

The Many Benefits of Dental Sealants

By: Eric G. Jackson, DDS, MAGD, FICOI, FICD, FADI

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NEWBITES WITH LAURA

According to Robert D. Burk, M.D., a specialist at Albert Einstein College of Medicine, using mouthwash that is high in alcohol content might be considered a risk factor for oral cancer. A better option is to choose a mouthwash without alcohol & consider that brushing & flossing alone is a better & wiser decision.

In 2017 I wrote an article for "The Daily Grind", the official online publication of The Academy of General Dentistry, entitled "Turn a Triple-Play for Your Patients." If you'd like to read it in entirety, click [HERE](#), but the thesis of the piece centered around how some of my favorite dental procedures satisfy a tripartite series of attributes... a Triple-Play if you will:

1. They are minimally invasive
2. They are inexpensive relative to other dental procedures
3. They offer long-term benefits for the patient's oral health

While there are multiple examples of Triple-Play dental procedures (ex. custom sports mouthguards, custom bruxism nightguards, a shorter dental cleaning interval...especially during orthodontic treatment) but for the purposes of this article, I'd like to focus on perhaps the biggest Triple-Play of them all...dental sealants!



So what is a dental sealant? Well, a dental sealant is a protective material that is put on the chewing surface of the back teeth. The material flows in to the grooves and fissures on these surfaces and provides a mechanical barrier by sealing out the sugar, bacteria, food, etc that can cause cavities. Sealants are a little like the grout between your bathroom shower tiles... they keep the surface sealed and shut. Let's review several of the most common questions I hear from patients about dental sealants.

Why would anyone need dental sealants if they do a good job brushing

The answer lies in the anatomy of tooth grooves. Many grooves in these back teeth are narrower than a single toothbrush bristle! If the toothbrush bristle can't get to the bottom of the groove, then it can't properly clean the groove. Sealants are able to flow into these tight spaces and protect them. This classic image from the American Dental Association wonderfully demonstrates this phenomenon.

OUR RECENT EVENTS!

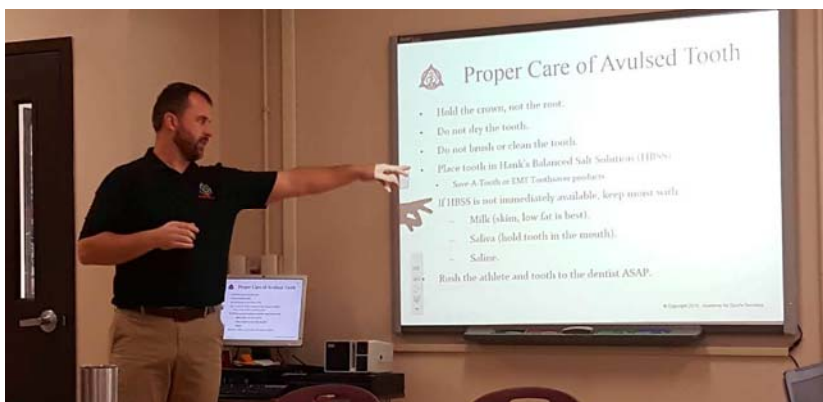


2017 CANDY DRIVE

In the week following Halloween, Dr. Eric and his staff held their first annual Operation Gratitude Halloween Candy Give-Back Program! What a tremendous outpouring of support from the community for this great cause! We collected a whopping 326 pounds of candy that was distributed to all the wonderful men and women of the U.S. Armed Forces via the amazing people of Operation Gratitude. Additionally, candy donors were entered into a drawing for a \$100 Visa Gift Card as just a small token of our appreciation for helping the event. Great job everyone! Let's aim even higher next year!!

LECTURE AT NORTH CENTRAL COLLEGE

On November 14th Dr. Jackson returned as guest lecturer to the Department of Physiology at North Central College where he presented his lecture "An Overview of Modern Sports Dentistry" to the athletic trainer students. It was a great way for the students to prepare for either the National Athletic Trainers' Association or the Academy for Sports Dentistry Annual Symposi-ums this June in New Orleans!



