

# HOLIDAY NEWSLETTER

## Year in Review 2021

### Dr. Avi Schetritt



I hope this newsletter finds you and your loved ones healthy and well. It is hard to believe that 2021 will soon be behind us and that we are still dealing with Covid. Fortunately, we know a great deal more about this virus than we did last year, and I optimistically believe that the worse is behind us.

I'm glad to report that live lectures are back across the country. I am fortunate to have been able to pursue my passion for teaching and have lectured in Charlotte NC, Las Vegas NV, and Irvine CA this past year. Sharing my clinical knowledge and experience with colleagues in very rewarding in that it helps them in their practices and makes me a better clinician as well. I look forward to continuing the lecture circuit and already have 7 lectures scheduled for 2022.

On a personal level, my son Samuel is now in his fourth year of his civil engineering degree at UCF. We took a family trip to Chicago this summer and Sam was awed by the architectural styles that line the Chicago River. He was adept at explaining the engineering principles that go into building these sky-scraping marvels. He is clearly enjoying his civil engineering classes but occasionally finds them very challenging. I am encouraging him to continue in his academic journey by applying to a master's program.

My daughter Sara also is back at UCF

and glad to be taking some in person classes again. She continues to excel as a graphic design major and has already designed two logos for actual clients! In her spare time, she loves to bake, and I anxiously await her return home for the holidays so I can enjoy her home-made scones and focaccia.

I am looking forward to the Holiday season. It gives me a chance to slow down a little and share a meal or two with family and friends. It also gives me time to reflect on the previous year and focus on the things I want to accomplish for the coming year.

I wish you all a wonderful Holiday season and pray that 2022 will bring all of us health, love, and happiness.

### Dr. Nick DeTure



As 2021 comes to an end, it looks like maybe the Covid craziness is also ending, at least in the great state of Florida. I say

the great state because it seems like we have managed this mess better than most other places.

Even though I now live in Stuart, I still enjoy my weekly trips to the Deerfield Beach office. It only takes me about an hour and fifteen minutes and gives me the opportunity to continue working with my Broward and Palm Beach colleagues. Of course, I love working with Dr. Avi and the North Broward Perio team.

I continue to serve as President of the Treasure Coast Dental Association as well as some minor duties with the Atlantic Coast District Dental association. It is nice that both organiza-

tions are returning to live, in person meetings. We were even able to attend an in-person Florida dental association meeting in June. In addition to the FDA meeting, I was also able to participate in a few courses at the University of Florida Dental school. One on soft tissue management of dental implants. The take home message was that dental implants perform better over time if they have thicker gum tissue surrounding them. The other course was on digital treatment planning for dental implants. We are now able to take digital impressions of our patients for surgical treatment planning. Please let us know if you would like us to take a post op scan of your patients implants for restorative pre-planning.

We wrapped the year up with a trip to Miami for the AAP meeting. The whole team spent three days in South Beach learning the latest ways to better serve the communities Periodontal and Implant needs.

For spring break, we did our annual ski trip to Colorado. This is the second year in a row that I did not have to lecture as part of our ski trip. I have to say, I do not miss having to lecture on my vacation! We then went to Winter Park Colorado with some friends from the neighborhood and had a great time. The kids are all becoming very competent skiers.

The rest of Spring revolved around Austin's final semester at Redeemer and his final season in FCA baseball. Which also meant the end of my baseball coaching career. He finished middle school with a bang, by helping his team win the League Flag Football championship, as Offensive MVP. He also finished eighth grade as the class Valedictorian. His sisters are well positioned, to follow in his academic footsteps as they both finished

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the year with perfect report cards. The girls then concluded the Spring by participating in an annual dance recital. This year, they are with a new dance school, "Turn Up the Heat Dance" who put their show on at the Sunrise Theater in Fort Pierce. It was an exceptionally good show and a much fancier venue than normal.

The start of summer was busy with long weekend trips to the Keys and as mentioned before, to Orlando for the Florida Dental Association meeting. We spent two days at Universal as part of this trip, to celebrate Annabel's 13th birthday!

The rest of the summer we stayed close to home enjoying our new backyard. The projects at the house are nearly complete!

We did not take an end of summer trip due to Austin starting High School and playing JV football. He needed to be home for the start of summer practice. He had never played contact football but seems to love it.

Fall meant school, dance, tennis and football were in full swing, so Connie and I are essentially chuffers for our kids in the afternoon. Connie, Annabel and I have all started playing tennis this year and enjoy playing with each other and friends. Amelia played some over the summer but is too busy with her dance and cheer schedule to play much in the fall.

We all went to Colorado for Thanksgiving with some friends and got in some early skiing. Hopefully, we will get in a few more trips in 2022.

Austin is now fifteen. He finally got his learner's permit in August.

We may be on the roads practicing with him behind the wheel, so watch out! He misses playing baseball and plans to try to join the high school team, once football season ends. He also wants to play basketball, lacrosse, run track and play spring baseball, so he has to figure out how and if he can participate in all those sports. As far as Connie and I are concerned, as long as he keeps getting straight A's, he can play all the sports he wants.

