

Oral Health



A guide by Dr. Raj Darji DMD

Owner and CEO of Sullivan Darji Dental

Who is Dr. Raj Darji D.M.D.?

...

I owe everything to my family and friends that have supported me throughout this journey.

Who is Dr. Raj Darji D.M.D.?

<https://sullivandarjidental.com/>

...

I owe everything to my family and friends that have supported me throughout this journey.

Who is Dr. Raj Darji D.M.D.?



...



I am local to South Jersey for my entire life. I graduated from Hammonton High School, then received a BS in Biomedical Engineering at N.J.I.T, then went to Midwestern University - CDMI for my dental degree. I recently purchased my dental practice located in Medford, NJ.



30 Jackson Road, Suite B1
Medford, NJ 08055







My Affiliations

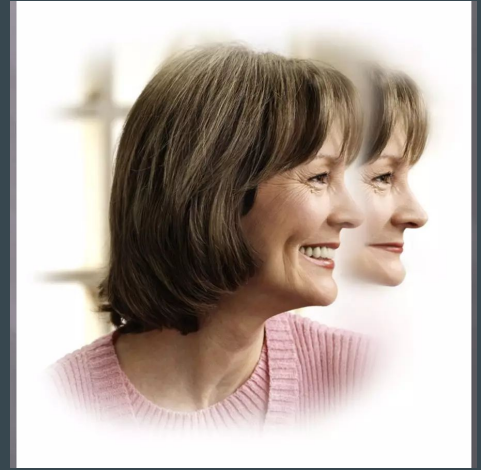


Proud Member of the ADA, NJDA, AGD, AACAA, AAID, Delta Sigma Delta Dental Fraternity



What does a Healthy Mouth do for us?

- Reduces many sources of inflammation and potential harm we may cause to the rest of our body.
- Provides facial structure and significantly improves self-confidence.
- Allows us to chew foods appropriately to ensure we put less stress on the rest of our body to digest foods.

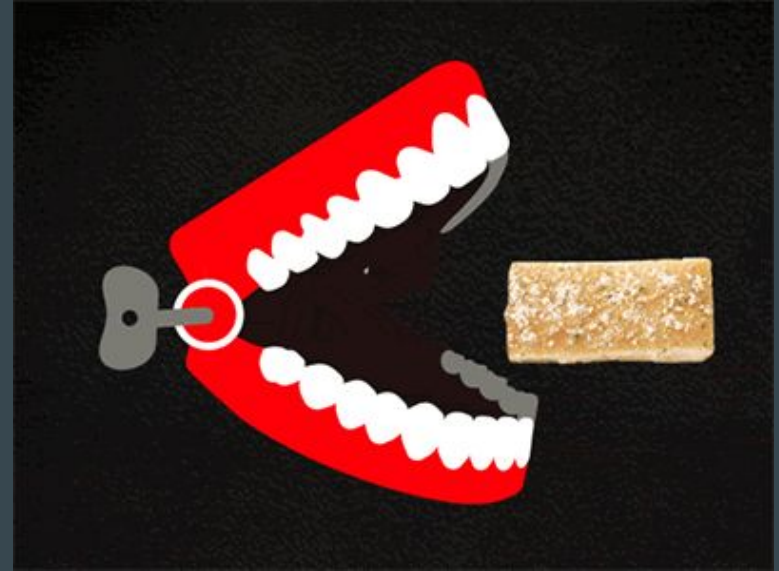


Greater Quality of Life
over the Course of our
Life!

Mentally, physically,
and socially.

How many times should we
chew our food prior to
swallowing?

- A. 3x
- B. 10x
- C. 32x
- D. 50x



How many times should we chew our food prior to swallowing?

32x on average!

And that's if you
have all your teeth!

Importance of Oral health on our Overall Wellbeing

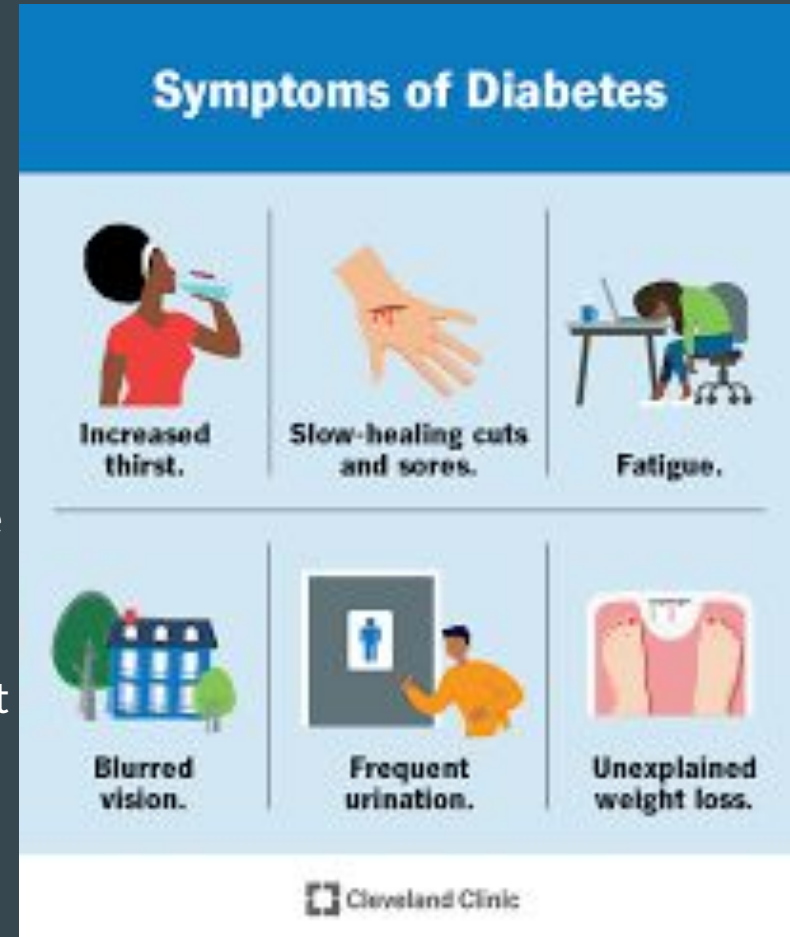
Oral Health is directly related to our overall well-being. Many diseases have direct correlations to our oral health.

Cardiovascular, respiratory, diabetes, bones



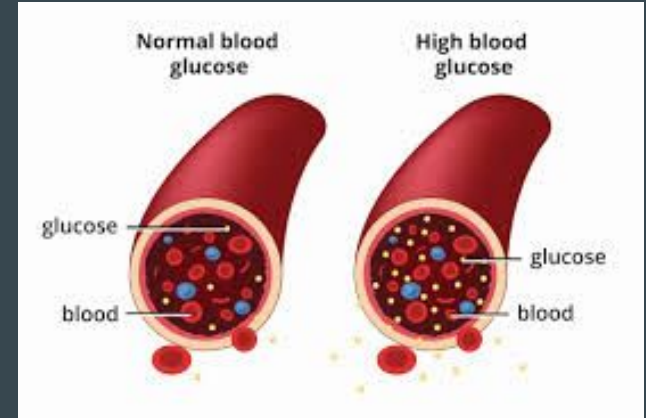
Oral Health and Diabetes

- Relationship between diabetes and periodontitis may be the strongest of all connections between mouth and body.
- Inflammation that starts in the mouth weakens the body's ability to control blood sugar.
- People with diabetes have trouble processing sugar because of a lack of insulin, the hormone that converts sugar into energy.



