

HOLIDAY NEWSLETTER

Year in Review 2022

Dr. Avi Schetritt



I hope this newsletter finds you and your loved ones healthy and well. I cannot believe that another year has passed and 2022 will soon be behind us. Gladly, Covid

is no longer the only topic of conversation and hurricane season is behind us. My lecturing career continues to flourish. I am fortunate to have been able to lecture in Charlotte NC, Las Vegas NV, and Nashville TN this past year. Preparing for a lecture, and sharing my clinical experience and knowledge with colleagues helps them in their practices as well as making me a better clinician. I look forward to continuing the lecture circuit and already have 8 lectures scheduled for 2023.

On a personal level, my son Samuel is now in his last year of his civil engineering degree at UCF. My daughter Sara is also at UCF and continues to excel as a graphic design major. They both love what they are studying and I am excited to see them navigating adulthood. I do, however, step in once in awhile and offer some fatherly advice.

We took a family trip to Nashville this summer and had a wonderful time. We loved exploring the city and discovering the different neighborhoods. I am happy to report that Nashville is definitely a culinary destination with an eclectic array of restaurants. Our dinners ranged from arguably the best fried chicken I have ever had one night, to delightful Indian cuisine another. The Nashville music scene was also a treat. We listened to live bands every night of our vacation and I discovered the appeal of Honky-tonk. My only Nashville complaint was the heat – it went up to 103 degrees one day!

I am looking forward to the holiday season. Samuel and Sara will be home and it gives me a chance to slow down a little and spend some time with them. Sara and I enjoy baking together - she bakes and I clean, while Samuel and I will continue our quest for the best hamburger in southeast Florida. 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 2023 brings us all health, love, and happiness.

Dr. Nick DeTure



Happy Holidays to all! As we wind down 2022, its time to reflect and be thankful for all the blessings God has provided us. This year has been another great one for

the DeTure family. We are busy as ever. As the kids get older, we always seem to have someplace to be or something to do.

The start of the year was quiet. Normally, in the winter, we have Connie's family from Canada visiting frequently but they were still having some Covid related travel restrictions, so we did not have our normal revolving door of guests. I suspect that will return to normal in 2023. The beginning of the year started with the girls preparing for their annual dance recital and the school play. Meanwhile, Austin had high school baseball tryouts. He made the JV team and the girls had substantial rolls in the school's production of Frozen. During winter and spring, I stayed busy by joining a men's flag football league. It did not dawn on me when I signed up that a men's league meant anyone over 18 years old! I did my best to keep up but was the senior player by at least 25 years. Still, I had fun and only pulled

one hamstring! I also took on coaching Annabel's school girls flag football team. March brought the Frozen performance, Amelia did a great job as young Princess Anna and Annabel did a terrific job as little Anna's mom, the Queen of Arendale. The play usually runs right before spring break, so a day or two after the play, we headed to Winter Park, Colorado for a week of skiing with two families from the neighborhood. There were 13 of us in total which made for a wild, loud, crazy and very fun week! We returned from spring break for Austin to be in full-time baseball mode. The Jensen beach JV and Varsity teams had a great year, with Varsity advancing to the state finals. Unfortunately, they were the runner up, but Austin was asked to practice with them after the JV season ended, and Austin had a great time. We also concluded the girls flag football season as the school league runner up. The girls continued their dance in the spring with a terrific recital at the end of the school year. Both girls, however, decided to retire from dance. Amelia to focus on cheer and Annabel to focus on other sports. She is considering playing Lacrosse in High School.

Summer was busy with camps, cheer, travel and visitors. Austin went to baseball camp at IMG in Bradenton. He had a great week and learned from some terrific coaches. He enjoyed being away from home and gaining more independence. I suspect he enjoyed the endless meals at the camp cafeteria the most. That was followed by the older kids being counselors at the vacation camp in town and Amelia being a camper. When VBS camp ended we headed to North Carolina for a week of cooler weather in the mountains. We had a beautiful week in the Cashiers area of North Carolina and got to spend a few days on Lake Glenville and exploring the waterfalls in the region. We returned home for a quiet 4th of July. The end of July brought visitors from Canada finally. We had not seen Connie's parents or aunt and uncle since before Covid, so it was nice to finally have them back

down. Their departure meant it was about time for school to start again. Since Austin rediscovered his love for baseball this year playing for Jensen Beach, he decided to play fall baseball not football. Unfortunately, those plans were sidelined when he fractured his wrist in late July playing street football with his friends. He has been pretty bummed this fall not being able to play ball, but hopefully he will be healed and rehabilitated enough to play this coming spring. The one bright spot for him, since he broke his wrist, was getting his driver's license. So, be watchful on the streets of Martin County; rookie driver on the loose!

