



Lake Forest Dental Associates

# newsbites

Fall 2019

## SEEING PATIENTS

The benefits of doctors moving in for a closer look.

At Lake Forest Dental Associates, we strive to make the patient experience great! We utilize the latest techniques and offer the best equipment to ensure patients the best possible treatment outcome. Recently Drs. Razdolsky and Tincher introduced the latest in microscopic dental instruments to the practice for just that reason.



"The greatest benefit of dental and surgical microscopes is that it allows for closer inspection of the hard and soft tissues in the mouth," said Dr. Razdolsky. "This means extreme precision and observation which in turn

affords the patient the highest quality of dental care. Without this magnification, early warning signs of something as simple as a small cavity or as serious as a cracked tooth or filling are not always as evident to the naked eye. By catching these problems early, treatment outcomes are always more successful and more predictable," he added.

Indeed. Microscopes like the ones now in use at Lake Forest Dental Associates allow for greater accuracy while working on the patient in the chair, as the doctor can see everything in the mouth more precisely. This enables Drs. Razdolsky and Tincher to preserve tooth structure and benefits patients in restorations such as crowns, onlays, veneers and composites. Another particular advantage is in how magnification assists in gingival contouring around teeth, minute detailing treatment of dental caries or cavities and otherwise hard to visualize areas of the mouth like the back teeth.

"Perhaps one of the most exciting benefits is being able to add cameras that take pictures through the microscope," said Dr. Razdolsky. "This offers the ability to better explain treatment to patients as they are able to see the same clear, high-resolution image that I see during examination and evaluation.

Yes, the addition of microscope cameras can also aid in treatment as they make them a perfect tool for documentation and patient education.

Now doctor, staff and patient can visualize and discuss what issues require treatment improving communication and patient understanding.

But improved treatment outcomes aren't the only advantage to patients with these microscope wonders. Ergonomics is another fantastic benefit to the addition of scopes. It allows the clinician to sit upright in their chair with greatly improved posture. This reduces strain and fatigue, allowing

Drs. Razdolsky and Tincher to be more productive during the patient visit which means you're out of the chair sooner. That is a win, win!



## Dental Outreach

*For a healthier Lake Forest*

Lake Forest Dental Associates loves to sponsor events and give back to the community. We got all decked out for the 2019 Lake Forest Day Parade on August 7, hosted by McKinlock Post 264 of the American Legion.

Our team has such a blast in our green tutus, tooth fairy wings and tie-dyed shirts, waving at parade goers. We even won first place in the commercial group!

We are also thrilled to once again sponsor the GLASA 5K Twilight Run, Walk, Roll and post-race party held Saturday, September 7. Boasted as the largest CARA certified 5K race in the Chicago area, the event offers something for both the competitive and recreational runner, as well as athletes with disabilities.

With so many levels of athletes, someone came to our booth and asked whether running is good for your teeth? Great question!

We all know exercise is beneficial to our overall health. There are numerous studies which suggest that regular exercise is associated with a lower risk of developing gum disease. But what we don't always consider is that exercise can actually have an adverse impact on our dental health.

For example, while people who do heavy training and exercise often have overall good health, in one study, high endurance training can have negative consequences and can actually be bad for teeth.

It was found that increased levels of exercise impacted pH levels in saliva which puts these athletes at higher risk for dental erosions and exercise-dependent caries (or cavities). While the majority of us

*(cont'd on back)*





# Dental Outreach *For a healthier Lake Forest*

(cont'd from front)

do not qualify as endurance athletes, the study does point out the further need for study and development in the emerging field of sports dentistry.

It is not surprising that everything we do impacts our teeth both good and bad. And while we always aspire to do what's best, science is there explaining and reminding us how to think about or re-think the things we do.



In the meantime, we at Lake Forest Dental Associates remind our patient athletes to take care of their teeth. Be careful of the dependence on sport drinks, gels, energy bars for supplementation of electrolytes before,

during and after exercise. Researchers have found that these products most often consumed along with heavy training can contribute to dental problems. As a rule, always follow up exercise with plain water. And if you are looking to replenish those electrolytes, you can always add a splash of lemon and a pinch of unprocessed salt for a healthier alternative to sugary energy drinks.

Most importantly, always remember to brush twice a day, floss and rinse regularly and keep up with your regularly scheduled appointments. We'll see you at the next event!



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FREE

Dental Cleaning  
for Veterans

Veterans ID  
card required

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Friday, November 8 • 9am - 1pm

Call 847.234.6440 to schedule your appointment and be sure to mention "Veteran's Cleaning."

Last available appointment time is 12pm. Visit our website at [LakeForestDentalAssociates.com](http://LakeForestDentalAssociates.com) to learn more about our comprehensive dental services and team.