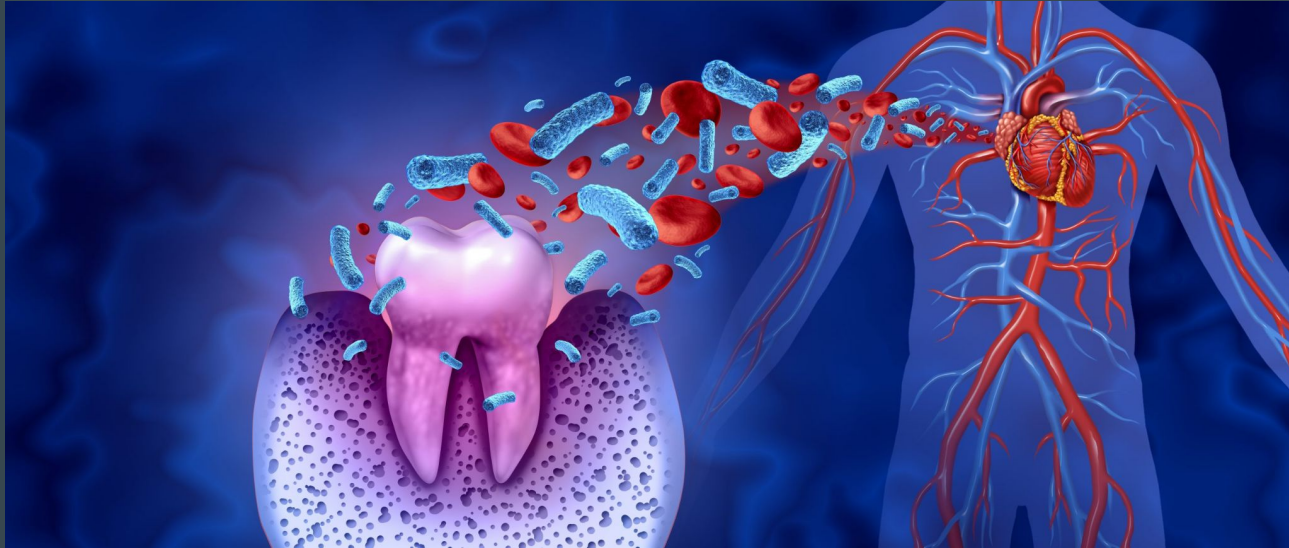
Oral Health and Diabetes

- Diabetes reduces the body's resistance to infection – putting the gums at risk. Gum disease appears to be more frequent and severe among people who have diabetes.
- Research shows that people who have gum disease have a harder time controlling their blood sugar levels.



Oral Health and Heart Disease

Research suggests that heart disease, clogged arteries and stroke might be linked to the inflammation and infections that oral bacteria can cause.

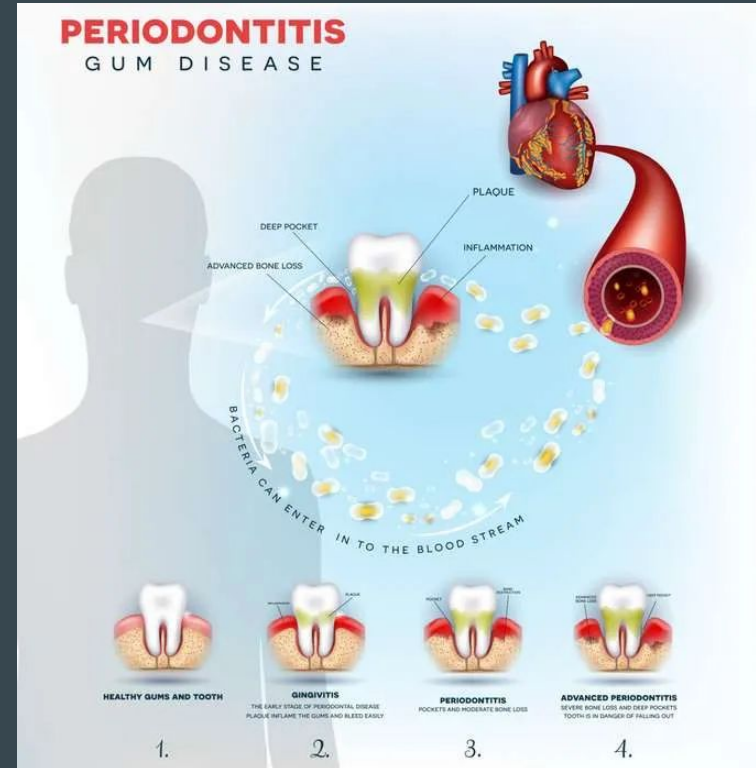


Oral Health and Heart Disease

Gum disease and heart disease go hand in hand.

91% of patients with heart disease have periodontitis.

66% of patients with heart disease do not have periodontitis.



Oral Health, Osteoporosis, and RA

Osteoporosis causes bones to become weak and brittle– might be linked with periodontal bone and tooth loss.

RA, Rheumatoid Arthritis, causes pain in the joints. Due to this, there are higher chances of gingivitis to occur.



Osteoporosis and Bisphosphonates

Osteoporosis & Osteonecrosis

39

Patients with osteoporosis may experience oral changes

- Increased tooth loss
- Denture adjustments required as jaw shape changes

Osteonecrosis

- IV bisphosphonates are associated with osteonecrosis of the alveolar bone
- Prevalence: rare, approximately 0.1%
- Can occur at the site of a tooth extraction or spontaneously
- Symptoms include:
 - Jaw pain
 - Swelling and infection
 - Loosening teeth
 - Drainage and exposed bone
- ADA recommends regular dental care for patients on bisphosphonates



Photo: John McDowell, DDS



Photo: Ricardo Padilla, DDS



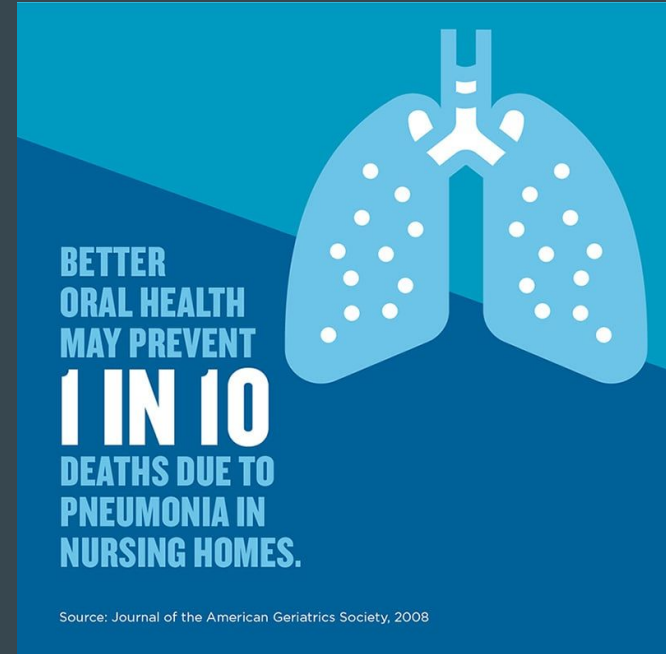
Radiograph: Alan Lurie, DDS

Common Bisphosphonates

- Alendronate (Fosamax): A weekly pill
- Risedronate (Actonel): A weekly or monthly pill
- Ibandronate (Boniva): A monthly pill or quarterly intravenous (IV) infusion
- Zoledronic acid (Reclast): An annual IV infusion
- Pamidronate: Given as an infusion that takes about an hour and can be repeated every three months