Annabel is now in 8th grade and is looking forward to starting High School next year. She is still excelling in school and has decided to participate in as many of the schools' sports programs as possible. She has just finished soccer season and has just started basketball season in addition to playing city league lacrosse. I am looking forward to coaching her again this spring in flag football and trying to win the championship.

Amelia is now in 3rd grade. She is also doing well in school. She may just be the brightest of the three! She is fully invested in cheer and has cheer, tumbling or flying class 6 days a week. She has become quite the tumbler and can now do all kinds of handsprings, walkovers and flips! She is looking forward to multiple cheer competitions this spring where she will travel to Savannah, Orlando and Tampa for different competitions. Thank you for your continued trust and confidence in our office. Merry Christmas and Happy and Healthy 2023!

Ten Interesting Facts About Gum Disease

1. Gum disease is silent. Odds are that most people have some form of gum disease but don't know it. Less than 60% of people with gum disease even know they have it because early symptoms are easy to miss. That's why it is called a "silent" disease. Only when the disease reaches advanced levels do you notice a change to the mouth and gums. If you wait until you see or feel symptoms, you are increasing your risk of serious oral health problems.

2. Gum disease isn't just a disease for older people. A common misconception is that gum disease is something that only afflicts the senior population. The truth is half of all Americans over the age of 30 suffer from some form of gum disease. Anyone, even children, can get gum disease. Even pets get gum disease. That's why it's so important for people of all ages to get regular dental checkups to make sure their oral health is optimal.

3. Gum disease is contagious. There are hundreds of species of bacteria living in every one's mouth. In the case of gum disease, you can pass the disease on to your loved ones through the simple acts of sharing food and drinks or kissing. Even the act of double dipping in a shared bowl is a major offender in spreading gum disease. So, treating gum disease can prevent passing it on to your family and friends.

4. Chronic bad breath is a sign of gum disease. Most people have experienced waking up to a case of "morning breath" on occasion. But if you notice that your breath seems less-than-fresh on a recurring basis even though you are brushing and flossing normally, it can indicate that you have gum disease. Gum disease is a bacterial infection, which gives off an unpleasant odor.

5. Gum disease is linked to serious medical conditions. Research has shown that untreated gum disease may be linked to systemic diseases including heart disease, stroke, Alzheimer's, diabetes and others. Learning about the links between gum disease and systemic diseases, as well as the overall importance of oral health, is one key to ensuring people change their lifestyle habits to improve their gums and general health.

6. Bleeding gums are not normal. You may think that spitting out a few spots of blood after brushing and flossing is a run-of-the-mill occurrence, but it isn't. Your gums should not be bleeding — period. If you've ever noticed that your gums bleed, you need to address it with your dentist or periodontist.

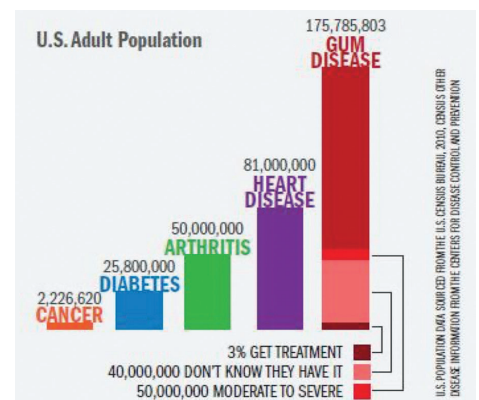
7. Gum disease can be hereditary. According to the American Academy of Periodontology, research has indicated that genetics can influence a person's susceptibility to gum disease. That means

that even if you have conscientious oral health habits, you could still be at risk.

8. You can regenerate lost bone and gums. Yes, it is possible to regrow bone destroyed by gum disease. A big part of the reason many people shy away from treating their gum disease is fear of the surgical options. While surgical methods, and sometimes placement of dental implants, are approaches to deal with problem teeth, there are alternatives that can help you save your teeth and even regrow lost bone. The LANAP laser treatment doesn't require any cutting or stitches and has been FDA cleared to regenerate bone and tissues lost to gum disease.

9. Dental implants can get gum disease too. Experts estimate 20% of implants fail due to infection. Implants themselves can't become diseased but the tissue around implants can become infected by the bacteria that are normally in your mouth. Making sure gum disease is treated before implant placement is crucial. If you think your implant may be failing, the LAPIP laser treatment can help.

10. Losing teeth shortens your life. Research shows that the more missing natural teeth a person has, the sooner they die. The study showed that those with 20 or more natural teeth at the age of 70 had a considerably higher life expectancy than those who didn't. Just another reason to keep your natural teeth as long as possible!



Medications That Can Affect Your Teeth and Gums

According to the Centers for Disease Control and Prevention (CDC), nearly 7 in 10 adults in the United States be-

tween the ages of 40 and 79 used at least one prescription drug in the past 30 days. Medications can be a godsend, keeping our heart pumping, our glucose levels low, our airways clear during allergy seasons, and our depressive moods at bay. But they can affect our mouths.

