

Effective Periodontal Treatment



A Philosophy of Well-Being

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A Philosophy Of Well-Being

Welcome to a special practice, a place where you learn to take better care of yourself.

“Take care of yourself.” Just what does that cliché really mean? You create your own well-being. Ponder that. Well-being doesn’t just happen. You must create it.

Your personal biologic machinery has unique requirements for mental focus, physical activity, rest, nutrition and protection. How you pay attention to these requirements determines your level of well-being. Only you can discover and apply these uniquely personal combinations. You must create well-being.

**YOU CREATE YOUR
OWN WELL-BEING**

It’s not “out there”—in the doctor’s office, on a prescription pad, at the health food store or in a fitness center.

Taking care of yourself is your most vital life-long creation. Being well enriches all of life’s experiences.

We recognize, support and encourage all interrelated requirements for your well-being. Protecting your natural teeth is our special expertise.

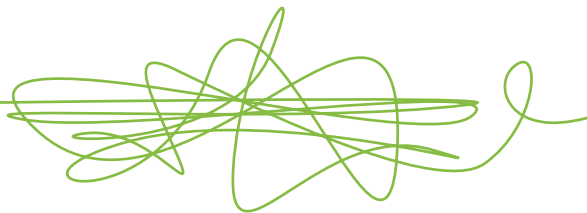
An Invitation To Keep Your Teeth

This periodontal practice has a central purpose—to help our patients keep their natural teeth. To retain their teeth, patients need good periodontal health.

We have endeavored to master the science and art of assisting patients in attaining good periodontal health. Our years of careful study, observation and experience, have produced the most effective treatment methods. We found three essential principles that determine superior long term periodontal treatment successes:

Essential Principles of Our Practice:

- Develop a mutually trusting and respectful treatment partnership with each patient (and dentist).
- Use our patient's own natural healing abilities to the fullest extent.
- Provide precisely the right amount of treatment to promote healing.



Mutually Trusting Treatment Partnerships

Long term periodontal health for our patients depends on a respectful relationship. This means that the doctor and the patient agree on certain “rules of behavior and etiquette.”

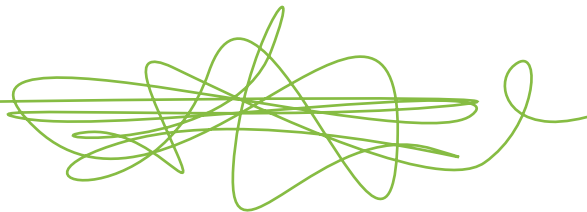
Doctor Rules Of Behavior And Etiquette In Our Practice:

- Provide a safe, comfortable treatment environment.
 - Explain in clear language the nature of periodontal problems, reasons for treatment, duration and cost, along with any expected consequences.
 - Respect each patient’s time and comfort.
 - Assemble a team of competent, caring professionals.
 - Perform expertly the most effective treatment procedures.
 - Communicate thoroughly with each patient’s general dentist and any other treating dentists or physicians.
-

The relationship is a two-way street. It works best when the patient also observes certain “rules of behavior and etiquette.” Our patients need to follow these to attain long term periodontal health.

Patient Rules Of Behavior And Etiquette In Our Practice:

- Make a concentrated effort to understand the nature of my individual periodontal problems.
- Recognize that I possess intrinsic repair and healing abilities for stable periodontal health.
- Take personal responsibility for those factors under my control.
- Keep a positive, optimistic attitude.
- Express appreciation for the skills and professional efforts of each member of doctor’s team.
- Respect scheduled appointments and arrive on time.



How Your Gums Work

Your gums (and skin) belong to the class of tissues known as epithelium. A primary function of epithelium is to protect your body from the outside environment. Your gums had to develop into highly specialized epithelium because they also help to support teeth.

The necks of teeth attract deposits (proteins, bacteria, calcium salts) that are potentially toxic. Your gums are beautifully designed to neutralize these toxins and repair damages.

Even geriatric patients retain remarkable healing capacities.

These protective reactions are extremely complex, but you can easily see two ways that your gums adapt.

Gums will change their shape and composition when needed, dramatically increasing blood flow. This strategy brings into play the formidable defensive machinery of your entire body.

Gums recede from toxic tooth surfaces. This strategy redefines your body's boundaries shifting them from harm's way.

Your body adapts by extracting a portion of its own tooth. Your gums are more committed to protecting your body than supporting or even retaining teeth.



Normal Function



*Inflammation
(An Adaptation)*



*Inflammation
& Migration
(Two Adaptations)*



*Normal Function
Tooth Eliminated*

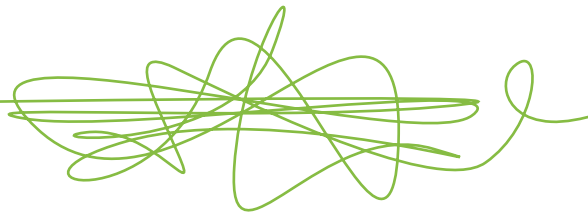
A Real Close Look At Your Gum Cells

Unlike bacteria, all the cells that make up your gums possess exactly the same biologic machinery. Every cell in your body has the same “master hard drive” with the same “software programs” the most complex “computer” that ever existed. No matter how they appear, every cell of your body is remarkably the same.