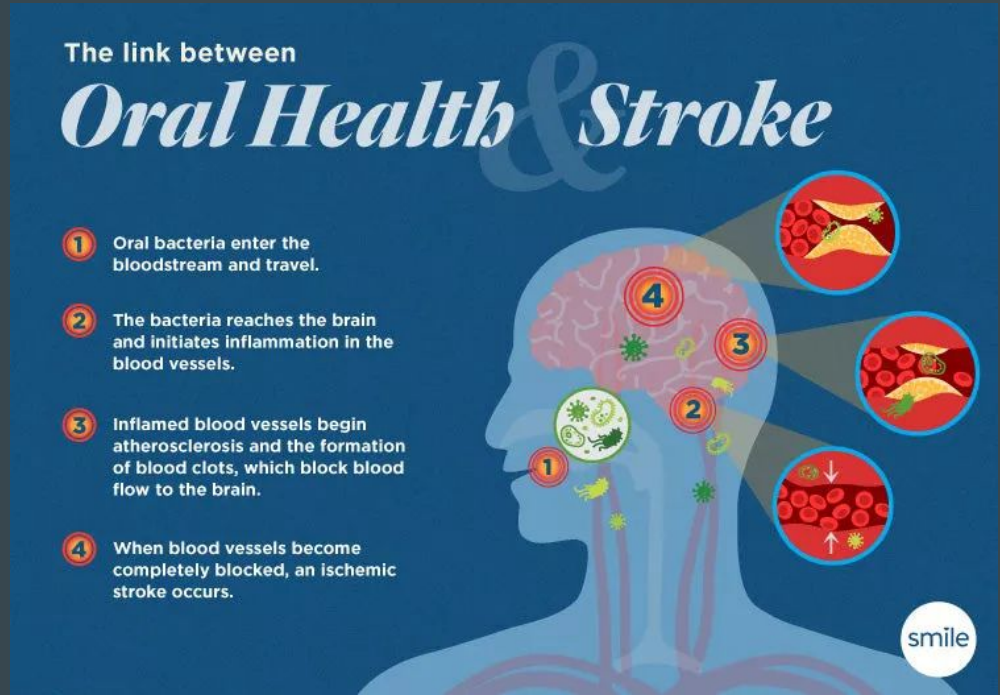
Oral Health and Respiratory Disease

- Periodontal Disease may make pneumonia and chronic obstructive pulmonary disease worse, possibly increasing the bacteria in the lungs.

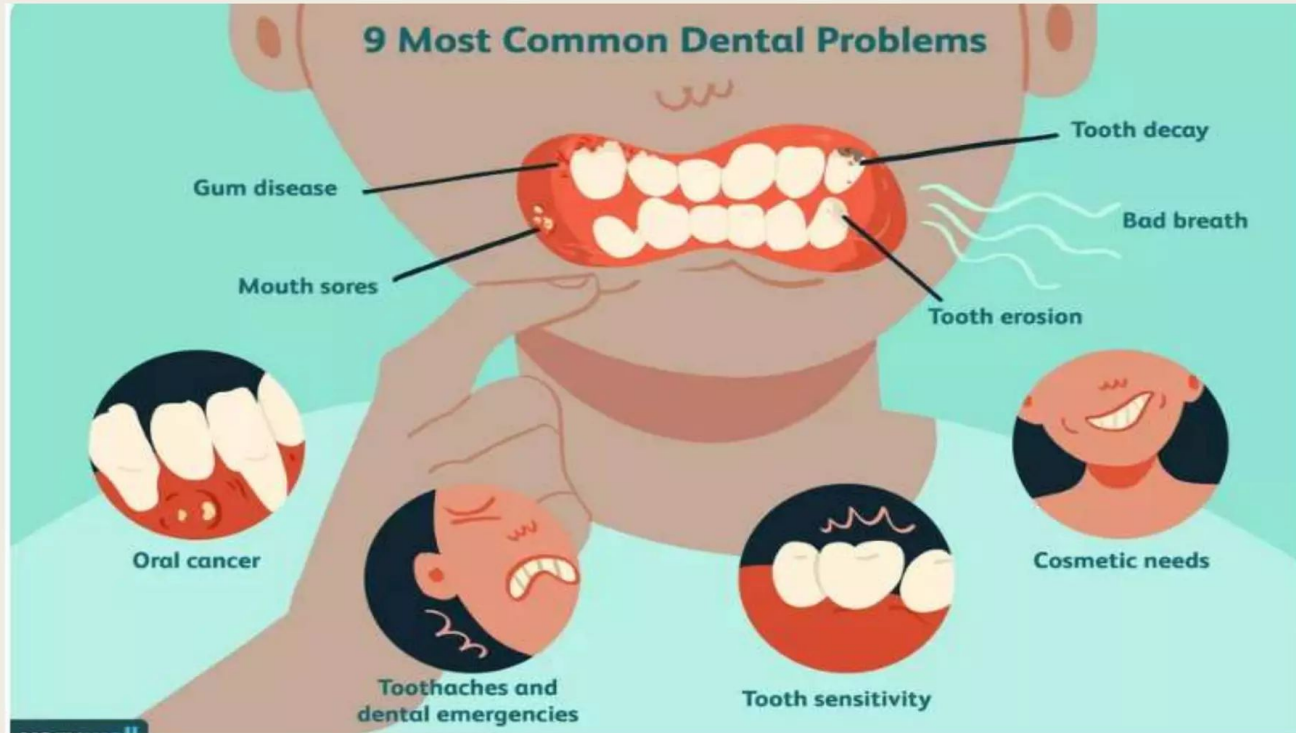


Oral Health and Dementia and Alzheimer's

While we do not yet know the exact mechanisms behind the connection, researchers have found a strong link between dental plaque buildup and gum disease (gingivitis) and Alzheimer's disease and dementia. In fact, having one of these conditions increases the risk of developing the other.



9 Most Common Oral Issues



What is Gingivitis or Gum Disease?

- Inflammation of the gum tissue is a non-destructive periodontal disease.
- In response to bacterial biofilms (also called plaque) adherent to tooth surfaces.
- In absence of treatment, gingivitis may progress to periodontitis, which is destructive form of periodontal disease.

Gingivitis

Some examples



What is Periodontitis?

Inflammation of the tissue around the teeth, often causing shrinkage of the gums and loosening of the teeth.

Once periodontitis begins, it cannot be reversed, therefore it is important to not reach periodontitis in the first place



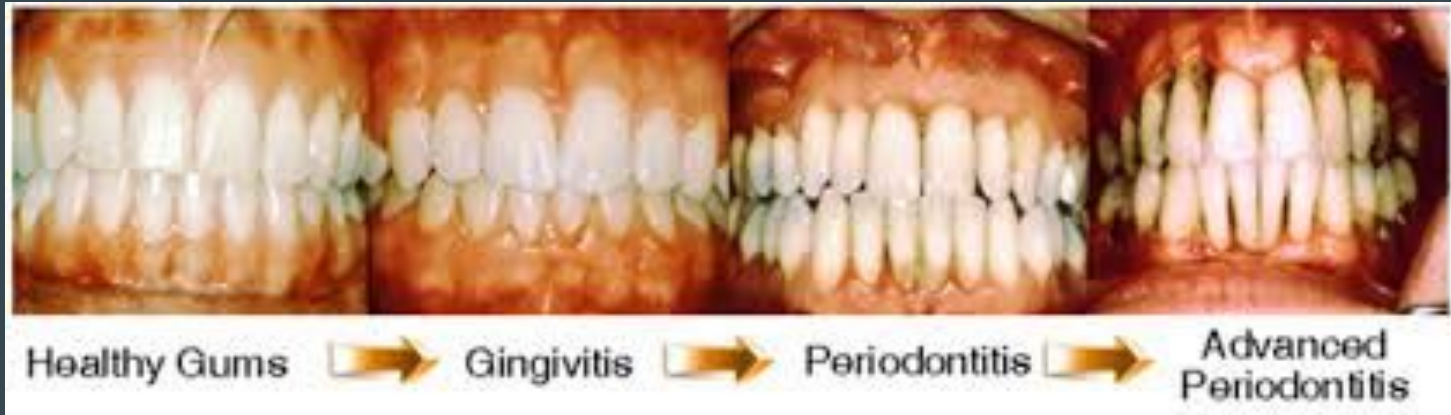
Causes of Periodontitis?