Here is a list of the common types of medications that can cause oral health problems along with ways to prevent and treat these potential oral issues.

Anticoagulants

Anticoagulants commonly prescribed for heart attack and stroke prevention can cause excessive bleeding after invasive procedures, such as a tooth extraction or gum surgery. Because the blood doesn't clot normally, it may be difficult to stop the flow, which can lead to considerable blood loss.

Commonly prescribed anticoagulants: warfarin (Coumadin), rivaroxaban (Xarelto) and apixaban (Eliquis) and clopidogrel (Plavix).

Dental management: Depending on the dental procedure, your prescribing doctor may recommend temporarily stopping the anticoagulant or reducing the dosage as a precautionary measure. Dental surgeons can also take measures during the procedure to help manage bleeding. For example, hemostatic dressing or agent, such as gauze or an absorbent gelatin sponge can help promote clotting.

Gummy vitamins and other medications with added sugar

Some medications have sugar added to mask the flavor and make them more palatable. If you consume sugar frequently, this reduces the pH level of the saliva, causing it to become more acidic. Frequent salivary pH drops can cause the mineral structure of the tooth to break down – and, over time, cause cavities.

Common culprits: Sugar is frequently added to chewable vitamins and antacid tablets (such as Tums) and in syrup-based concoctions (such as cough suppressants). Sticky gummy vitamins as well as long-lasting cough drops also have high sugar content.

Dental management: Ask your health care provider or pharmacist to see if there is a sugar-free alternative to your medication. Maintain good oral hygiene; brush

with a fluoride toothpaste and use a fluoride mouth rinse for extra protection.

Blood pressure medications and anti-seizure medication.

Blood pressure medications such as Calcium channel blockers can cause gingival overgrowth: swollen gum tissue that begins to grow over the teeth.

Commonly prescribed: Calcium channel blockers such as amlodipine (Norvasc) and felodipine (Plendil). Anti-seizure medications, such as phenytoin (Phenytek), and immunosuppressive agents, such as cyclosporine (Neoral and Gengraf) and methotrexate can also cause gingival overgrowth.

Dental management: Work with your prescribing physician to see if there is an alternative medication that might work. More frequent cleanings (every 3 months) can also help lower your chances of developing gingival hyperplasia. If the problem persists, there are periodontal procedures that can remove overgrown gum tissue.

Bisphosphonates

Bisphosphonates are commonly prescribed for osteoporosis to strengthen bones but can cause Osteonecrosis of the jaw (ONJ) which is a rare but potentially serious complication of oral surgery that results in non-healing jawbone tissue.

Common Prescribed: alendronate (Fosamax), risedronate (Actonel and Atelvia) and ibandronate (Boniva) – are commonly prescribed for osteoporosis and are also used in cancer patients to limit or prevent the spread of cancer to the bones.

Dental management: Talk to your prescribing doctor about potential alternatives to bisphosphonate drugs that may pose less risk. Your prescribing doctor may recommend temporarily stopping the bisphosphonate prior to a dental surgery as a precautionary measure. Typically, the longer a patient is on this medication, the higher the risk is for ONJ.

Antidepressants and anxiety medications

Antidepressants can cause dry mouth that can increase risk for cavities. Saliva not only lubricates the mouth, but it

also neutralizes the acid produced in the mouth.

Commonly prescribed: escitalopram (Lexapro), sertraline (Zoloft), fluoxetine (Prozac) and alprazolam (Xanax).

Other medication that can cause dry mouth: medication used for an over-active bladder, such as oxybutynin chloride (Ditropan XL) and oxybutynin (Oxytrol); Parkinson's disease medications, such as levodopa.

Dental management: Sugar-free gum and sugar-free candy stimulate the salivary glands to produce saliva. Keeping a water bottle nearby and take sips throughout the day helps moisturize the mouth. Limit your caffeine intake: Consuming a lot of coffee, tea or soda can make dry mouth worse. Rinsing your mouth in the morning and at night with an alcohol-free mouthwash after brushing your teeth can help reduce dry mouth. Over-the-counter saliva substitute such as All-day Dry Mouth Spray can also help keep the mouth lubricated.

While some prescription medications can cause tooth and gum issues, maintaining good oral hygiene and frequent professional dental cleanings can help alleviate many of these issues. It is also important to make your oral health professional aware of all your medications so they can adequately monitor your mouth for changes.

