

## WINTER 2001 EDITION – DR. DOI'S TALKING STORY

### THE IMPORTANCE OF HAVING YOUR TEETH PROFESSIONALLY CLEANED

Although you may feel you do a thorough job cleaning your teeth each day, you probably still need a professional cleaning. That is because plaque, a clear sticky film of bacteria, constantly forms on your teeth. As plaque collects, it forms a hard layer of tartar, or calculus, especially in hard-to-reach areas near the gum line and between teeth.

The bacteria found in plaque create toxins that irritate the teeth and gums, causing them to become inflamed or to bleed easily. If the irritation continues for some time, the gums may pull away from the teeth, forming pockets that collect more bacteria. Eventually the gum tissue and underlying bone may be destroyed, and teeth may become loose.

Besides affecting the oral cavity, recent research suggests there may be a link between gum disease and other health concerns such as cardiovascular problems, stroke, bacterial pneumonia and increased risk of pregnancy.

During the cleaning, the hygienist will remove the hardened deposits with either manual scalers or an ultrasonic instrument that produces sound waves and a stream of water to free the hard deposits. Teeth may also be polished with a mild compound and rotating cup to remove stains and to smooth tooth surfaces.

#### BENEFITS OF PROFESSIONAL CLEANING

What a professional cleaning can do is:

- Assess the effectiveness of your home cleaning techniques.
- Make suggestions on how to improve the cleaning of missed areas.
- Alert the patient to areas of poor health in the mouth.
- Improve the appearance of your teeth.
- Improve the smell of your breath.
- Make you feel better.
- Help to prevent tooth decay.
- Help to prevent gum disease.
- Help to promote better total body health.
- Save you money in the long run.
- Decrease the likelihood of needing to undergo more invasive procedures.

The frequency of a cleaning varies from patient to patient. There is too much to lose to not undergo this inexpensive and non-invasive procedure.

## TESTIMONIALS

I came to see Dr. Doi to consult with him about extracting my 7 root canal-filled teeth, as I was having chronic symptoms, which were not responding to any other therapies I had tried.

I had known for years about the toxic effects of root canals and realized that because I had so many, it was very likely they were draining my immune function.

The first extraction revealed a dime-sized cyst filled with pus below one root canal tooth. The tooth was asymptomatic, and the cyst had not shown up on any x-ray. Following an extraction of 2 more teeth, I was immediately relieved of a chronic infection in my left eye which had been present for a year. That was 3 months ago, and it has not returned. Also, a subtle but persistent ache of my heart disappeared. The chest pain was not of musculoskeletal origin, as it did not respond to body work or chiropractic treatment. I know from my research that root canal teeth may affect the heart, and I believe such was my case. I still have 3 extractions to go, and I hope to do them within the next year.

I'm grateful that there is a dentist on this island who is a progressive thinker and dares to go beyond the status quo of his profession. I think it won't be long before society is forced to "wake up and smell the chemicals" as well as the inappropriate medical and dental procedures often practiced from the ignorant assumption that the human body is a machine made of solid matter rather than an open system in constant energetic and molecular interchange with the environment.

Mahalo Dr. Doi,  
Sarah West, L. Ac.