- Periodontal Disease is caused by lack of daily complete oral hygiene.
- Broken fillings/teeth
- Misaligned/crowded teeth
- Poorly balanced diet
- Systemic disease
- Drugs (xerostomia)

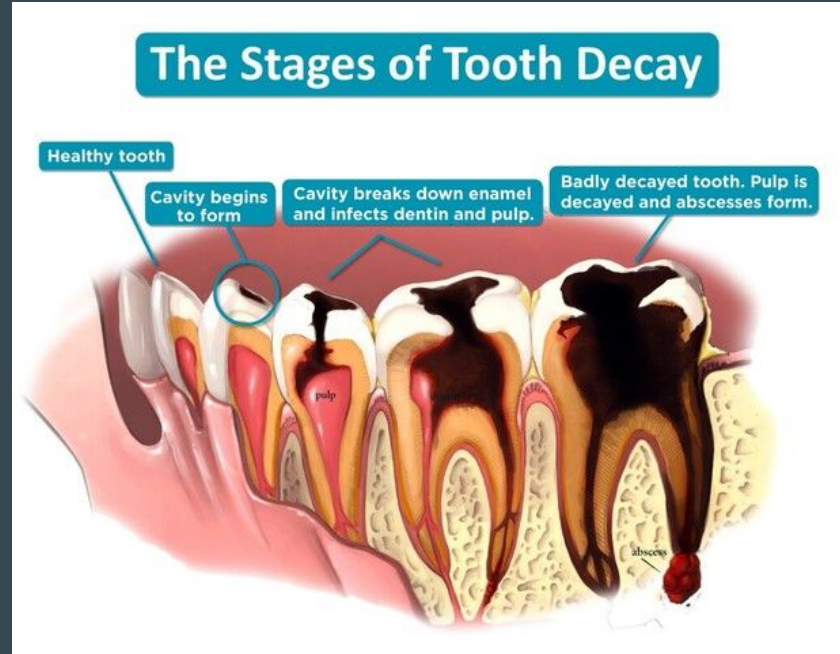


Symptoms of Periodontitis?

- Red, puffy gums
- Gum tenderness/pain
- Gums that bleed during brushing
- Persistent bad breath/halitosis
- Shifted/loose teeth
- Pus



Tooth Decay



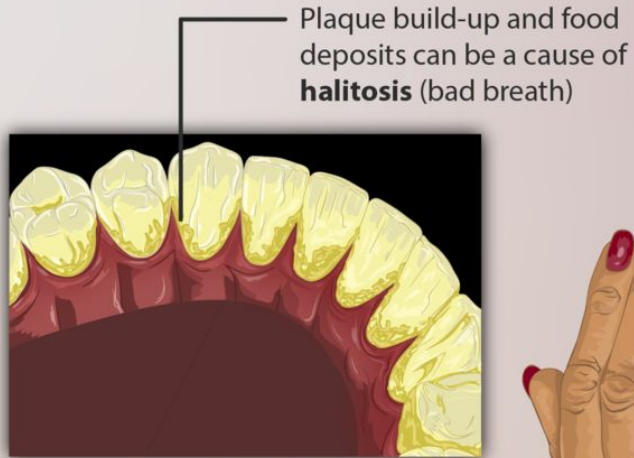
- Sugars that sit on the teeth become acidic and breakdown the outer layer of tooth, Enamel.
- Once enamel is broken down, bacteria continues to breakdown Dentin and lead to the nerve of the tooth.

Antibiotics



- It is very important to note that whether an infection occurs due to periodontal disease or an abscess from a large cavity, **ANTIBIOTICS DO NOT SOLVE THE ISSUE.**
- Antibiotics in the oral cavity can reduce symptoms, but treatment is required to remove the disease process.

Halitosis



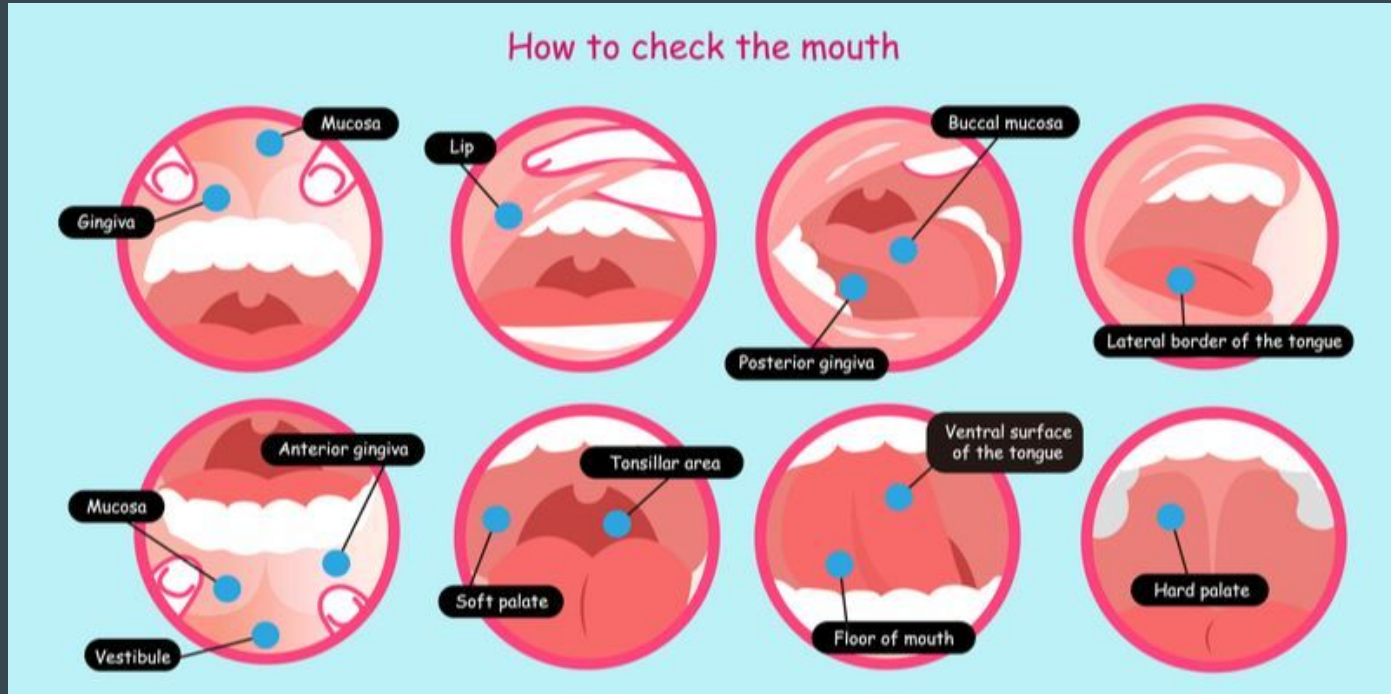
Other causes include

- Dry mouth
- Infections in the mouth
- Tonsil stones



Oral Cancer

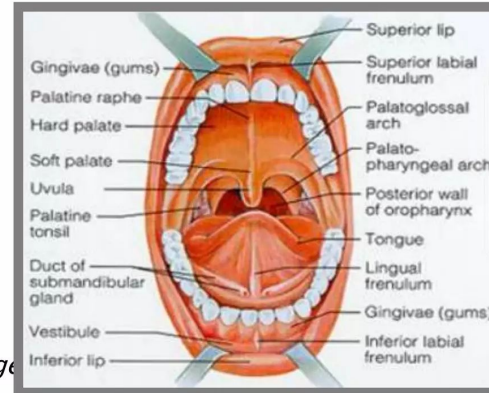
Oral Cancer is caused by abnormal cell division and growth in the mouth or oropharynx.