ILLINOIS DENTISTS SALUTE VETERANS



On November 11th Dr. Jackson and his staff participated in the first annual Illinois Dentists Salute Veterans free dentistry event! This fantastic event was sponsored and organized by the Illinois State Dental Society and was held statewide. Participating dentists provided critically needed dental services to the selfless men and women who have served our country...all at **NO COST TO THE VETERAN!** Treatment focused on examinations, cleanings, restorations and extractions, with the dentist determining priority treatment. We loved participating in the ISDS Dentists Salute Veterans free event! What a wonderful way to meet, converse with, and thank our veterans for their service.



The Dental Marketer Interview

On December 19th Dr. Jackson was interviewed by Mr. Michael Arias for The Dental Marketer! The podcast is primarily directed towards dentists and focuses on the business marketing aspects of the dental profession. Give a listen to Episode #88 "If you have a comprehensive modern practice, listen to this now! with Dr. Eric Jackson". Find the interview on The Dental Marketer website as well as iTunes, GooglePlay, & Stitcher.



Dr. Jackson's interviewer is available @

<http://thedentalmarketer.site/index.php/2017/12/18/88-comprehensive-modern-practice-listen-now-w-dr-eric-jackson/>

3rd Annual Blood Drive

During the week of January 22nd our Dr. Jackson hosted his 3rd annual blood drive week conducted by the fantastic technicians of LifeSource Blood Services, the drive was a big success! A GI-ANT THANK YOU to everyone who donated their blood and plasma that week! Everyone should be extremely proud. January is national Blood Donor Month because there is typically a shortage after the holiday season. Remember that every pint of blood donated can save up to three lives! We also hope each donor enjoyed their free pint of delicious custard provided by Culver's! Such a great example of local businesses not only supporting each other while promoting the health of the local community as well! Can't wait for another great showing next year for the 4th annual drive! Great job everyone!



kidlist
activities for kids



Your resource for the west and southwest suburbs of Chicago

Visit mykidlist.com

On January 18th Dr. Jackson's article "Your Child's First Visit: When to Take Your Child to the Dentist" was published by Kidlist: Activities for Kids website!

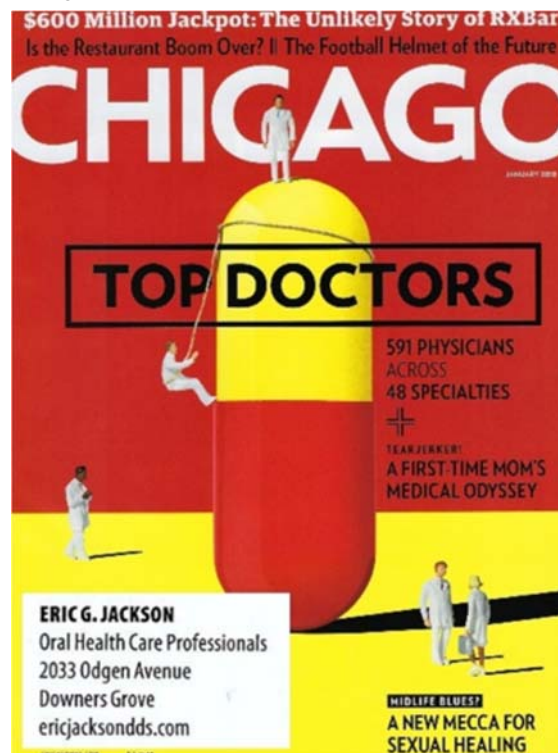
Kidlist is a great activities resource parents of children who live in the west and southwest suburbs of Chicago!

Chicago Magazine Top Doctors



We are extremely proud to announce that in January our Dr. Eric Jackson was 1 of 47 general dentists listed in the January 2018 “Top Doctors” issue of Chicago Magazine!! To determine their list, Chicago Magazine asked thousands of Chicago-area dentists to nominate outstanding professionals in their field. Way to go Dr. Jackson and congratulations on this outstanding accomplishment! We are so proud of you!

Way to go!



Congrats Dr. Eric!

Call us @
(630) 963-6750

Time slots
are limited.