MEET OUR STAFF



Martha

I am grateful to be working with Dr. DeTure and Dr. Schetritt. After being home bound during Covid, it was good to be out and about and traveling this year. We had our yearly office trip to Atlanta, and it was a lot of fun! I traveled to Hawaii to see family and took a cruise to the Mediterranean, visiting ports in Italy and France. It was a wonderful experience! During the summer I visited Chautauqua in NY, a very beautiful place. Bill surprised me with a trip to Norway and Sweden, stunning places! Our coworker José got married in Puerto

Vallarta and we were delighted to celebrate with him. Also this year, we welcomed Melany to our team. We are so happy to have her working with us. I am looking forward to a new year. Hopefully, 2023 will be full of accomplishments.



Penny

This past year I finally got to visit one of the most beautiful places, Sedona, Arizona. It was breathtaking and I didn't want to leave!! I will definitely plan to go back.

My Son, Zander, started Kindergarten this year and seems to be a math wizard. He's getting good grades so far. He started playing soccer and will be on a league in the winter. It's so much fun to watch him try new things!

It's always a pleasure to come work every month with such a great team and wonderful patients!!



Kerri

Happy holidays everyone! I have been a certified dental assistant for 28 years and am fortunate to have found a job I truly love doing!

I am grateful to be working with two of the best periodontists; Drs. Schetritt and DeTure! Both doctors are truly good men, passionate in their fields, and wonderful teachers. I also work with the most amazing team! We work our tails off, and have so much fun working together! My husband & I have been married for 20 years. We love traveling and hanging out with our friends and families. We are huge Miami Hurricanes, Dolphins, Heat, & Manchester United soccer fans. We have 2 cats, MoJo (9) & Rocky (5), that we love with all our hearts. They are the cutest, funniest 2 guys who are always at the door to greet us, & brighten our day. I hope you all enjoy the rest of 2022., and cheers to a safe and healthy 2023!



Carol

So many wonderful things happened this year. Our second oldest, Julian, got married and we welcomed a third grandbaby, Sophia. Our

other grandkids, Rowan and Leena, came to visit from California. We took them to Lion Country Safari and they were so amazed seeing all the animals at such a close proximity. They especially loved feeding the giraffes lettuce. In March, our office took the annual trip to Atlanta. We attended a dental meeting and were able to bond as a team and catch up. These events are important for our growth and help us improve in every aspect of our field. My mom, aunt and I took a girl's trip to the Keys in June. We ate fried food and witnessed breathtaking sunsets each night. It was a much-needed minivacation. For our son's, Desi and Sam's birthdays, we took a family trip to NYC. We have been going there since they were small and they love the city. We have our best friends there too, so we always have a fantastic time. In 3 days, we walked 90,000 steps, which is far from the usual steps here in Florida. The best part of the trip was running into a famous actor, Fabien Frankel, who plays Ser Criston Cole on House of Dragons. It's the prequel to Game of Thrones. He was a very nice person and was grinning when we recognized him. I look forward to the New Year and the blessings it has to offer!



Jessica

We had a great year at our office. This year we went to our yearly conference in Atlanta in March. We all had a wonderful time sight-seeing and went to the

famous Georgia Aquarium. We cannot wait to go to our next work trip next year in the fall.

My family and I went to a Blue Lagoon in Homestead one of our patients told us about. My children had a lot of fun, and we made a vacation out of it. We decided to go to the Keys and went on a clear bottom boat ride. The weather was amazing.

My daughter Madison's Sweet 16 is this December and I have been busy planning for that. She got her permit over the summer and wants to drive me everywhere. I prefer my husband to drive with her because I get too nervous. She has been doing a great job. My son Jonathan has been keeping busy with basketball and getting use to

Middle School. It has been a little hard for him, but he is doing well. He will be starting piano lessons soon and has been looking forward toward to that. I hope everyone has a beautiful Holiday Season and very Happy New Year.



Jose

Another year is coming to an end, quite a bit has changed this past year, all I can say its been for the better. I moved back home to Pompano, and honestly, I can say I

missed it. I'm glad to be back where it all started with the original Deerfield family. Excited to learn from Dr. Avi and help the office grow. Recently I've taken a big step, I've finally tied the knot with my beautiful wife Ketura. It's been a stressful yet rewarding year for us. We spent the whole year planning our destination wedding in beautiful Puerto Vallarta, Mexico. All I can say is, it was more than I could have dreamed of. Happy Holidays!



Melany

This year has been filled with exciting new adventures. I started working as a hygienist at the Deerfield office with Dr. Avi, Dr. DeTure and his wonderful staff in early

March. It's been nice to work with an amazing staff that has helped me find my way and has helped make me feel right at home.

My fiancé and I are finally settling into our new home, working on DIY house projects; while our 3 yr old daughter, Violeta, makes new neighborhood friends.

Our family is really into soccer. Our weekends are spent on the field watching our oldest daughter, Yaslyn, play in a young women's soccer league, and this October Violeta started with a pre-k soccer team. She's simply a natural! I almost forgot to mention, I'm a Great-Aunt twice and I'm excited to meet my new great nephew.

Wishing everyone a Happy Holiday Season.