Common Sites for Oral Cancer

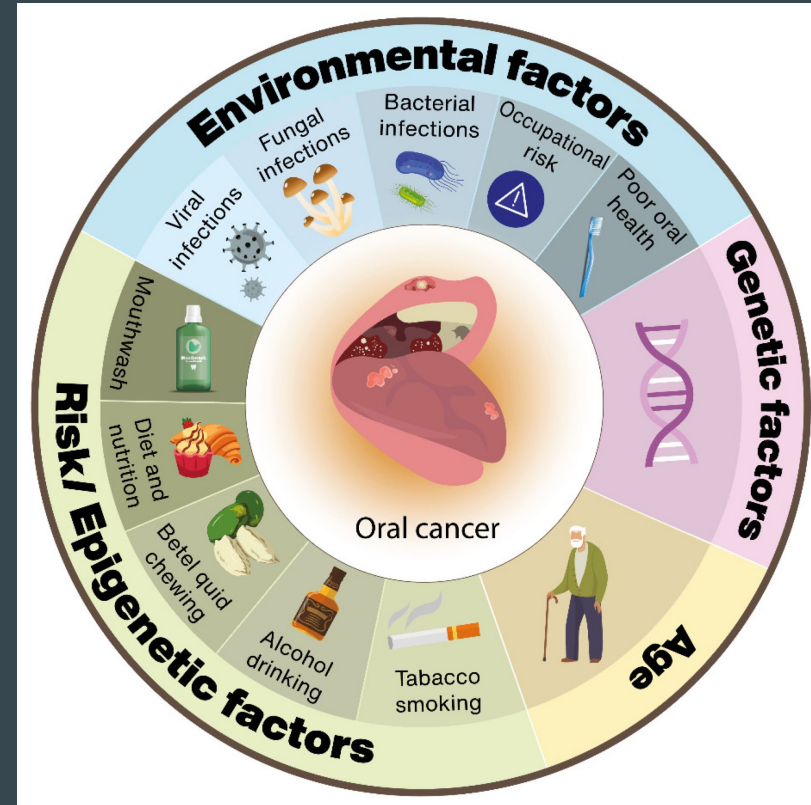
COMMON SITES FOR ORAL CANCER

- Lips
- Tongue
- Salivary glands
- Floor of mouth
- Gingiva
- Oropharynx *
 - *more visible and deforming*
 - *detected/diagnosed at late stage*
- Tonsillar area



Risk Factors for Oral Cancer

- Chemical factors: Tobacco, alcohol, chewing tobacco, betel quid, and ultraviolet (UV) light
- Biological factors: Human papillomavirus (HPV), syphilis, and genetic syndromes
- Dietary factors: Poor nutrition, low fruit and vegetable intake, and high alcohol consumption
- Other factors: A weak immune system, family history, previous cancer, excess body weight, age, and prolonged sun exposure

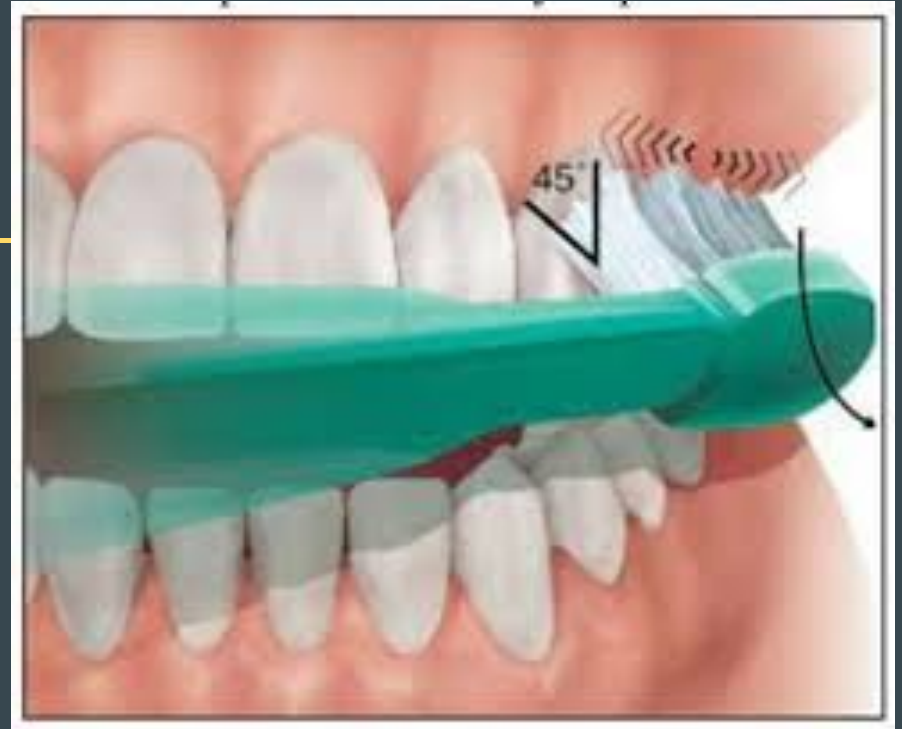


What can we do to reduce concerns of the oral cavity?

- Oral Hygiene
- Regular Dental Visits
- Oral Cancer Screenings
- Adjusting Diet
- Completing Recommended Dental Treatment
- Ask questions to our Doctors!

