hygienist will review her findings with the dentist, and treatment decisions will be made if needed.

Your blood pressure is measured and your health history is updated. Digital radiographs and photographs are taken to evaluate for decay, check for bone loss, and inspect existing margins of crowns & fillings.

The professional cleaning is an important service your dental hygienist provides to help you prevent the emergence or growth of dental disease. Periodontal disease typically begins from bacteria growing around the teeth, causing infection and starting up the body's inflammatory response. The combined "one-two punch" of bacterial attack plus inflammatory reaction causes destruction of the gum tissues and bone around the teeth. Bacterial byproducts can be

The next time you see your dental hygienist, make sure she is spending enough time with you. All of these tasks cannot be completed in a 30-minute appointment.

At Exceptional Dentistry, our first concern is your health. We encourage you to discuss your needs during your visits, so we can fully understand your goals and help you enjoy an attractive, healthy smile that lasts a lifetime.

Dr. Kristen Berning is certified in Laser Dentistry. She is currently attending the University of Minnesota Postgraduate Program in Esthetic Dentistry. Their father-daughter family practice, at 4200 Asbury Road is dedicated to creating and maintaining healthy smiles.

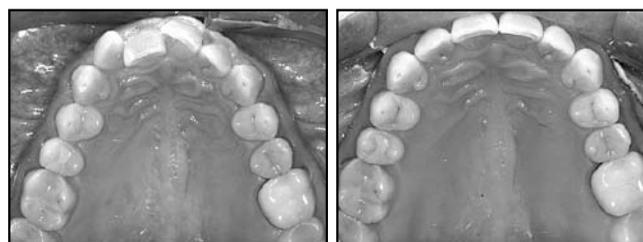


Ted Murray, DDS, MAGD, AAACD

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Look Younger.....Feel Better

A wonderful smile makes you confident. A fabulous smile gets you noticed.



Invisalign case done by Dr. Murray

Redesigning the smile you were born with to better reflect who you are today is an exciting and easy process with the Invisalign system. Invisalign is a series of clear, thin, virtually invisible custom molded aligners that fit over the teeth to progressively straighten them. You wear each set of aligners for about two weeks, moving your teeth into straighter position step by step, until you have a more beautiful smile. These clear aligners are comfortable to wear. You can take them out for eating, brushing and flossing. Since Invisalign is practically invisible, there's no unwarranted attention to your mouth. Few people will notice at all – unless you tell them. Invisalign uses 3-D computer imaging technology to design the complete treatment plan. You can view your virtual results before you start so you can see how your straight teeth will look when your treatment is complete. The average case takes about 12-18 months.

Tooth crowding is a concern because over time, it may get worse, making it more and more difficult to brush and floss and keep clean. If the gums bleed around your crowded teeth, those areas are full of harmful bacteria and plaque that attack the gums, teeth and bone. If left untreated, the inflammation can advance to more serious periodontal disease, which can result in bone loss, gum recession, and eventually lost teeth.

a concern because the tooth becomes compromised as you may chip or break it.

The dentist does not just check the appearance of your teeth, but rather the function-how your teeth actually work together. How your teeth work will influence their longevity and also determine how much dental work you will need in the future.

Almost anyone who is determined by their dentist to be a good Invisalign candidate can benefit from treatment. Dentistry is about more than just your teeth. Better overall health, improved self-confidence, looking and feeling younger are benefits from cleanings, restorative dentistry, cosmetic bonding, and Invisalign.

Dr. Ted Murray is the only dentist in eastern Iowa accredited by the American Academy of Cosmetic Dentistry and one of 274 accredited dentists in the world. He completed the University of Minnesota Aesthetic Post Graduate certificate program. Dr. Murray is an Examiner for the American Academy of Cosmetic Dentistry, which includes being a mentor for dentists and lab technicians working toward their accreditation. He is an Invisalign Preferred Provider and the past president of the Iowa Academy of General Dentistry.