Annabel is now thirteen. She is still

our sweet, reserved child. She still loves to dance but is focusing now on taking tap. She is really enjoying tennis. She and I have been taking some lessons together and it is impressive to see her improve week after week. She is still a voracious reader; she is never too far from her Kindle. She is now in 7th grade and is planning to play flag football in the spring, so I will get a chance to coach her as well!

Amelia is now eight. She started second grade this year and is loving her Teacher Mrs. P. She loves her big sister and occasionally her big brother. She is also taking multiple dance classes this year but really seems to like Hip-Hop and Cheer! She also seems to love math. She and Annabel are both in Kumon and are working several grades ahead in Math.

All three kids love their school and have made good friends at school and in the neighborhood.

Connie continues to be a huge support for me. She is incredible at running the house. She did an excellent job managing the renovation projects which are finally completed. She still enjoys pilates and now loves tennis. She still manages to find some time to work at the office, and I enjoy getting to see her and the dog at the office on the days I'm in Stuart.

Mom and Dad are doing great!

They spent the summer in Colorado and have found a lovely place in Sewall's Point, so they are in town and close to the Grandkids most of the year.

My brother Michael is still in Jacksonville Beach. He is at the Mayo Clinic working on Alzheimer's research. He enjoys the beach and the proximity of Gainesville so he can see the Gators play in the Fall. One of my uncles play in the Fall. One of my uncles has moved from Naples to Palatka so they get to see each other more often.

My nephew Skylar is still working on his PhD program in accounting at UT Austin. He is trying to finish

this year. His sister, Haley, is still in Hawaii working as an engineer for a solar energy company. We are trying to see if we can swing a trip to Hawaii to visit her in 2022.

Overall, despite all the fallout from Covid, 2021 has been another terrific year thanks to God and all of you who allow us to help you with your periodontal and implant needs.

As always, if there is anything we can do to assist you or your patients, just give us a call.

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## NEW TECHNOLOGY AT THE OFFICE

As always, your health and safety are our primary focus and while we have always adhered to strict infection control protocols, we continuously monitor and implement new CDC and OSHA recommendations.

We also try to stay current with technology and this year the practice acquired an intra-oral scanner. Intra-oral scanners are devices used to capture digital impressions in dentistry. Most of you will recall impression taking as a messy and occasionally nausea inducing procedure. The impressions were used as a cast to make a plaster model of the dentition.

Intra-oral scanners provide an alternative to conventional impression taking. The intra-oral scanner projects a light source onto the dental arches and takes thousands of images of the object being scanned. The images of the arches are processed by the scanning software creating a 3-dimensional virtual model. The 3-dimensional model is an alternative to traditional plaster models and is used to plan implant placement. Once the implant is planned, a surgical guide is fabricated to assist in implant placement, often making implant placement quicker and more precise.





Six percent required additional treatment for post op bleeding during the first 7 days. Their conclusion was that there is no need to adjust DOAC dosing before simple dental extractions and that continuing patients DOAC will eliminate increased risk thrombotic risk associated with anticoagulant interruption.

- A recent study by Zhao et al. in J. Periodontology 2019; 90(3):225-233 found periodontal disease increases the risk for the onset of systemic comorbidities in dental hospital attendees. The review indicates that 57 systemic conditions are related to periodontal disease. Patients with worse periodontal conditions at their first visit exhibited significantly more comorbidities over an 18 year follow up period. Higher mortality was found in patients with either severe inflammation or multiple lost teeth.

They concluded that alveolar bone loss (associated with periodontal infection) acts as an independent risk factor for the comorbidities and mortality after adjusting for age, sex, and number of remaining teeth.

- In a study of the entire population of South Korea, Han et al. (J periodontal. 2021;92:371-377) found that oral health, depicted by the number of teeth loss showed a strong and dose-dependent association with end stage renal disease. So, the fewer natural teeth a patient had the more likely they were to suffer end stage renal disease.

- We have known since the late 1990's that there is an association between heart disease and gum infection. Van Dyke et al. (J periodontal 2021;92:348-358) found periodontal inflammation to be independently associated with major adverse cardiovascular events. Implying that periodontal disease plays a causative role in heart disease.

- Moraes et al. ( J periodontal. 2021;92:225-233) found a relationship between gingival bleeding and verbal bullying in adolescents. She suggests

between gingival bleeding and verbal bullying in adolescents. She suggests that the presence of gingival bleeding negatively impacts the social life of teenagers, causing more episodes of verbal bullying. The encourage public health officials to reduce oral health inequities to improve the well being and quality of life of this population.

- Hakam et al found that the use of certain antidepressants was associated with an increased risk of implant failure. Patients taking SNRI (serotonin- norepinephrine reuptake inhibitors) and TCA (tricyclic antidepressants) were at higher risk of implant failures than non-users. (J periodontal. 2021;92:196-204).