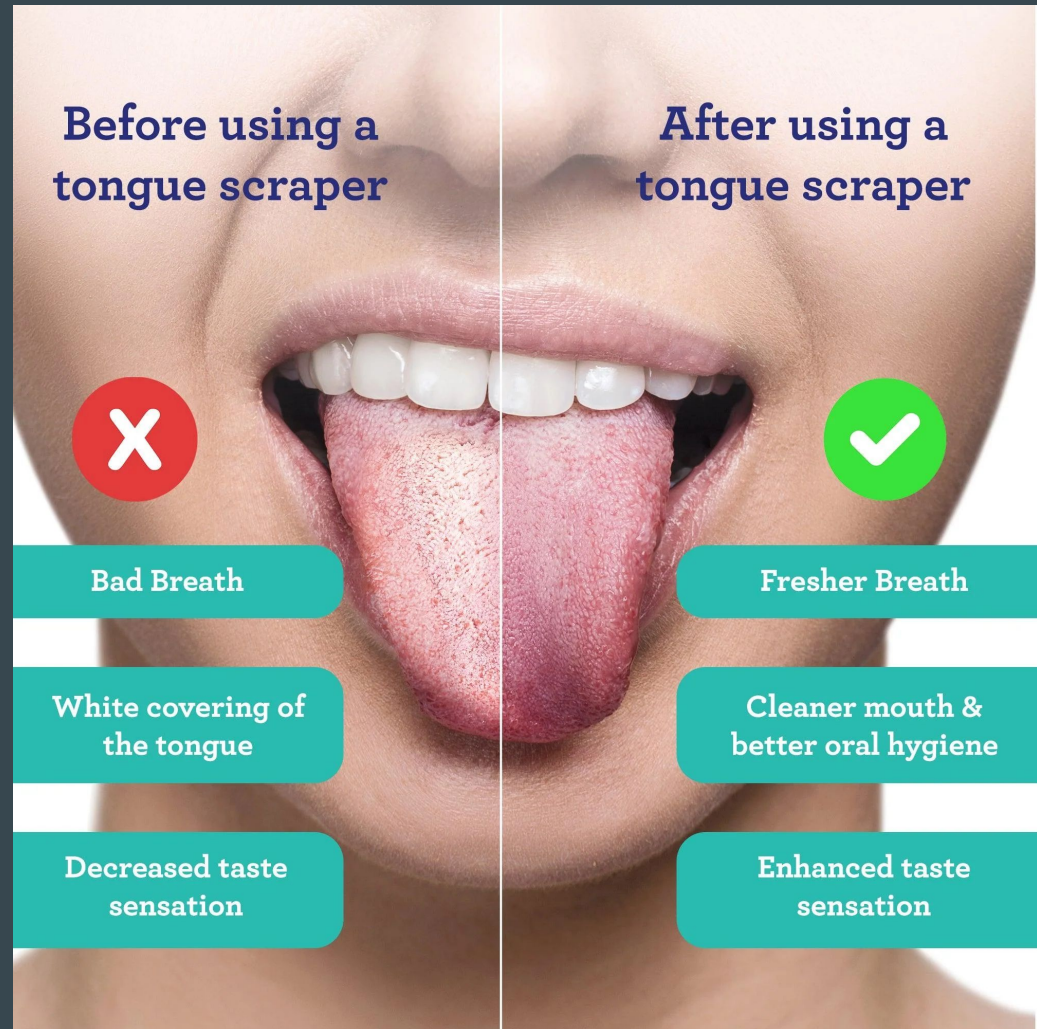
Proper Oral Hygiene

- Modified Bass method of Brushing
- Modified Bass Brushing Technique - Dental Clinics



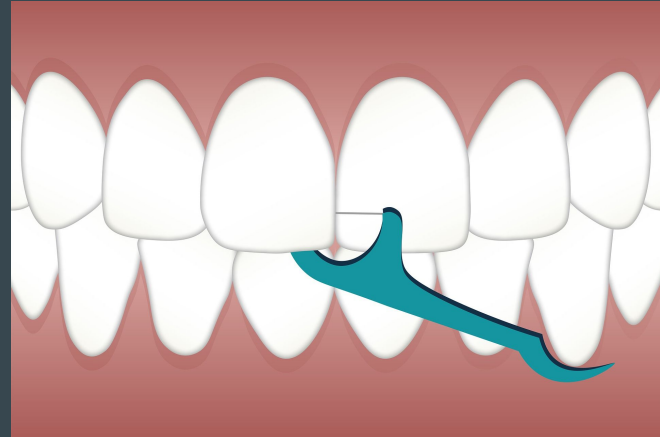
Proper Oral Hygiene

- Tongue Scraping



Proper Oral Hygiene

- Flossing
- [How To Floss](#)



Proper Oral Hygiene

- Water Flossing
- How to Use a Waterpik™ Water Flosser



Proper Oral Hygiene

A saltwater rinse can help improve oral health by:

- Reducing bacteria: Saltwater can kill bacteria in your mouth
- Soothing sore throats: Saltwater can help ease the discomfort of mouth sores
- Dislodging food particles: Saltwater can help remove plaque and bacteria from your teeth and gums
- Healing after dental procedures: Saltwater can help prevent dry sockets and promote healing after minor dental surgery
- Treating gum infections: Saltwater can help treat inflamed or swollen gums caused by gum disease



Regular Dental Visits

Six Reasons You Need Regular Dental Checkups

- Oral Cancer Detection. Oral cancer is an extremely serious disease that manifests itself in various ways. ...
- Plaque, Tartar, and Cavities. ...
- Gum Disease. ...
- Keeping Bad Habits in Check. ...
- Find Problems Under the Surface With X-Rays. ...
- Head, Neck, and Lymph Node Checks.

Adjustments to Diet to Improve Oral Health

A diet that's rich in fruits, vegetables, and whole grains, and low in added sugars and fats, can help improve oral health. Here are some foods that can help:

Foods that stimulate saliva — Chewing on crunchy foods like hard cheeses, peanuts, carrots, and whole grains can help wash away plaque-causing bacteria and food particles. Sugar-free chewing gum can also help.

Calcium-rich foods — Foods like low-fat or fat-free milk, yogurt, cheese, tofu, almonds, and dark green leafy vegetables can help promote strong teeth and bones.

Protein-rich foods — Foods like meat, poultry, fish, milk, and eggs are good sources of phosphorus, which helps protect and rebuild tooth enamel.

Foods high in vitamin C — Foods like strawberries, oranges, grapefruits, peppers, and broccoli contain vitamin C, which is essential for normal collagen formation in the teeth and gums.

Black tea extract can increase the concentration of fluorine in plaque, which can help prevent dental caries.

When Prevention
is not enough or
too late?

Dental Fillings

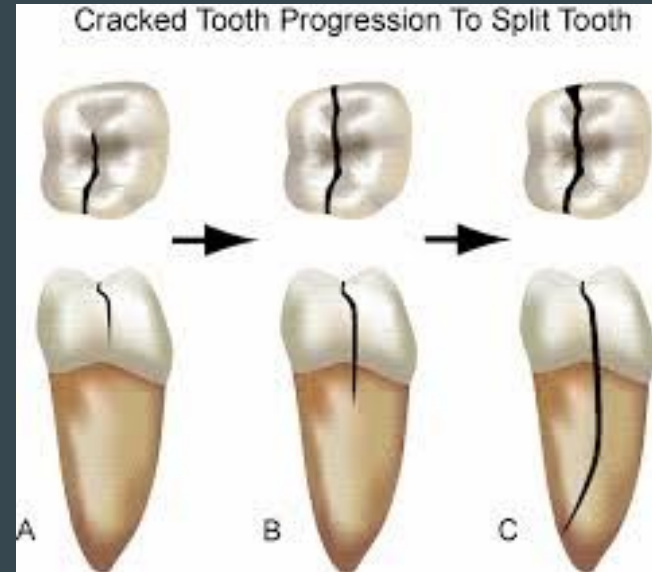
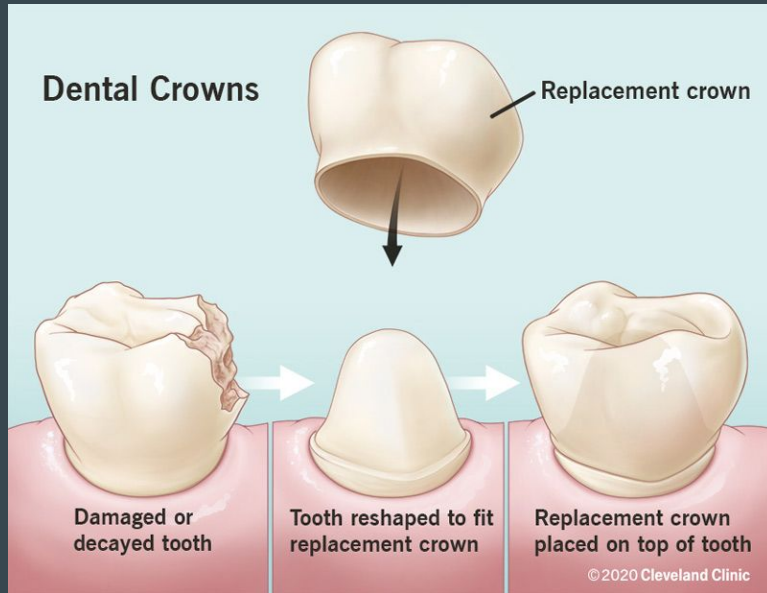
Dental bonding is a technique used to correct imperfections with your teeth to give you a better-looking smile. Bonding is used to repair chipped teeth, decayed teeth, and cracked teeth. Bonding involves applying a tooth-colored resin material to the teeth and hardening it with a light. This bonds the material to the teeth to improve a person's smile.

