



Believe and you shall achieve!

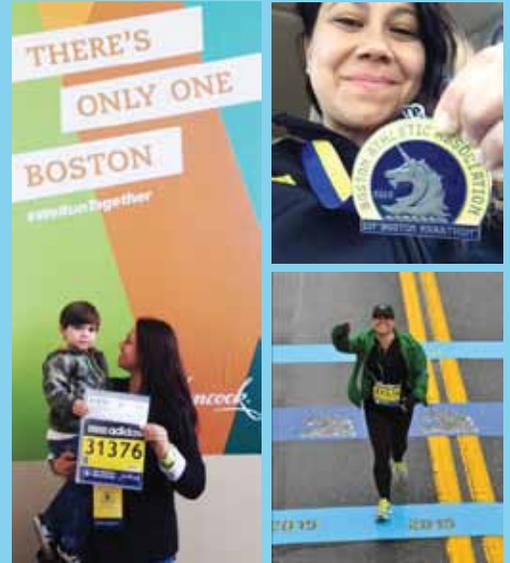
Growing up in and around Boston I have always been a great marathon spectator but it wasn't until the bombing and hearing all the inspirational stories of those effected that the bug finally hit me.

My journey began the day after last years race trying to secure a number, an arduous task to say the least. I finally received notice from the BAA in March of this year that my vision would in fact become a reality.

Sure I had been "training" in hopes of a miracle number coming through but in all honesty, I'm not really a runner and with that the question remained, could I actually do this?! Physically I wasn't too worried but mentally I knew It would be challenging. I really had to dig deep to encourage myself to keep going. I gave myself numerous pep talks throughout the race reminding myself that with every step I was that much closer and how giving up wasn't really an option seeing that I 'had to get home somehow.'

After 6 grueling hours (6 hours, 21 minutes and 01 second to be exact), wet from both the rain and the tears I cried down Boylston Street, I finally reached the Holy Grail, THE FINISH LINE of the Boston Marathon. Roman was there to greet me, albeit asleep in his stroller but making my achievement that much sweeter.

What can I say, believe and you shall achieve. And for those wondering if I plan to run again the answer is simply, NO. If you're thinking about running though, I say GO FOR IT!!! Definitely the most amazing, exhilarating, humbling, emotional, taxing experience all rolled into one and I wouldn't change it for the world! Now, on to the next challenge. Keep smiling!



Pictured above: Roman helping his mom pick up her number, Danielle showing off her medal, Danielle as she runs the 2015 Boston Marathon.

fromthedentist



The Perils of Piercing

What You Need to Know

Body art and piercing is one of the earliest forms of artistic expression known to humankind. Oral piercings date back at least 5000 years and have become increasingly popular in today's culture.

- By definition oral piercings are any piercings of the tongue, lips or cheek. The metal jewelry used comes in many styles including studs, barbells and rings. Although popular, there are a number of health-related risks associated with oral piercing. There is a risk of infection by bacteria from the mouth entering the wound. Oral piercing presents a potential risk factor for the transmission of herpes simplex virus and hepatitis B and C. Numbness or loss of sensation at the site of the piercing or movement problems (for pierced tongues) can occur if nerves have been damaged. People with oral piercings -- especially long-stem tongue jewelry (barbells) -- have a greater risk of gum disease than those without oral piercings. Teeth that come into contact with mouth jewelry can chip or crack. One study in a dental journal reported that 47% of people wearing barbell tongue jewelry for 4 or more years had at least one chipped tooth. An allergic reaction to the metal in the jewelry can occur in susceptible people.

If you have decided to go through with the oral piercing procedure despite these risks, consider the following tips when looking for an oral piercing studio.

- Ask friends who had a good experience to recommend the studio they visited.
- Ask the studio if they sterilize or use disposable instruments and if the staff uses disposable gloves.
- Ask to see the studio's health certificates. Are all the needles, as well as the studs, hoops, and barbells, kept in sterilized packaging?
- Are all staff members involved in the piercings vaccinated against hepatitis B? They should be.

If the staff is not friendly or willing to answer all of your questions, consider finding another piercing studio. Make an appointment with your dentist or hygienist if you suspect a problem or have a concern and schedule regular visits to check your teeth, gums, tongue, and soft tissues for early signs of any problems.

Smoke & Mirrors

What you need to know about the latest trends in Tobacco and E-Smoking



Vaping

Using an electronic or "e-cigarette" is known as "vaping." This billion dollar industry has nearly doubled in the past few years and it's the latest popular alternative to cigarettes, especially with teens and young adults.

