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# THE DUBOWSKY DENTAL DIALOGUE

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## Back to DVI

As many of you may remember, this is the time of year I go back to Jerusalem to work in the DVI dental clinic so that I could help treat the many indigent children there in dire need of dental care. As we all know the world economic situation has deteriorated terribly. While this affects us all, it is the poor that are most grievously impacted. That's why it's more important than ever to go back. I was out of the office from April 29th until May 7th.

I went to Jerusalem with a suitcase full of dental supplies and returned with the memory of a bunch of new smiles from the children. This year we were one dentist short so the work load was heavy but I loved it!

In addition, this fall will be the 30th anniversary of the founding of the clinic by the late Trudi Birger. There is a gala event being planned for November in New York City. If you are interested in attending, please let us know so we can get you more information. If you would like to help out the clinic, any donation would be appreciated. All donations are tax deductible to the full extent of the IRS tax codes. The address is:

American Friends of DVI  
c/o Dr. Deborah Weisfuse  
45 East End Ave, 14A  
NY, NY 10028



## Winners of our Holiday Giveaway announced!

As many of you remember, we conducted our 3rd Holiday Giveaway this last holiday season. There were three winners picked on December 22, 2009.

Our first 1st prize winner was Helen Costello, pictured on the left. Her prize was an Oral B Pulsonic electric toothbrush system. Our second 1st prize winner was Julia Wisniewski, pictured in the middle. She was the winner of an Oral-B Triumph electric toothbrush system. Our grand prize winner was Jonathan Dunayer, pictured at right. He was the winner of an Apple iPod Nano.



From the office of:

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Senior Oral Health Care

# AGD: FACTSHEET

Compiled for you by the Academy of General Dentistry



## SENIOR ORAL HEALTH CARE

Proper oral care can keep you smiling well into retirement. Brushing at least twice a day with a fluoride toothpaste and a soft-bristle brush are important. Flossing helps save your teeth by removing plaque between teeth and below the gum line that your toothbrush can't reach.

### What problems should I watch for?

Gingivitis. Most people don't realize how important it is to take care of their gums. Gingivitis is caused by the bacteria found in plaque that attacks the gums. Symptoms of gingivitis include red, swollen gums and possible bleeding when you brush. If you have any of these symptoms, see a dentist at once. Gingivitis can lead to a more serious form of gum disease if problems persist.

### Why should I be concerned about gum disease?

Three out of four adults over age 35 are affected by some sort of gum (periodontal) disease. In gum disease, the infection may become severe. Your gums begin to recede, pulling back from the teeth. In the worst cases, bacteria form pockets between the teeth and gums, weakening the bone. This can lead to tooth loss if untreated, especially in patients with osteoporosis. If regular oral care is too difficult, your dentist can provide alternatives to aid in flossing and prescribe medication to keep the infection from getting worse.

**3 out of 4** Three out of four adults over age 35 are affected by some sort of gum (periodontal) disease.

### Should I be concerned about dry mouth?

Dry mouth happens when salivary glands fail to work due to disease, changes in medication, certain medications or cancer treatment. This makes it hard to eat, swallow, taste and speak. Drinking lots of water and avoiding sweets, tobacco, alcohol and caffeine are some ways to fight dry mouth.

### How can I maintain my overall health?

Studies have shown maintaining a healthy mouth can keep your body healthier and help you avoid diabetes, heart disease and stroke. Keep your dentist informed of any changes or updates in your medical history to help prevent potentially harmful drug interactions or health conditions. The best way to achieve good oral health is to visit your dentist for a cleaning at least twice a year.

### What if it's too difficult to brush?

If you have arthritis, you may find it difficult to brush and floss. Ask your dentist for ways to overcome this problem. Certain dental products are designed to make dental care less painful for arthritis sufferers. Try using a battery operated toothbrush with a large handle. These toothbrushes can help by doing some of the work for you.

### What are the signs of oral cancer?

Oral cancer most often occurs in people over 40 years of age. See a dentist immediately if you notice any red or white patches on your gums or tongue, sores that fail to heal within two weeks, or an unusual hard spot on the side of your tongue. Oral cancer is often difficult to detect in its early stages, when it can be cured easily. A dentist can perform a head and neck exam to screen for signs of cancer.

> For more information, visit [www.agd.org](http://www.agd.org) or call 1.877.2X.A.YEAR (1.877.292.9327).

