



Monday 8:00 am - 5:00 pm

Tuesday 8:00 am - 5:00 pm

Wednesday 8:00 am - 5:00 pm

Thursday 8:00 am - 5:00 pm

Friday 8:00 am - 4:00 pm

CALL NOW:
(802) 464-8853

Directions

Our office is located at 25 Coldbrook Road in Wilmington, Vermont. From Route 100 North or South turn at the median onto Coldbrook Road and we are the first building on the right, 25 Coldbrook Road. The sign indicates Coldbrook Professional Building.

Related Web sites

www.doctorruhl.com

www.ada.org

www.oralcancerfoundation.org/dental/slide_show.htm

Ask the hygienist how you can receive

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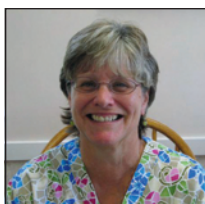
Offer expires: 10/30/09

Robert S. Ruhl, DMD, PC - Newsletter September 2009

Each year my staff and I work together to help our patients develop healthy smiles. Often patients over look their dental care when it comes to taking care of their total health. The younger we are when we embrace new habits, the better. It's really important to keep your doctors and dentist in the loop when it comes to your health. My office provides dental care that is gentle and thorough using the latest techniques and up to date equipment. My staff and I welcome the opportunity to care for new and current patients and their families to help them achieve their optimum health goals. For more information on dental care, please call or check out our website at doctorruhl.com.

Dr. Ruhl Celebrates 30 Years in Practice!

In April, 2009, Dr. Ruhl celebrated his 30th year of practice in Wilmington. He received his B.S. in Biology from Allegheny College in 1975 and his Doctorate in Dental Medicine (DMD) from Temple University in 1979. As a general dentist, Dr. Ruhl is pleased to provide full service dentistry, including oral surgery care, endodontic care, periodontal care and care for both adults and children. He has worked tirelessly to give our community a first class, high tech facility for the best quality dental care possible.



New Member's of Our Team

Joanne Fowler, DA

Early spring, we were pleased to welcome Dental Assistant Joanne Fowler to our team. Actually, it was more of a return home. Joanne had assisted in our office for two years before moving away. She returned to the area last year and has picked up where she left off. Joanne is a certified medical assistant, a licensed pharmacy technician and a dental assistant. She is preparing to take the examination to become a certified dental assistant...a significant milestone in her profession!

Kelly Donahue, RDH

Finding the right person to practice oral healthcare is a challenge. For many years, our patients have been fortunate to enjoy the talents of dental hygienist Lori Newsome, RDH and part time hygienist Holly Fox, RDH but they are not able to serve the needs of our growing practice by themselves. We have been searching for a long time but have been unable to find the right hygienist to fit our practice. It is with great pleasure that we announce that Kelly is that person!

Kelly earned her Bachelors Degree in Dental Hygiene from the University of North Carolina at Chapel Hill in May 1994. She is currently licensed to practice in Vermont, Massachusetts and Colorado and is certified to provide local anesthesia. Kelly has a special interest in periodontal therapy and provides a gentle but thorough approach to this crucial care. Please join us in welcoming Kelly to our team!

Antibiotics to Help in Periodontal Disease

Periodontal Disease is a chronic condition that produces pockets into the gums that harbor plaque and bacteria. Deeper pockets are hard to cleanse and will often become quite inflamed by specific kinds of bacteria involved in the disease process. If not controlled, this inflammation can actually cause the gums and the underlying bone to deteriorate to the point where the pockets become so deep that the teeth will loosen. As an adjunct to the careful cleaning that is used to reduce the inflammation, antibiotics can be used to help control the growth of the disease causing bacteria.

The antibiotics that we employ are forms of tetracycline and can be used in two different ways. For localized pockets, we use Arestin. Arestin is an antibiotic powder that is placed directly into the periodontal pocket. It mixes with the fluid that exudes from the pocket to form a paste that adheres in place for several weeks and delivers a continual high level of antibiotic directly to the bacteria in the affected pocket. This will often result in a decrease in the depth of the periodontal pocket.

Another form of antibiotic therapy for periodontal disease is Periostat. Periostat is a low dose antibiotic taken over a period of time...usually up to six months. The low dose is not meant to kill bacteria. It works by reducing gum inflammation and is used to control general periodontal disease.

Oral Cancer-A Deadly Problem

If you smoke, chew tobacco or drink to excess, add another reason to be worried about your health...because these are the primary risk factors for oral cancer. Oral cancer begins as a chemical or physical irritation that triggers a malignant change in the oral tissues. The first sign of trouble can be a sore that does not heal. It may appear as a lump or a white or red area on the tissue.

Oral cancers make up about 3% of all cancers. However, they are proportionally more deadly than many others. Surgical treatment can be disfiguring and can make for difficulty speaking and chewing. Radiation and chemotherapy also have numerous consequences. The key to optimum, successful treatment is early detection. If you have risk factors, consider changing those habits. Get regular check-ups and call for an appointment if you find a lump or anything that feels or looks abnormal.

A final thought. Human Papilloma Virus or HPV is a common sexually transmitted disease with a newly identified twist...oral cancer. It has been long established that HPV can cause cervical cancers. It also seems that oral sex, whether protected or not can lead to oral infections with HPV. New studies have now linked deadly cancers growing in the back of the throat to HPV!