

### **Upcoming Events:**

Join us on February 13<sup>th</sup> as Dr. Singh hosts his 1<sup>st</sup> lecture of the year:

#### **“Regenerative Therapies in Everyday Practice”**

Please call the office for more details. Earn 2 CE credits!

In 2013, look forward to Dr. Singh lecturing on several of the hottest topics in dentistry today:

#### **“The Collaborative Treatment Approach for Periodontal & Implant Patients”**

#### **“Treatment Solutions for Edentulous Patients”**

#### **“Diagnosis and Treatment of Dental Implant Complications”**

More information to follow

### **Dr. Singh in News:**

In May 2013, Dr. Singh will be receiving his Mastership Certification at the International Congress of Oral Implantologists conference in Las Vegas!

In October of 2012, Dr. Singh competed in a National Ballroom Competition and won top Male Bronze Newcomer!!



The goal in our practice is to serve our referring doctors and their patients with excellence in both periodontal therapy and dental implant care. We strive to create a warm and friendly environment. We provide customized patient care where the clinical and emotional needs of each patient are met. While our entire team is proud of the care we provide, we can never forget that we must earn your trust, and that of your patients, every day. Thank you for the chance to serve you and please feel free to let us know if there is anything you need from our office.

- Dr. Amarik Singh

## **Half of American Adults Have Periodontal Disease**

Recently the Centers for Disease Control and Prevention published new and important findings that directly impact our patients' health and may change the way we practice dentistry. The study shows alarmingly high prevalence rates of periodontal disease in the U.S., indicating that one out of two American adults over the age of 30 have periodontal disease.

The American Academy of Periodontology has been working very closely with CDC since 2003 to garner an accurate representation of periodontal disease status in the United States. The most recent data was collected from 2009-2010 National Health and Nutrition Examination Survey (NHANES), a series of studies conducted to analyze the health and nutritional status of adults and children. The 2009-2010 NHANES was the first to use full-mouth periodontal examinations, whereas previous NHANES relied only on partial mouth periodontal examination protocol.

Partial mouth periodontal examinations collected probing depths and attachment loss measurements from two randomly selected quadrants of the mouth at two sites per tooth. Because periodontal disease is not distributed evenly in the mouth, surveys using the partial mouth periodontal examinations may have underestimated prevalence of the disease. The full-mouth periodontal examination protocol utilized in the 2009-2010 NHANES measured six sites per tooth for all teeth (except third molars), providing the most comprehensive evaluation of oral health amongst Americans ever conducted.

The findings from the 2009-2010 NHANES periodontal disease survey, published in the *Journal of Dental Research*, indicated that an overwhelming 47.2%, of 64.7 million American adults, have periodontal disease. The study shows greater risk in adults over the age of 65, with increased prevalence of 70.1%. Data also concludes periodontal disease is higher in men than women (56.4% vs. 38.4%) and is highest in Mexican-Americans (66.7%) compared to other races. Other segments with high prevalence rates include current smokers (64.2%), those living below the federal poverty level (65.4%) and those with less than high school education (66.9%).

The NHANES study highlight the extent, severity and prevalence of periodontal disease in the US, and the findings support the need for public health programs to improve the oral health of US adults. The relationship between periodontal disease and other systemic diseases, such as cardiovascular disease and diabetes, contribute to the need to categorize periodontal disease as a major public health concern.

As dental professionals, we're in a position to educate our patients about the published data and further evaluated their oral disease state by performing comprehensive periodontal evaluations on each patient annually. A comprehensive periodontal evaluation includes examining every tooth and measuring both attachment loss and probing depth to accurately assess periodontal disease status.

By conducting annual comprehensive periodontal evaluations on our patients, I believe that we can achieve optimal oral and systemic health for our patients, eventually reducing the severity of the disease in the U.S. adult population.

*Comprehensive Periodontal Therapy: A Statement by the American Academy of Periodontology* is now available for download at <http://www.joponline.org/doi/full/10.1902/jop.2011.117001>