



WAZ UP DOC?

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Questions About Wisdom teeth!

The 3rd molars in humans are often referred to as "wisdom teeth." They are generally thought to be called wisdom teeth because they appear so late – much later than the other teeth, at an age where people are presumably "wiser" than as a child, when the other teeth erupt. So what about wisdom teeth...we often get questions about wisdom teeth from our orthodontic patients and parents we treat in our orthodontic practice. Let's address some common questions that come up regarding wisdom teeth.

Does everyone need to have the wisdom teeth removed?

Not everyone has to have wisdom teeth removed. Some people have enough space for these teeth to erupt into the mouth and be kept healthy. It is estimated that at least 25% of people have wisdom teeth that are impacted or "growing sideways." We often take a panoramic radiograph of the patient's teeth and jaw to determine the position of unerupted wisdom teeth. As part of this evaluation, wisdom tooth status is documented and discussed with the patient or parent. If a wisdom tooth is impacted or "growing in sideways," generally speaking we recommend extraction.

Why should wisdom teeth be removed?

Periodontal disease (gum disease in the area of the wisdom teeth)

Dental caries (cavities developing on wisdom teeth or adjacent teeth due to lack of adequate hygiene)

Pericoronitis- severely inflamed tissue surrounding the wisdom tooth area.

Root resorption- shortening of adjacent tooth roots caused by the 3rd molar.

Odontogenic cysts and tumors may develop in the future, even though the odds for these may be minimal.

Prevention of fracture of the jaw, especially in athletics (minimal odds).

At what age is it best to remove wisdom teeth?

The optimal time is usually between 16 and 18 years of age when 1/3 and 2/3 of the roots length is developed. A recent study looked at 3rd molar extraction surgery recovery time and the effects of age and sex. The study concluded that patients younger than 21 years of age recover more quickly and had less clinical complications. The study also showed that females generally had a slower recovery time as well. Our recommendation is that if extraction is indicated, it should be done at young adulthood rather than at an older age.

Does the extraction of wisdom teeth prevent the crowding of lower front teeth after orthodontic treatment?

Although this theory seems plausible, the majority of studies and evidence show that third molar status does not play a significant role in lower front teeth crowding. The American Association of Oral and Maxillofacial Surgeons and National Institute of Dental Research concluded, "there is little rationale for the extraction of third molars solely to minimize present or future crowding of the lower anterior teeth."

The reality is that there is no clearly defined international consensus regarding the extraction of wisdom teeth and we make extraction decisions on an individualized basis in our practice. In other words, just because you have wisdom teeth does not mean we automatically recommend to extract them.

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Who decides the fate of wisdom teeth?

Problems with the wisdom teeth are usually detected by the general dentist from the small x-rays (Bite wings) which are taken at periodic dental visits. To evaluate the need for, and the optimal time for the removal of wisdom teeth, one needs to take a panoramic x-ray. When left alone, the next sign of an impacted wisdom tooth is pain on the side of the jaw. Unfortunately a painful third molar has slightly passed the optimal time of its removal.

Once detected the general dentist discusses the option of removal of the impacted wisdom teeth and may refer the patient to an oral surgeon. Often times the orthodontist is asked his/her advise prior to making the final decision on timing of extractions. Please let us know if you have any questions about your or your child's wisdom teeth and we would be happy to give you our opinion. AK

Office News

Dr. Kouvaris & his wife Erin had a baby boy on May 26, 2011. Michael Thomas is Dr. Kouvaris' 2nd child. Their daughter Sophia, turned two in April.



Nayeli Garcia, our skillful orthodontic assistant had a baby girl on March 20, 2011. Alondra is Nayeli's first child.



