

# The INSIDE Bite

Created for the Patients of Mark Fried, D.M.D. — Winter 2016

## Serving Up Dentistry in Peruvian Hills

Last summer, for the second time, I was part of a volunteer mission to the highlands of Peru. I helped out in a small town dental clinic and visited schools and villages to give fluoride treatments and place sealants for children who rarely get to see a dentist. It was an amazing experience and very rewarding.

The group I went with is led by a Peruvian native, a Wayland Middle School teacher. He has been taking people from this area to his home country for 10 years. The group raises money during the winter to buy school supplies that are delivered to small villages in the northern mountain Chachapoyas region.

The Chachapoyas were a group that inhabited that region for approximately 1000 years until approximately 1200 A.D., when they were replaced by the Incas.

After flying into Lima, our group traveled multiple days in trucks just to get to this remote area. Some of the journey is on treacherous, single-lane cliffside mountain roads. The terrain is incredible and the views are spectacular. The home base is a town of approximately 2000 people called Leymebamba. From there, day hikes and drives take us to smaller villages, most with less than a few hundred people. This year eight villages received donations of various school supplies. At each village we are greeted by a large percentage of the population and treated to dancing, singing, ceremonies and food.

During some of those donation visits I was able to give out toothbrushes, toothpaste and paint fluoride on the children of the village. I also spent multiple days

traveling to 5 different schools with 2 peace corps workers and the local dental resident to apply

fluoride and do exams. In total, more than 700 fluoride treatments were applied. When I wasn't visiting schools, I was working in the local clinic, a barely operable setup in the Leymebamba medical center. During that time I did fillings, sealants and extractions for the local population.

It's sad to see the condition most of the local children's teeth are in. The average number of cavities for each child was somewhere

between 6-10. Only 3 out of 100 had fewer than 3 cavities. Many of the cavities had destroyed a significant portion of each tooth. It was obvious there

was a huge need. I would compare the situation to the United States back in the 1950's, before fluoride was generally used in the water and before people started trying to keep their teeth instead of just going to the dentist when something hurt. Hopefully the little bit I was able to do at least begins the gradual process of heading towards where we are in the U.S. today, where roughly 1/2 of the children in the practice lose their primary teeth without ever having a cavity in them.

I have put some pictures of Peru up in the office, and have a book about the Chachapoyas in the reception room. The book describes the fantastic history of the area, which is an archaeologist's paradise. For part of this trip the group hiked out to the remote

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# Welcome Back CEREC!

We're always evaluating the latest improvements in dental technology and have recently added something we're really excited about. It's called CEREC. It's a CAD-CAM technology that enables us to make crowns in the office.

With it, having a crown made takes only one visit instead of two, and can be done without needing to have impressions taken. Instead, a video camera takes a series of video images, stitches them together, and creates a virtual model of your mouth. On this virtual model we can design a crown for your tooth and then have the design milled out of a ceramic block right in our office.

The technology for this has been evolving for 30 years. We've been following it throughout its evolution, and even had the second generation of it (a few generations and vast improvements ago) back in the late 1990's. We expect you'll be as excited about it as we are.

One of the advantages CEREC gives us is the ability to offer a new type of restoration. It's intermediate in strength and longevity relative to directly placed fillings or laboratory made crowns. As it is 2-3 times as strong and durable as directly placed fillings, and roughly half the cost of laboratory made crowns, it can be used to replace any size filling.

Here's one rave review: "I just wanted to say thank you again for the amazing experience I had while you were replacing my old, chipped crown.

"The entire visit from walking in the door, to leaving was under 2 hours and in complete comfort, done! One visit instead of a least 3, that alone is worth 8 hours and two round trips saved.

"The best part is I got to see how the crown was made in real time. The video renderings and the machines were fascinating to watch.

"It was almost science fiction, but my reality is a very comfortable fitting new crown that feels exactly like it's always been there.