Depending on the circumstance, amalgam fillings may be used as well



Dental Crowns

A dental crown is a dental prosthesis which replaces the visible part of a tooth. A dental crown functions to strengthen teeth, restore their original shape, and improve their appearance. Dental crowns are also used to hold dental bridges in place and cover dental implants.



Dental Crowns - Cracked Teeth | Fractured Cusp | Split Tooth | Craze Lines



Dental Bridgework



A dental bridge is a structure between two dental crowns to fill the gap between missing teeth. A bridge can be supported by your teeth, implants, or a combination of teeth and implants. A dental bridge can restore your smile, improve your appearance, and take years off your look. Who doesn't want to look better- or younger?

Clear Aligners

How Invisalign or Clear Aligners
work - Orthodontic Treatment



Crooked smile? Clear Aligners are the best way to straighten your smile without interfering with your day-to-day life. Clear Aligners gradually moves your teeth using a series of custom-fitted, removable aligners. The aligners are nearly invisible and very comfortable to wear.

Dental Veneers

Many people are discovering the benefits of veneers. Veneers are thin coverings that are placed over the front part of the teeth. Veneers are placed on teeth that are crooked, poorly shaped, or severely discolored. They may also be used to lighten teeth that are yellow or have a gray cast.



Root Canal Therapy

[Root canal treatment \(RCT\) Procedure animation](#)

In the past, diseased teeth often had to be extracted. Today, they often can be saved through root canal therapy. A root canal is a dental procedure that is used to repair teeth that are infected or badly decayed. Some people fear root canal treatments because they assume they are painful. Most people report that the procedure is no more painful than having a filling placed.



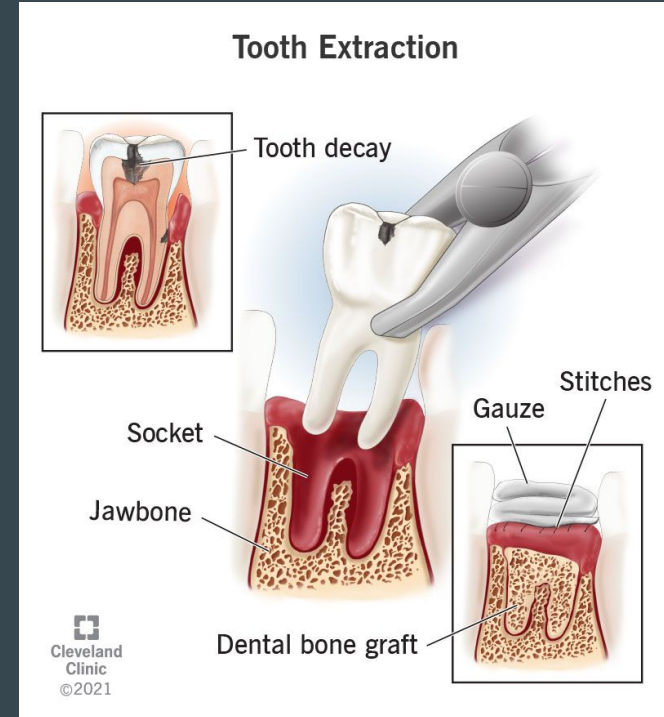
Tooth Extraction and Bone Graft

We may recommend tooth extraction if you have:

- Severe tooth decay (cavities).
- A fractured tooth.
- An impacted tooth.
- Crowded teeth.
- Severe gum disease.
- Tooth luxation or other dental injuries.

A Bone Graft is placed in the socket to provide a scaffold for natural bone to regrow as best as possible for an implant to be placed in the future.

Most frequently, a membrane and sutures are placed to keep the bone graft in place while the body heals the site.



Missing Teeth??

Why is a missing tooth an issue?

Teeth will shift, subject to fracture or decay, ultimately leading to a domino effect of losing more teeth.

Missing one tooth puts pressure on surrounding teeth and ultimately leads to failure of the dentition.

Depending on
number of missing
teeth, there are a
number of options.

1-2 missing teeth - Bridge

A dental bridge is a fixed dental restoration that replaces missing teeth with artificial teeth attached to adjacent teeth or dental implants. Bridges are usually made of porcelain and metals such as zirconia and gold alloy, but can also be made with resin and metal, or with implant support.

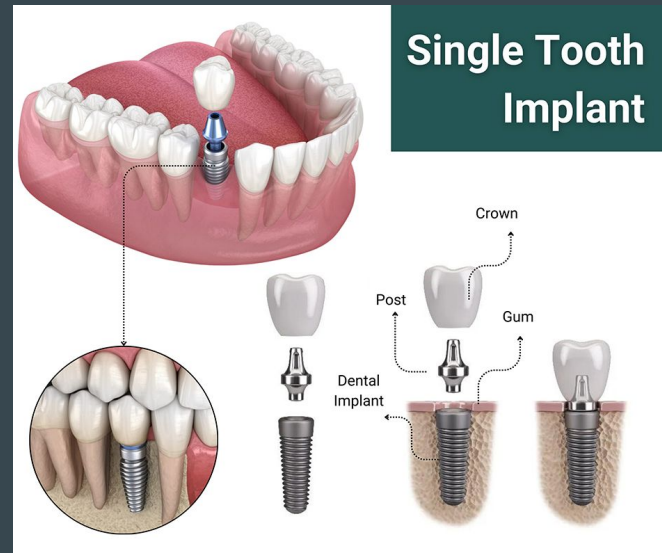


1-2 missing teeth - Dental Implant

Implant - Dental implants are medical devices surgically implanted into the jaw to restore a person's ability to chew or their appearance.

An implant not only restores the crown portion of the tooth, but it also stimulates bone to remain, restoring the root form of the tooth.

It is the best and most similar method to replace a tooth.



1-2 missing teeth - Flipper

Often referred to as a flipper, a temporary partial denture is a removable, retainer-like device that contains one or more teeth. The prosthetic teeth can give the appearance of a full smile but can be removed for easy cleaning.

Flippers are among the least expensive solutions to missing teeth, but they are also the least durable.

These devices are typically used by people waiting for implants or a fixed bridge, but they can be long-term solutions for individuals who understand that replacement flippers will likely be necessary over time.



3-5 missing teeth

Bridge - Zirconia or Porcelain fused to
Metal



3-5 missing teeth

Implant Bridge - Missing 4 teeth total, 2
teeth will be abutments on implants and
2 teeth will be pontics (no root support)

Partial Denture

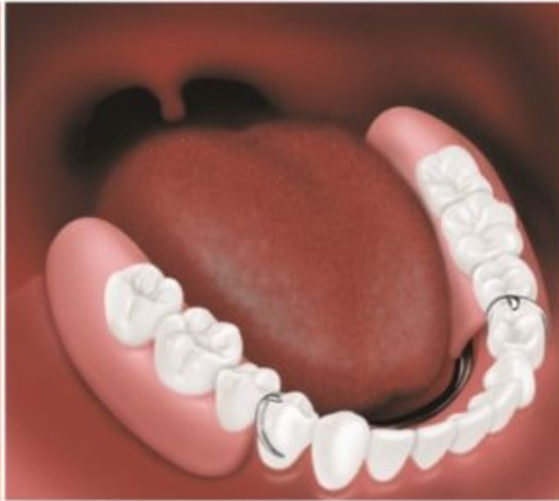


3-5 missing teeth

Partial Denture - Chrome Cobalt or
Valplast (flexible)



Partial denture above gum



Partial denture in place



Partial denture in mouth (rest seats on
two teeth can be seen)

Missing all teeth in one arch

Complete Denture

Implant Overdenture

Implant All - on - X

Implant-supported teeth



- ✓ *Secure confident smile*
- ✓ *Maintains jaw bone*
- ✓ *Creates normal bite force*
- ✓ *Aids normal healthy digestion*
- ✓ *Provides long term stability*
- ✓ *No denture adhesive required*

Traditional Dentures



- ✓ *Traditional dentures are appliances that you wear in order to address major tooth loss.*
- ✓ *Traditional dentures are best for people who are missing many or all of their teeth.*



Complete Denture

They are used to replace missing teeth.

