

# SKYLINE DENTAL

## NEWSLETTER

Dr. Michael Olin  
Dr. Mehdi Salari

Dr. Karen Coe  
Dr. Zack Porter

2137 NE 4<sup>th</sup> Street  
Bend, Oregon 97701

Phone: (541) 389-4807  
Email: info@SkylineDentalLLC.com  
www.SkylineDentalLLC.com

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### DENTAL NEWS YOU CAN USE

#### Relationship between Oral Health and Diabetes

(Excerpts from October 2008 Journal of the American Dental Association)

Diabetes describes a group of disorders characterized by elevated levels of glucose (sugar) in the blood and abnormalities of carbohydrate, fat & protein metabolism. A number of oral diseases and disorders have been associated with diabetes, and periodontitis (gum & bone disease) has been identified as a possible risk factor for poor metabolic control in patients with diabetes.

A 2008 Columbia University study concluded that although a number of oral disorders have been associated with diabetes, the data support the fact that periodontitis is a complication of diabetes. Patients with long-standing, poorly controlled diabetes are at risk of developing fungal or yeast infections of the mouth; and the evidence indicates that periodontitis is a risk factor for poor blood sugar regulation and development of other clinical complications of diabetes. Recent evidence is suggesting that periodontal changes are some of the first clinical manifestations of diabetes.

This study helps point out the benefits of regular cleaning appointments as a screening tool for detecting other possible systemic disorders.

#### FACTS ABOUT ... Cold Sores

(Excerpts from Academy of General Dentistry Website)

##### What are cold sores?

Cold sores (or fever blisters) are tiny, clear, fluid-filled blisters that form around the mouth and caused by the Herpes Simplex virus. Cold sores usually do not last longer than two weeks.

##### What is the difference between a cold sore and a canker sore?

Canker Sore	Cold Sore
Occurs inside the mouth	Typically appears around the lip area outside the mouth
Caused by bacteria	Caused by a virus

##### How are we exposed to the Herpes Virus?

About 90% of us get infected with the virus during infancy or childhood and usually catch the virus from an infected family member or friend. Only an estimated 10% of those infected actually develop the characteristic blisters. If sores do appear, they can appear between 2-20 days after exposure to an infected person. Persons with a primary infection may have flu-like symptoms such as a high fever, sore throat, swollen neck glands and mouth soreness.

##### What are the stages of a cold sore:

Day	Stage	Characteristics
1	Prodrome (Tingle)	Before a cold sore forms, you may feel a tingling, itching or burning sensation beneath the skin, usually around the mouth or the base of the nose. <i>Applying anti-viral medication during this stage can help alleviate cold sore symptoms.</i>
2-3	Blister	An outbreak of a fluid-filled blister is the first visible sign of cold sore formation.

Day	Stage	Characteristics
4	Ulcer / Weeping	Typically, the most contagious and painful stage of cold sores is when blisters rupture, leaving a shallow reddish open sore.
5 -8	Crusting	After a few days, the blisters dry up and form a yellow or brownish crust, which eventually falls off. During this stage, it is important to care for the scab, which can crack or break.
9 -12	Healing	Usually a series of scabs will form on the lesion, which eventually flakes off. Each new scab will be smaller than the previous one, until the cold sore heals (usually without scarring).

##### What triggers a cold sore outbreak?

There may be long periods when the herpes virus remains inactive. The following factors can trigger cold sore formation:

- \* Illness, such as flu or cold
- \* Immune system deficiency
- \* Wind or sun damage
- \* Exposure to ultraviolet lamps
- \* Physical stress or fatigue
- \* Food allergies
- \* Dental treatment
- \* Mouth trauma
- \* Pregnancy or menses

##### How are cold sores treated?

Topical anti-viral medications can reduce the duration and severity of an outbreak if used early. Anti-viral drugs may also be prescribed by your dentist or physician.

Over the counter creams containing docosanol can inhibit the herpes virus. Medications with a numbing agent, such as benzyl alcohol, can help alleviate a cold sore's burning, itching and pain.

Emollients can reduce cracking and soften scabs. Applying aloe vera balm three times a day to the cold sore also can help fight the infection and enhance healing.

##### What precautions should be taken?

To prevent transmission of the virus to another person, avoid:

- Intimate physical contact with others
- Sharing eating utensils, toothbrushes, towels and razors
- Touching the blisters (always wash hands after applying medication)
- Avoid prolonged exposure to sunlight
- Avoid spicy, acidic foods

##### What can I do to minimize recurrent outbreaks?

- Eat foods high in lysine (an amino acid found in red meats, fish and dairy products) or take supplements.
- Apply sunscreen to the face and lips before going outdoors.
- Shave with a disposable razor during an outbreak.
- Replace your toothbrush.
- Engage in relaxing activities to reduce stress.

### NEWS FROM OUR PRACTICE

#### Saturday Appointments

Dr. Zack Porter will be offering some dental appointments on selected Saturdays for the next few months, to help assist patients who have difficulty making dental appointments during the week. Please check with our Front Office if this is something that would be of interest to you.

#### \$20 Credit

As a token of our appreciation to our existing patients, we will be placing a \$20 credit on your account at our office; when a New Patient to our office lists your name as the referral source to our dental practice.

We appreciate our existing patients and would welcome your extended family and friends into our practice. Feel free to refer your family and friends to our website (www.SkylineDentalLLC.com) for an overview of our practice and services.

Please check with our Front Office for additional details about our Referral Appreciation Credit.