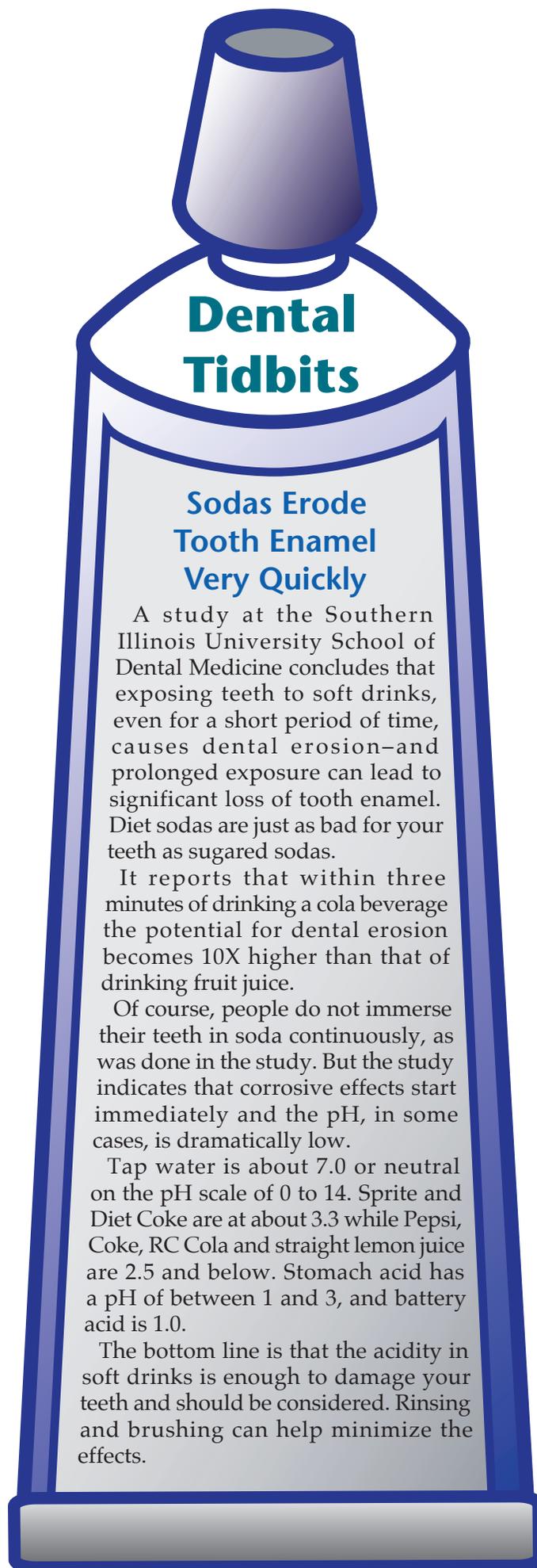
"I will be telling anyone who needs a dentist you're the man!" -- Joe Wertheim

## Special Offer – Free Whitening Kit!

New Patients – Earn a free Crest Whitening Strips kit with your initial exam and cleaning. Existing patients also can earn a free whitening kit for referring a new patient to the office.

Expires 12/30/2016

(You can substitute \$50 off bleaching trays, if you prefer.)



# What's the Difference?

When choosing anything it's natural to wonder what the difference is between the choices available. With dental care sometimes the difference in the quality of the result may not be initially obvious, but will show itself over time. There are a number of relatively new materials we're excited about, that we use and think will provide you with better, longer lasting restorations. Here are a few:

1. Disinfectants under fillings. Tooth decay is a bacterial disease. Once the decay is removed from your tooth, we use a disinfectant to improve the chances that decay won't recur. We use a disinfectant-impregnated tooth conditioner as well as use a second disinfecting agent in your tooth to avoid decay in that tooth.
2. Cavity detecting stains. We use all the traditional methods for determining whether we've removed all the decay from your tooth but for years have been taking an extra step and using a cavity-detecting dye to be extra certain.
3. Fluoride-releasing filling materials. New technology has enabled manufacturers to develop filling materials that store and release fluoride into your tooth and the surrounding teeth. These fillings will also "recharge" their fluoride levels any time you have a fluoride

## Greetings From Peru!

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Lake of the Condors (and yes they did spot the rare Andean Condors, birds with 9 foot wingspans), where a few years back hundreds of Chachapoyan mummies were discovered in cemeteries carved into the cliffs. The group got a private tour to see the mummies up close, given by one of the guides who helped carry them back to the local museum.

treatment, significantly decreasing your chances of decay.