- They restore appearance, chewing and speaking.
- They do not last forever. As jaw changes its shape, dentures need to be replaced.
- They are used during the day and stored in cleaning solution at night.
- Patient needs to avoid certain foods to ensure dentures last longer.

Implant Denture


- They are used to replace missing teeth.
- They restore appearance, chewing, speaking and FUNCTION.
- You can prevent bone deterioration by having implants attached to your dentures.
- They have similar strength and function as natural teeth.
- You can eat everything, as if you had natural teeth.
- As there is no bone reabsorption, jaw will not change its shape and dentures will continue to fit, in most cases, during a lifetime.

Dental Insurances - Most common Versions

- PPO - Preferred Provider Organization
 - A regular indemnity plan combined with a network of dentists under contract to the insurance company to deliver specified services for discounted fees in accordance with provisions in the signed agreement.
 - Approximately 80% of dental offices are PPO providers.





DENTAL BENEFITS 101

WHAT it is:

 **Dental Insurance**
(den-tl in-shoo r-uh ns) noun

Dental insurance pays a portion of the costs associated with dental care. Unlike medical coverage, dental coverage focuses on prevention.

WHY it matters:¹

 contributes to  which are linked to  which is linked to 

DENTAL COVERAGE DENTIST VISITS GOOD ORAL HEALTH OVERALL WELL-BEING

CLASSIFICATION of SERVICES^{2*}

PREVENTIVE	BASIC	MAJOR
Most dental plans cover these services. Typically includes routine cleanings, X-rays and fluoride treatments.	Dental plans will pay for a percentage of these services. Typically includes fillings, extractions, root canals, root planing and sealants.	Dental plans will pay for a percentage of these services. Typically includes crowns, dentures, implants and oral surgery.

SOURCES
1 <https://www.deltadental.com/DDPAOralHealthWellBeingSurveyBrochure2014.pdf>
2 <https://www.deltadental.com/WhitePaperUnderstandingBenefitsWithoutRollover.pdf>
*Plans vary by contract.

Dental Insurances - Most common Versions

- HMO/DHMO - Dental HMO plan, is designed to keep dental costs low by focusing on preventive care and regular dental visits. DHMO plans have lower premiums than PPO plans, no deductibles, and set copayments for covered services. They also have no annual maximum for covered benefits and usually pre-determine out-of-pocket dental costs.
- Usually, dentists taking these plans do NOT want to treat patients. They are paid monthly regardless of whether they see a patient. In most cases, dentists that are in contract with these plans will do the least amount of work for the patient as it increases their costs.

Dental Insurance PPO vs. HMO		
PLAN BENEFITS	\$ HMO	\$ PPO
Can I go to any dentist?	×	✓
Annual maximums?	×	✓
Waiting Period?	×	✓
Cost?	\$	\$ \$ \$
Coverage	\$	%
www.InsuranceCenterHelpline.com	HMO	PPO


Dental Insurances - Most common Versions

Medicare

- In most cases, Medicare doesn't cover dental services like routine cleanings, fillings, tooth extractions, or items like dentures.
- If you are still working and have not retired yet, it may be wise to speak with a dentist about using benefits towards future concerns (cracked teeth, large fillings, missing teeth etc.) while you still have a good PPO dental plan.





DENTAL BENEFITS 101

WHAT it is:

 **Dental Insurance**
(den-tl in-shoo r-uh ns) noun

Dental insurance pays a portion of the costs associated with dental care. Unlike medical coverage, dental coverage focuses on prevention.

WHY it matters:¹

 contributes to  which are linked to  which is linked to 

DENTAL COVERAGE DENTIST VISITS GOOD ORAL HEALTH OVERALL WELL-BEING

CLASSIFICATION of SERVICES^{2*}

PREVENTIVE	BASIC	MAJOR
Most dental plans cover these services. Typically includes routine cleanings, X-rays and fluoride treatments.	Dental plans will pay for a percentage of these services. Typically includes fillings, extractions, root canals, root planing and sealants.	Dental plans will pay for a percentage of these services. Typically includes crowns, dentures, implants and oral surgery.

SOURCES

1 <https://www.deltadental.com/DDPAOralHealthWellBeingSurveyBrochure2014.pdf>
2 <https://www.deltadental.com/WhitePaperUnderstandingBenefitsWithoutRollover.pdf>
*Plans vary by contract.

Dental Insurances - Most common Versions

For those without dental insurance, in house membership plans can be very helpful.

- At Sullivan Darji Dental, we offer an in house plan.
 - \$450 annually includes 2 exams, 2 cleanings, 1 full set of x-rays
 - 20% off any treatment in our office.
 - Normal costs for these services can be approximately \$700 alone, therefore an in house plan can save quite a bit.

New Patients without Dental Insurance

A special offer for those in this audience exclusively at Sullivan Darji Dental.

ICC Seniors Special - \$199 New patient special.
\$600 Value for \$199.

Includes Comprehensive Exam, Full set of Xray,
Dental Cleaning, Oral Cancer Screening,
Comprehensive Treatment Plan.

Use camera app on phone to scan QR Code to
request an appointment.



How to choose your Dentist

- You may choose based on who takes your insurance.
- Ask your friends and family who they would recommend and trust.



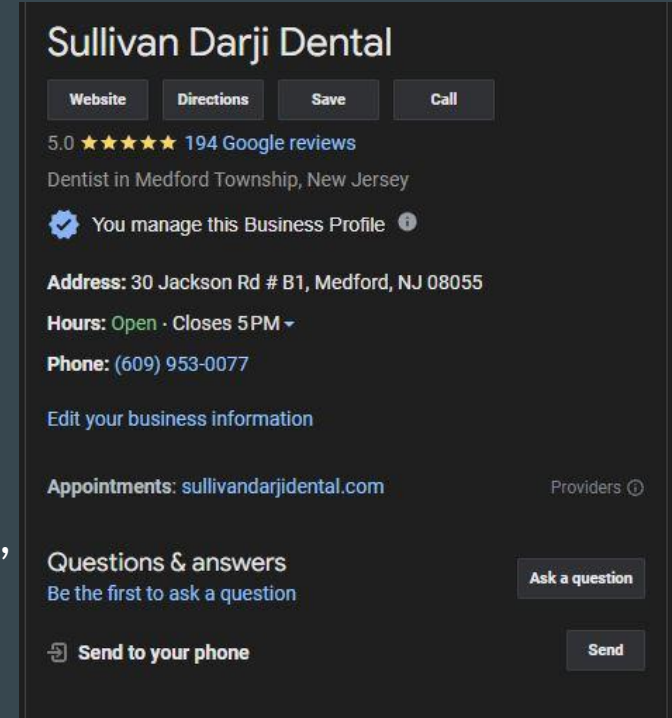
Dental Treatment Overseas

- While it may seem more cost effective to have dental work completed overseas, consider the cost of travel/accommodations.
- The standard of care is set very high in the United States and we are held to an extremely high value.



What to consider in an office?

- Handicap friendly and accomodations
- Do you trust your dentist?
- Check and Read Google Reviews for the office.
- Choose an office where you feel comfortable, not based on distance.



Questions??

Thank you very much!

Dr. Raj

Sullivan Darji Dental