EACH CELL IS ITS SELF

Your cells don't look and act alike because of irreversible differences in “specific software” activated from the complete DNA menu which each cell possesses.

All your body cells are physically connected and exhibit total, instantaneous communication with one another. They act as one. Your cells are united for a single purpose—your overall well-being. Their actions should be viewed from the perspective of your survival benefit. Against such sophisticated human defenses primitive one-celled periodontal bacteria rarely stand much of a chance.



Effective Periodontal Treatment

For three decades, we have enjoyed a high level of clinical success and personal satisfaction by providing for each patient the exact combination of conservative and surgical therapies to restore periodontal health, a philosophy of Effective Periodontal Treatment.

Conservative treatments alone, such as scalings, planings, and antibiotics (or other chemicals) often don't eliminate root calculus and plaque, while aggressive surgical procedures unnecessarily remove vital bone and gingival tissues. And both approaches almost always disturb or damage perfectly healthy teeth—innocent bystanders caught in the wrong place!

Effective periodontal treatment is based upon widely accepted biologic principles, firmly rooted in scientific literature, and taught in every dental school. While these methods and procedures are familiar to most every dentist, their effective application makes all the difference.

Older conventional periodontal theory incorrectly states that bacterial plaque activity destroys periodontal tissues, resulting in soft tissue and bony defects in the human host. Such flawed thinking has led to ineffective treatment methods. Indeed, a massive dental technological industry developed around this misdirected concept.

A more accurate periodontal theory contends that human periodontal tissues purposefully respond and adapt to bacterial plaque activity. All periodontal tissue changes—inflammation, migration of epithelium, connective tissue loss, bone loss, and even tooth loss—are purposeful actions of a human host responding and adapting to noxious stimuli, mostly bacterial actions.

The therapeutic end-point of Effective Periodontal Therapy is complete removal of all tooth deposits with minimal disturbance to bone, gingiva, and tooth surfaces.

Taking Care Of Your Gums

Follow these three simple rules to have healthy gums:

1

Clean your teeth thoroughly every day.

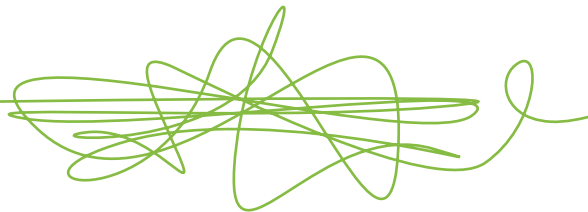
2

Visit a hygienist regularly to remove deposits that you can't.

3

Find a periodontist who can remove deposits the hygienist can't.

You enjoy excellent periodontal health when your teeth are deposit-free. Effective treatment focuses on removing tooth deposits. Gum tissues completely heal and repair around a clean tooth. Your body restores health to gum tissues when teeth are free of deposits.



Periodontal Treatment Mistakes

Unfortunately, mistaken periodontal theories persist to this day. Periodontal diseases are still regarded as human defects. Standard treatments purposely amputate vital gingiva and bone. “Defects” are often filled with various agents trying to “regenerate” missing tissues. Antibiotics and other chemicals are squirted or inserted beneath gingival margins to disinfect “pockets.”

At the bottom of all this mistreatment is a sharp measuring stick called the periodontal probe. It is judge, jury, and executioner for standard periodontal therapies. Probing depth dictates diagnosis, prognosis, treatment, and retreatment. It’s simple, too simple. It’s wrong.

The periodontal probe cannot diagnose or prognose periodontal disease. It can’t tell if body or bacteria are winning their contests, or whether they’re even fighting at all.

The periodontal probe does have valid uses. It can tell approximately where the gums attach to the teeth, serve as a treatment guide for untreated periodontal locations and may disclose the presence of root calculus.

But, the periodontal probe can easily poke through and damage healed periodontal tissues. It must always be used with caution especially when evaluating treated periodontal locations.

Now You Know

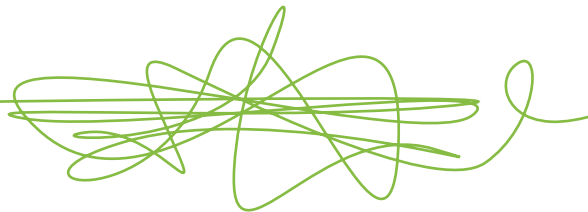
How you take care of yourself creates your well-being. Your teeth need protecting from environmental hazards, a vital component of well-being.

Your personal biologic machinery thrives with:

- A quiet, optimistic, focused mind.
- A flexible, durable, strong body.
- Optimal rest, recovery, and regeneration.
- Optimal nutrients and water.
- Protection from environmental hazards.

These always function together. For well-being you can't have one without the other.

Think it over. At any age, at any moment, your possibilities remain endless. You can create well-being.





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