4. Fluoride varnishes. The latest most effective method of providing fluoride treatments are fluoride varnishes that are painted directly on your teeth. Fluoride uptake is significantly higher than the traditional rinses and foams.
5. Zirconia and Lithium Disilicate Crowns. Both of these tooth-colored crown materials have shown excellent strength and improved esthetics compared to traditional porcelain to metal crowns. Zirconia is as strong as gold and a great choice for anyone who fractured porcelain off a crown or has a history of clenching and grinding.
6. Tooth nerve soothing liners for deep cavities. The closer the decay is to the nerve of your tooth the more chance bacteria can infect the nerve leading to a toothache and a root canal. A new liner we have has been shown to protect the tooth nerve better than we previously could, enabling us to try fillings in some situations for which we previously would have recommended root canals.
7. Attaching Dentures and Partial Dentures to broken teeth. Newer technology has given us ways to save what may seem to

## No Insurance? No Problem!

Here's another way to protect your dental health – get your own, affordable insurance. It's our own popular in-office discount plan – the Quality Dental Plan.

The plan covers two cleaning appointments and exams, and all your x-rays for the year for \$389 (2nd family member \$299). It also enables you to get a 15 or 20% discount on most dental procedures.

be an unrestorable tooth and use its root to attach to a denture or partial denture to give someone a much improved result. We've helped many people stop using denture adhesive or trim way back on the amount of area their denture covers by doing this.

8. Stronger cements for crowns. Some teeth needing crowns just don't have much tooth remaining for the crown to hold onto. We routinely use a newer resin-based cement to chemically bond the crown to the tooth to enhance the chances that your crown won't come off.

Most every product has a range of quality we can choose, and we want you to know we choose what provides you with the best result, never cutting quality for cost.

You may see advertising with what seems like incredibly low dental fees. Discount dentistry is like discount anything else – you generally get what you pay for. We've tried to provide a good value – top quality without being the most expensive in town. We hope you'll approve.

## New Toothpaste Fights Decay By Turning Plaque Green

A new toothpaste, Plaque HD, aims to improve oral hygiene by binding to plaque and showing it as green to reveal what a person missed while brushing.

A review in the Feb. 8 Wall Street Journal stated that researchers at the University of Illinois at Chicago in a short-term study of Plaque HD, found plaque was reduced by 51.3% after people brushed with the toothpaste for up to 10 days. An American Dental Association spokesperson said the areas between the teeth and at the gumline are common areas patients miss.

Plaque HD is available on Amazon right now!

# The INSIDE Bite

Brought to you by:



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D.M.D.

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Here's our staff all smiles for the new year. Seated in front are Drs. Mark Fried and Julie Werman. In back, from left: Rhonda (receptionist), Sue (hygienist), Holli (hygienist), Donna (office coordinator), Tina (manager),

Leslie (assistant), Kristin (hygienist), Sheila (assistant), Kelly (assistant), Susan (hygienist); not shown: Cathy (receptionist), Dr. Sarah Shih (periodontist).

## Voted 'Best Dental Office' for 17th Year In A Row

One more time- we're voted best dental office!

We're so happy to announce we've been voted the best dental office in Framingham by Reader's Choice/ Framingham Tab for 2015.

We feel incredibly honored to celebrate this way for the 17th year in a row, between Reader's Choice and Market Surveys of America. Thank you all for voting for us.

We always have and always will do the best we can to treat everyone like friends and family, listen to and look at each person as an individual, and approach each situation from the perspective of "what would I want if I were in their situation."

Thanks again, from everyone here.

### OFFICE HOURS

Mark Fried, D.M.D.

61 Edgell Road • Framingham, MA 01701

Monday	8 a.m. – 8 p.m.
Tuesday	7:30 a.m. – 8 p.m.
Wednesday	8 a.m. – 8 p.m.
Thursday	8 a.m. – 5 p.m.
Friday	8 a.m. – 2 p.m.
Saturday	By appointment

Appointments & Emergencies  
508/872-9339 • 508/872-3574

Also, see us on the Web at [www.drmarkfried.com](http://www.drmarkfried.com)