- Chang Et al. (J periodontal. 2021;92 87-94) found a lower risk of stroke in patients who displayed better oral hygiene habits. They stated that brushing one's teeth 3 times a day may be associated with lower risk of stroke. They based this on information that infrequent oral hygiene care was positively associated with stroke based this on information that infrequent oral hygiene care was positively associated with stroke.

- The World Health Organization recently added three dental preparations to the list of essential medicines for both adults and children. On October 1, 2021 WHO added topical fluoride, glass ionomer cement (which releases fluoride) and silver diamine fluoride as essential medicine to keep the world's population healthy. Untreated caries (decay) affects more than 2.5 billion people worldwide, this initiative is aimed at reducing the world's caries rate. The decision came months after the WHO adopted a resolution on oral health calling for the development of a global action plan, and monitoring framework for improvement of oral health globally.

If you or your patients would like any more information on these topics, please feel free to call or email the office.

Thank you for your support!

## PERIODONTAL TIDBITS

(small interesting bits of periodontal news)

- Recent evidence suggests patients do not need to discontinue their anticoagulant therapy prior to simple extractions. In a study by Brennan et al. Res Pract Thromb Hae-most.2020;4(2):278-284 that looked at patients taking direct oral anticoagulants (DOAC's) such as: Eliquis, Bevyxxa, Pradaxa, Savaysa, or Xarelto to judge the safety of patients continuing to take their DOAC for dental extractions. They found hemostasis was achieved within 30 minutes for 82% of the patients. Furthermore, NO PATIENTS EXPERIENCED A MAJOR BLEEDING EVENT, and none required hospitalization.

## MEET OUR STAFF



### Martha

I started working with Dr DeTure in 2007 in his office in Fort Lauderdale. The last 3 years, I have traveled 3 days a week to go work in his Stuart office. After Covid, things changed, and I started working more with Dr. Avi. I found him to be caring and an amazing doctor. Being part of a hard-working team, which I consider an extension of my family, makes me feel like I have a purpose in life. This year has been hard dealing with the absence of my mother, which I still miss so much. In May, Bill my sister and I, went to visit Maui to meet the newest member of the family. His name is Ezra, born on 8/11/2020.

Wishing this year will teach us to give the best of us, after all we've been going through.



### Penny

This year, I've enjoyed exercising on my peloton and watching my son Zander learn martial arts. I spent the Fourth of July in Ohio with family. Zander enjoyed seeing Fireflies for the first time. He was so excited to catch them and put them in a jar to make a lantern. We also spent some time at Disney for Zander's Birthday. Animal Kingdom was lots of fun seeing all the animals and riding a new dinosaur ride. Recently, for my Husband's birthday, we went to a Dude Ranch and saw a Rodeo. We went on an air boat ride and a swamp buggy ride. It was a fun filled weekend! It's always a pleasure to come up once a month and work with such a great team in the Deerfield office!



### Kerri

I'm very excited to be back in our Deerfield office after a 2 year hiatus. I work with both Drs. Schertritt and DeTure. Both doctors are very good

men and great teachers. My husband & I have been married for 19 years. We love traveling, hanging out with our friends and family. In the last 2 years we have traveled to the Grand Canyon, a wedding in North Carolina, and Maine. We are huge Miami Hurricanes, Dolphins, & Manchester United soccer fans. We have 2 cats, MoJo (8) & Rocky (4). For us they are the cutest, funniest guys who are always at the door to greet us & brighten our day.



### Carol

This year has flown by. My family and I traveled to California again this year to see our grandkids, Leena and Rowan. We did some hiking

while we were there and had a blast. My youngest son got married to his high school sweetheart and they are doing well, adjusting to married life. We have been extremely grateful for being so busy at the office, attending everyone's periodontal needs. We welcomed Jessica back to the office full time, from the Stuart location. Our team loves working with each other and especially love our referrals and patients. I hope everyone has a blessed Holiday Season and Happy New Year!



### Jessica

I hope this season is bringing you lots of happiness and peace.

I have worked with our doctors for almost seven years now. I recently came back to our Deerfield Beach office full time. I am so grateful to be back with our amazing patients, doctors and staff. I am a Front Desk Administrator and work alongside Carol. We have a fun time in the front with our patients. If you don't see me in the front, I am often assisting the doctors in the back. We have the best patients you can ask for. We are so very thankful for our referring doctors and staff, who always think of us. I hope everyone has a wonderful Holiday Season!



### Viki

I said yes! My boyfriend, Eddie, proposed on the beach in December. We have been enjoying our engagement and we will set a

date soon. In October we took a road trip for my cousin's wedding. The venue was in Pembroke, Virginia, where the movie Dirty Dancing was filmed. We enjoyed the beautiful fall colors, cold weather, hiking and spending time with family. Wishing everyone a joyous holiday season and to a happy and healthy 2022.



**Here's to a  
New Year...**



**Welcome  
2022!**