

## Comprehensive Dental Care

2683 West Lake Road  
Palm Harbor Executive Center  
Palm Harbor, FL 34684

Phone: (727) 785-4461

## Coming Soon: Exciting Renovations!

We're excited to announce that our office will be undergoing some major changes this summer...changes to allow us to serve you even better!

Some of the improvements will be more obvious than others. Our office will get a major facelift, including new furnishings. Our new dentist chairs will even be equipped with massaging units. Whether you're in the waiting room or in the middle of a procedure, our newly renovated office will ensure that your visit is more comfortable and relaxing than ever before!

Other improvements will be less immediately noticeable...but they will also add up to more benefits for you and your loved ones. New state-of-the-art technology will allow us to serve you with unparalleled convenience, safety and accuracy. Just one example will be our new digital radiography. We will have instantaneous, high-definition images of your mouth with a reduction in radiation exposure.

**In order to make these improvements, our office will be closed from June 15 through July 8, reopening on July 9. During this time, phone calls will continue to be answered, and any dental emergencies will be handled.** We apologize for any inconvenience this closing may cause, but we promise you that the results will be worth it!



## COMPREHENSIVE DENTAL CARE

Oscar Menendez, D.D.S., P.A.  
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### Want to Subscribe?

If you are not a patient and would like to receive a complimentary subscription to *Dental Health Digest*, simply call us at 727-785-4461 and place a request. If you are currently a patient, you will automatically receive quarterly issues at no charge. *Dental Health Digest* is published as a service for the purpose of sharing useful dental health news and information.



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## A Note From Dr. Catsos

My Dear Friends and Patients,

I address you as "Friends" before "Patients" since that is what you have meant to me all these years—many of you for 20 years or even more. I've seen many of you through retirement years, watched your children grow up, and even treated *their* children! I have always thought of you as much more than patients—family and friends come much closer to the feelings I wish to convey. I have valued all of this as well as your loyalty and confidence in being part of my dental family.

You may already be aware that I had a heart attack last September. Although I received stints to open blocked arteries, ongoing complications have prevented me from returning to my dental practice. I would never wish to compromise the quality of care that I have always taken pride in providing to you. So it is with a heavy heart that I must inform you that at this time I may not be able to return as your dentist, although I will always remain your friend.

I have been very fortunate and privileged to have my friend of 23+ years, Oscar Menendez, as a partner since April 1999. His dental ethics and skills, as well as his concern for patients, have always been equal to my own, so we have made an excellent team. I recommend Dr. Menendez for your dental care. He has my full trust in providing you the highest level of care and personal attention.

This summer you will notice some changes taking place as our office gets a face lift and a major update in state-of-the-art equipment and technology. These changes will ultimately benefit you in terms of comfort, safety and health care advantages.

Dr. Menendez and I have planned these improvements together, and I am truly sorry that I won't be there to help see them through to fruition. Our terrific staff will all remain the same, including Norine who has served so excellently alongside me for the past 16 years. Please don't hesitate to come to any of them at any time with any questions, concerns or needs. As always, they are here to serve you. Thank you again for so many wonderful years. I wish all the best for you and your loved ones and I hope to see you in the future.

Sincerely,

*Dr. Nick*

## Harvard Study Reveals Link Between Periodontal Disease and Pancreatic Cancer

Pancreatic cancer is the fourth leading cause of cancer death in the U.S.; more than 30,000 Americans are expected to die from the disease this year. It is an extremely difficult cancer to treat and little is known about what causes it. One established risk factor in pancreatic cancer is cigarette smoking; other links have been made to obesity, diabetes type 2 and insulin resistance. In a new study supported by grants from the National Cancer Institute, researchers at the Harvard School of Public Health (HSPH) and Dana-Farber Cancer Institute found that periodontal disease was associated with an increased risk of cancer of the pancreas.

Dominique Michaud, assistant professor of epidemiology at HSPH, said that the study “provides the first strong evidence that periodontal disease may increase the risk of pancreatic cancer.” Researchers hope the finding will provide new insights into the mechanism of the highly fatal disease.

Periodontal disease is caused by bacterial infection and inflammation of the gums. Over time, it causes loss of bone that supports the teeth and, if left untreated, results in tooth loss. The Harvard study is the latest of many reports that stress the importance of oral health to our overall health. Gum disease has also been linked to heart disease, stroke, diabetes and many other serious health problems.