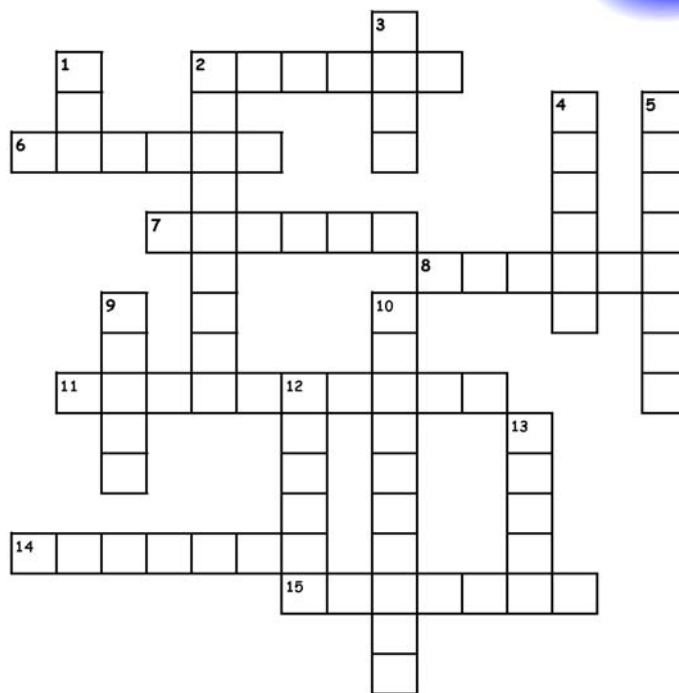
Dr. Mashouf & his wife, Mercedeh visited Colombia, South America in April 2011



Dr. Mashouf presented a lecture at the University of Medellin about Mixed dentition Orthodontics

DENTAL HEALTH CROSSWORD PUZZLE

How well do you know your dental terms?



Across

- 2 - When I eat sugary foods, bacteria in my mouth can grow, creating _____
- 6 - The larger teeth in the back of the mouth that do most of the chewing are called _____
- 7 - Smoking and chewing tobacco can cause bad breath, mouth sores, stained teeth, and increase chances of getting oral _____
- 8 - Plaque that does not get cleaned off my teeth will turn into _____
- 11 - I should replace my _____ every 3 months
- 14 - I should visit the _____ every 6 months
- 15 - To help prevent tooth decay, I should eat _____ snacks

Down

- 1 - Every person grows _____ sets of teeth
- 2 - The second set of teeth are called _____ teeth
- 3 - If I brush too hard, I can hurt my _____, the pink tissue at the bottom of my teeth
- 4 - A hole in a tooth caused by tooth decay is called a _____
- 5 - A mineral found in toothpaste and some drinking water that helps protect my teeth from cavities is called _____
- 9 - I should _____ at least once a day
- 10 - When playing sports, everyone should wear a _____
- 12 - Not brushing my teeth can make my _____ smell bad
- 13 - I should _____ at least twice a day

Complete our dental crossword puzzle and drop it off at our reception desk or email it to info@drmashouf.com by August 15th, 2011 and you may be the lucky winner in our drawing for \$25 cash, Good Luck!

Poetry Cove

For this issue, we have selected a highly emotional poem from the contemporary Irish Poet, Theo Dorgan. Born in 1953 in Cork, Dorgan is well known in Ireland for his poetic compositions as well as his work as a broadcaster of literary programs on both radio and television. Mr. Dorgan lives in Dublin.

Speaking to My father

*How should I now call up that man my father,
Who year after weary year went off to work,
Buried his heart beneath a weight of duty,
Buried himself early so that we might live?*

*How should I sit here and explain to his shade
That, yes, this is the work I do you died for,
This is the use I make of all that sacrifice,
I move the words as you moved heavy tyres.*

*True, there is no sickening stench of rubber,
No heat from the curing pans, no rage
At management, choked back by need as much as pride—
But father, the range of uselessness is wide.*

*Often, as I grew slowly, you'd let slip
A word, a helpless gesture or a look
That shook me to the roots, I'd sense the void
You stubbornly, heroically sweated back,*

*Now I have everything you lacked, above all
Freedom to shape the workload for the day —
It sounds like freedom, doesn't it? The truth is,
I hate the shiftwork just as much as you did.*

*There are days lately, as I thicken in years,
When I feel your sinews shift inside my frame,
I catch a look of yours in the mirror, shaving:
Mild, ironical, weary, a bit resigned —*

*But something else, too: your athlete's way
Of planting the feet carefully when troubled,
Shoulder square to the blow that may come,
Hands tense to defend what you hold dear.*

*What troubled you most? The question shies away
When I stab with my pen, clumsy as ever
— I don't even rightly know what troubles me,
Ignorant as when I rode upon your knee.*

*What would you make of me, I wonder, sitting here
Long after midnight, searching for the works to
Bring you back, soliciting the comfort of your shade
For the odd, useless creature that you made?*

*Here is the end of all that education,
The void is as close to me as it ever was to you,
I make poems of love as you and Rose made children,
Blindly, in hope and trust because I must.*

*Father, comrade, the same anger with the world
But not your patience moves me; I make you this,
A toy in words to re-introduce myself
And to ask, what must I do to be your child again?*

THEO DORGAN

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