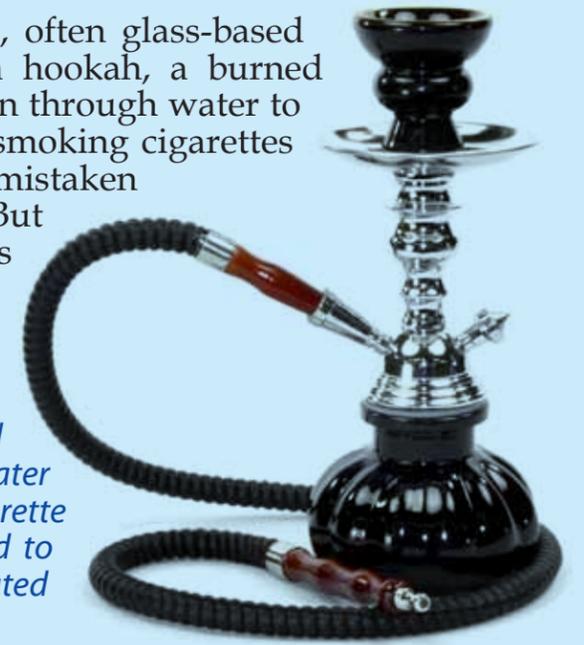
An e-cigarette contains a battery, a heating element and a cartridge that holds nicotine and other liquids and flavorings. Some e-cigarettes are disposable and others are rechargeable and refillable. The vaping technology of e-cigarettes does not burn anything; the liquid mixture is simply vaporized. The vapor does not contain the same types of harmful compounds found in smoke from hookahs or cigarettes. But tests show there are a number of other dangerous chemicals that are found in the vaping liquids, including nicotine. The nicotine used in an e-cigarette cartridge is addictive and withdrawal can cause irritability, depression, restlessness, anxiousness, and heart problems. Some may argue that vaping is less harmful than real cigarettes, but the chemicals contained in the liquids are not regulated and they vary greatly.

What parents need to know... Nicotine can affect brain development in children and teens. Some vaping liquids have candy flavoring, which can be very appealing to children. Also, the liquids do not smell like tobacco, which can make it harder for parents to know if their child is vaping. Some vaping "pens" are refillable and recent studies show they are being refilled with alcohol and liquid cold medication. If you don't smoke don't start vaping. There are no health benefits, if you do smoke and are trying to quit, you may be more successful with an FDA approved method of quitting. Talk to your doctor or dentist about prescribing an alternative.

Hookah

A hookah is a single or multi-stemmed, often glass-based device used for smoking tobacco. In a hookah, a burned mixture of tobacco and molasses is drawn through water to cool the smoke. Some people who quit smoking cigarettes turn to hookah as an alternative with the mistaken notion that it will be a healthier option. But smoking a water-pipe, or hookah burns cancer-causing chemicals that are inhaled by the smoke.

What parents need to know... Hookah pipes contain nicotine, carbon monoxide, and carcinogens and may contain even greater amounts of tar and heavy metals than cigarette smoke. Hookah pipe smoke has been linked to lung cancer, heart disease, pregnancy related complications and infectious diseases.



According to the American Lung Association, one smoking session of hookah is equivalent to smoking two cigarettes for a non daily hookah user, or up to ten cigarettes for a daily hookah user. The World Health Organization has said that hookah use is equivalent to smoking 100 cigarettes in a 200-puff session.

The Effects on Oral Health

In the not so distant past, smoking was a popular and accepted past time in our society. Unfortunately, no one was aware how addictive and dangerous it would prove to be. Recent studies have shown that people who have never even smoked a traditional cigarette are trying vaping and hookah with the mistaken belief that it is harmless. This rapid increase in popularity can be attributed to misleading advertising and a general lack of informative studies on the hazards of e-cigarettes, vaping and hookah. Contrary to popular belief, e-cigarettes contain formaldehyde, propylene glycol, acetaldehyde, as well as carcinogenic chemicals that can lead to oral cancer.

The Center for Disease Control and Prevention (CDC) has found that e-cigarette consumers and hookah users have a higher risk of consuming toxins and nicotine than traditional cigarette smokers. The nicotine and carcinogens in these products can cause severe damage to the mouth, gums, and tongue. It can cause gingivitis, periodontal disease, tooth decay, loss of teeth, and dry mouth. Recommendations to help minimize the use of e-cigarettes consist of individual or group counseling, nicotine replacement therapy (NRT) or smoking cessation via the nicotine patch or nicotine gum. Also alternative medications, for example Varenicline, can be prescribed by your primary care physician or your dentist to help block receptors which create nicotine cravings. There are individuals who have been successful with the "cold turkey" approach; however research has shown more of a success rate with alternatives such as medications and nicotine replacement therapies.

Thank you for all your referrals. We appreciate them!

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Meet our New Doctor

When I first came to Future of Dentistry, I knew immediately it was the right place for me. I was welcomed with open arms and taken in as part of the family. It is this same care and compassion that guides the Future of Dentistry team in their treatment of patients. It is very comforting to know that I have found a practice that aligns fully with my core values and beliefs about patient care and exceptional dentistry.

Dr Christa Rizkallah



I consider myself very lucky to have been able to be involved in the dental field at an early age. I started working at my uncle's dental practice while still in high school. Every summer I would help out around the office, and it was during these times that I began to develop a love for the dental field. I eventually transitioned into dental assisting, which I was able to do part-time while getting my Bachelor's Degree from Merrimack College. It was these firsthand experiences that helped cultivate my passion for dentistry and put me on the path to where I am today.

At Future of Dentistry I go to work every day knowing that I am doing what I love amongst people who share that same passion I discovered early in my life. I look forward to meeting you and am thankful to have become part of this amazing community!



Information included is not dental or medical advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.