Data for the new study came from the Health Professionals Follow-Up Study, which began in 1986 and includes 51,529 U.S. men working in the health professions. Over the twenty-year period, participants responded to questionnaires about their health every two years.

The results showed that, after adjusting for age, smoking, diabetes, and a

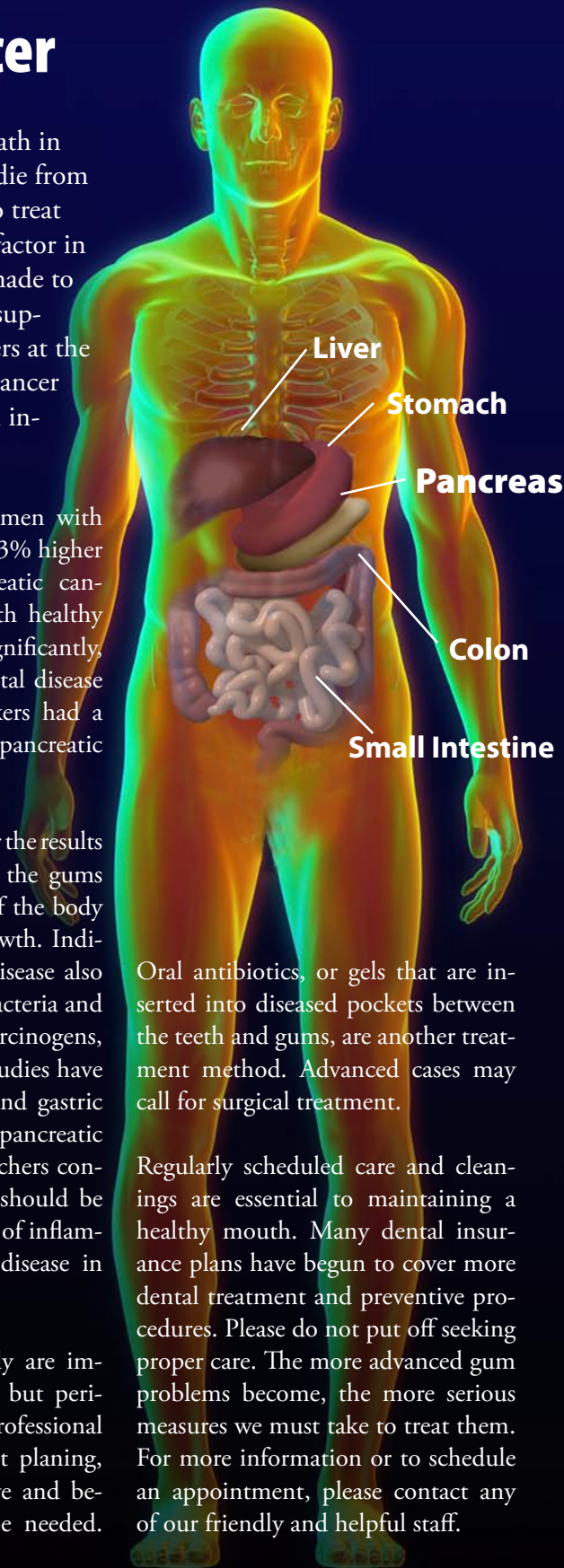
number of other factors, men with periodontal disease had a 63% higher risk of developing pancreatic cancer compared to those with healthy mouths. Perhaps most significantly, respondents with periodontal disease that were also never-smokers had a two-fold increase in risk of pancreatic cancer.

One possible explanation for the results is that inflammation from the gums can spread to other parts of the body and help trigger cancer growth. Individuals with periodontal disease also have higher levels of oral bacteria and nitrosamines, which are carcinogens, in their oral cavity. Prior studies have shown that nitrosamines and gastric acidity may play a role in pancreatic cancer. The Harvard researchers conclude that further studies should be done to investigate the role of inflammation from periodontal disease in pancreatic cancer.

Brushing and flossing daily are important for healthy gums, but periodontal disease requires professional attention. Scaling and root planing, an intensive cleaning above and below the gum line, may be needed.

Oral antibiotics, or gels that are inserted into diseased pockets between the teeth and gums, are another treatment method. Advanced cases may call for surgical treatment.

