

WINTER 1998 EDITION – DR. DOI'S TALKING STORY

PERIODONTAL DISEASE

You probably know that bad gums or periodontal disease can:

- 1) Cause tooth loss
- 2) Be the cause of infection and pain
- 3) Cause bad breath

But did you know that periodontal disease may also cause ill health in other parts of your body?

The idea that pathology in the oral cavity may be the cause of pathology elsewhere in the body is not new. As early as 1890, W.D. Miller wrote articles on this hypothesis. One might ask, how could this happen?

Two possible pathways are:

- 1) microorganisms can travel from the mouth to other parts of the body, and
- 2) the toxins from the microorganisms can do likewise.

PRETERM LOW BIRTH WEIGHT: A Recent investigation by scientists (Univ. N. Carolina) indicated that periodontal disease represents a clinically significant risk factor for preterm low birth weight, resulting in either preterm labor or premature rupture of membranes.

HEART DISEASE: The VA's Normative Aging Study in Boston concluded that veterans who started out with bad gums had about twice the death rate since the original study was taken. The Harvard School of Public Health found that during 6 years of follow-up, men with 10 or fewer teeth had about 2/3 higher risk of heart disease than those who had close to a full set of teeth. Marshfield Medical Research Foundation in Wisconsin noted that based on a survey in the 1970's, heart disease, by 1987, was 25% higher for people who had gum disease at the outset than for those who did not. It is a well-known fact that bacteria can enter the blood stream in high enough numbers during a routine cleaning and infect defective heart valves causing serious illness or death. We are convinced of the relationship between gum health and general good health. It is simply not possible to isolate and heal any single part of the body without considering its entirety.

Although problems can be serious and far reaching, these simple prevention measures can be taken:

- 1) Proper daily hygiene techniques, utilizing the appropriate devices and dentifrices
- 2) Thoughtful food choices
- 3) Professional care monitoring

CONTINUING EDUCATION

On October 6 and 7, I was fortunate enough to attend a two-day seminar by Dr. Bhaskar, D.D.S., M.S., PhD. On the first day, the topic of the seminar was "Non- Surgical Periodontal Therapy & Management." Dr. Bhaskar reminded us of some of the interesting characteristics about

periodontal disease. It is episodic in nature (there may be a period of healthy gums suddenly interrupted by signs of gum disease). Therefore, a patient needs to be seen frequently, a minimum of 1-6 months intervals. Physical (illness, trauma, poor diet) and emotional (death in family, divorce) stresses may be some of the causes of these episodes of disease activity.

Dr. Bhaskar also warned of the potential harm to oral tissues by certain mouthwashes and toothpaste. Some of the side effects to look for are: white lesions, increased calculus, burning sensations, peeling of the mucosa and tooth hypersensitivity. If you should notice any of these symptoms, consider the mouthwash/ toothpaste as the possible culprit and switch products. Some of the potentially harmful contents may be sodium lauryl sulfate, hydrogen peroxide, anti-tartar chemicals or alcohol. Let us help you with recommendations, if you experience problems with your oral health.

TESTIMONIALS



If NLP worked on me, it will work on any one. My fear of dentists was so great that it took a huge cavity to get me to make an appointment (my first in over 10 years!) Luckily, I chose Dr. Doi, who suggested Neuro Linguistic Programming (NLP) to relax. After one simple five-minute "treatment", my fear was gone. No more clammy palms or pounding heart, and most importantly, no more neglected teeth!

Thank You Dr. Doi,
G Baldwin

February 13, 1998

Dr. Doi is the best dentist I've ever been to. Moving to the Big Island last year, I thought I'd have to accept an inferior level of dental care. But "Lo and Behold!" - here's this great dentist practicing in Waimea. I'm more than happy to drive 200 miles round-trip from Naalehu every time I see him. He's extremely health conscious and prevention oriented. I appreciate the clean air, full spectrum lights and happy disposition in his office. I had never had rubber dams, non-latex gloves, or stale air removal during any of my previous dental work. I had never worn protective glasses before. It's obvious that Dr. Doi goes that extra mile for me. Plus, he's a perfectionist. When he works on my teeth, I know I'm in good hands. He even knows hypnotherapy. The way he talks when he injects anesthetic into my gums is very soothing. I wish I had a dentist like Dr. Doi 20 years ago.

Derek Bishop
School Teacher, Naahelu

Dear Dr. Doi,

My wife and I often comment on how fortunate we are to have had you as our dentist for the last ten years. During the past half century, we have had many dentists in many parts of the world. There is no question in our minds that you have consistently provided the best professional care we have ever received. The quality of your work ranging from extractions, to fillings, to crowns has been excellent. Moreover, the exceptionally high hygienic standards you maintain, and the constant modernizing of equipment and techniques has been most impressive. Last, but far from the least (from my wife's point of view) is the painless treatment that you provide. As I have told you previously my wife and I frequently remark that your technique of administering Novocain is the least stressful and least painful we have ever experienced.

Thank you again.

Sincerely,
William B. Buffum
U.S. Ambassador (rte.)