Regularly scheduled care and cleanings are essential to maintaining a healthy mouth. Many dental insurance plans have begun to cover more dental treatment and preventive procedures. Please do not put off seeking proper care. The more advanced gum problems become, the more serious measures we must take to treat them. For more information or to schedule an appointment, please contact any of our friendly and helpful staff.



## Important New Guidelines for Heart Patients

The American Heart Association (AHA) recently updated its guidelines regarding which patients should take a precautionary antibiotic to prevent infective endocarditis (IE) prior to a trip to the dentist. IE is an infection of the heart’s inner lining or the heart valves.

The change in recommendation is based on a growing body of scientific evidence that shows that, for most people, the risks of taking antibiotics as a preventive measure for certain procedures outweighs the benefits. The new guidelines represent a major change in philosophy.

The AHA has determined that taking preventive antibiotics is not necessary for most people and, in fact, may do more harm than good. Unnecessary use of antibiotics can cause allergic reactions and dangerous antibiotic resistance. Only patients at greatest risk of bad outcomes from infective endocarditis should receive short-term preventive antibiotics before common, routine dental and medical procedures.

Patients in the greatest at risk group include those with:

- artificial heart valves
- a history of IE
- certain specific, serious congenital heart conditions, including:

–unrepaired or incompletely repaired cyanotic congenital heart disease, including those with palliative shunts and conduits

–a completely repaired congenital heart defect with prosthetic material or device, whether placed by surgery or by catheter, during the first six months after the procedure

–any repaired congenital heart defect with residual defect at the site or adjacent to the site of a prosthetic patch or prosthetic device

- a cardiac transplant which develops a problem in a heart valve.

It is important for patients with heart problems to check with their physicians to determine whether or not they fall into the category of those who should use the antibiotics. Please make sure your medical contact records are up to date with our office and ask your physician to communicate with our office. Do not hesitate to contact any of our staff if you have any questions or concerns.

## No-Clasp Partials

No One Has to Know You Have a Partial Denture

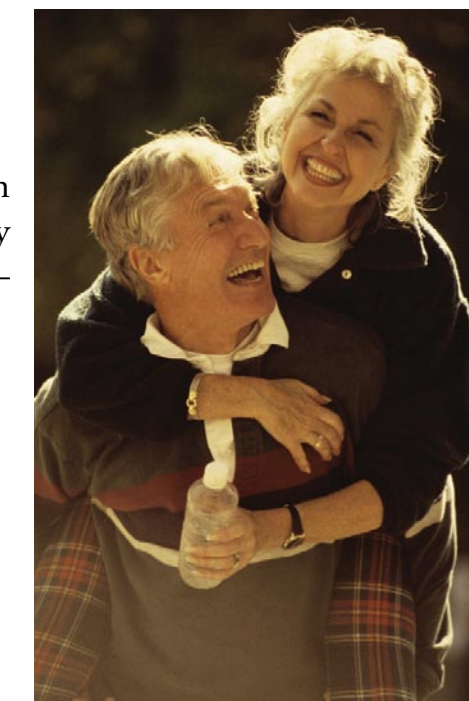
It is always our goal to help patients retain their natural teeth whenever possible. There are times, however—whether by disease, accident, or the gradual, damaging effects of time—when patients may face the prospect of losing teeth.

Fortunately, scientific advances have given today’s patients some superior options for replacing teeth. One of those is the precision partial (no-clasp partial). The result is a partial that gives you confidence while eating, talking ... and of course smiling!

Unlike traditional partials, the precision partial is virtually invisible because there are no telltale metal clasps or hooks. Preparation and fitting involves only non-invasive procedures. Attachments are hidden between your existing teeth and the precision partial. One of the great-

est benefits, besides a superior and snug fit (no slipping), is that they are much kinder to your teeth and gums. When biting and chewing, traditional partials slightly torque the teeth to which the hooks are attached. In fact, over a period of time they can actually loosen adjacent teeth. Precision partials gently rotate on the attachments when chewing, thereby reducing stress on the remaining teeth.

If you currently have a traditional partial, chances are you will be a good candidate for a precision partial. If you have missing teeth and are considering a par-



tial, a precision partial would be an ideal option. For information, or to schedule an appointment, please call us today at 727-785-4461 and talk to any of our friendly and helpful staff.