**FREE
EVENT**

Tooth Fairy Day
Friday, May 4, 2018
9:00am to 1:00pm

Give Kids A Smile Day

On February 2nd Dr. Jackson had a fantastic time volunteering with his friends from the DuPage County Health Department as they celebrated the American Dental Association's national "Give Kids A Smile Day"! He and his colleagues offered free dental screenings for pediatric patients the entire day! From Dr. Jackson: "Thank you to the DuPage Children's Museum of Naperville Illinois for their continued support by allowing us to use their fabulous facilities for the event! It's always great to work with so many amazing pediatric patients.



Dr. Eric performing an exam on a little patient while she sits on her mom's lap!



Exam Room/Space



Young patient getting ready for her exam on Give Kids A Smile Day.

Sports Mouthguard Workshop @ Chicago Midwinter Meeting

On February 22nd, Dr. Jackson again helped teach other dentists the finer points of Sports Mouthguard fabrication at the 153rd Annual Chicago Dental Society's Midwinter Meeting. This massive meeting is part trade show and part continuing education. Nearly 30,000 people attended this year! A note from Dr. Jackson: "I had a great time helping teach another successful Mouthguard Fabrication Workshop at the 2018 Chicago Dental Society Midwinter Meeting! Both morning and afternoon sessions were nearly sold out! Also, a big "thank you" to everyone who stopped by the Academy for Sports Dentistry booth this week! It's always fun meeting both existing & potential new academy members!"



AGD Impact Magazine

Dr. Jackson was featured in the November issue of "AGD Impact", the Academy for General Dentistry's national publication. He was asked by the AGD to respond to the question "What do you value most about your AGD membership?"

 SOUND OFF

What do you value most about your AGD membership?



Eric Jackson, DDS, MAGD

The aspect I most value about my AGD membership is the friendships I've made through the organization. Dentistry can easily become an isolated profession if you're not careful. Your office can quickly become your world, outside of which nothing else exists or even matters. Needless to say, this isn't a healthy or prudent way of thinking. Organized dentistry, especially AGD, provides a much-needed outlet through which dental professionals can keep a healthy perspective on their personal and professional lives. The friendships I made when I started attending the IL/WI MasterTrack program opened my eyes to this phenomenon. Such a great group of individuals who were so willing to share with a younger dentist like me. In the years since those MasterTrack days, I have made many lifelong friendships with like-minded colleagues I would likely never have crossed paths with outside of the Academy. Great local CE events, fun at the Scientific Sessions and my time on the Chicago component board of directors have all allowed me opportunities to meet and learn from other amazing members. AGD has numerous great aspects, but for me, the greatest value will always be in the relationships between members.

Eric Jackson, DDS, MAGD, maintains a private practice in Downers Grove, Illinois. He was awarded AGD Mastership in 2012 and currently serves on the board of directors for the Chicago component of Illinois AGD.



Justin Jones, DMD

As a new dentist, what I value most are the resources and convenient continuing education (CE) AGD offers at the local and national level. This past July, I attended the AGD Scientific Session in Las Vegas, and I also participate in my local AGD Mastership cohort. Both have provided valuable CE, in addition to helping me make connections with other dentists.

Justin Jones, DMD, currently works for a community health center and is an associate at a private practice in Phoenix, Arizona.

"I have made many lifelong friendships with like-minded colleagues I would likely never have crossed paths with outside of the Academy."

— Eric Jackson, DDS, MAGD



Jessica Leigh Milburn, DDS, FAGD

It is hard to articulate what I value the most about my AGD membership when there are so many benefits for which I am grateful. Being an AGD member has provided me with the invaluable opportunity to continue to grow in my personal and professional life beyond the academic settings of dental school and my postgraduate residencies.

By tracking my continuing education (CE) hours, AGD provides me a snapshot of where my education has been concentrated, while showing me areas in which I should continue to seek advanced learning opportunities. Doing so ensures I am engaging in well-rounded, multidisciplinary clinical dentistry CE opportunities so that I may offer my patients the best dental care possible. When searching for CE opportunities in specific disciplines, I am easily able to navigate the AGD website to find lecture and participation learning opportunities. The CE search engine reduces the amount of time I need to spend researching who will be teaching the courses I need and when and where they occur. I can proactively plan my CE with my clinic schedule and patients in mind.

Additionally, with recognized general dentistry leadership milestones such as Fellowship, Mastership and Lifelong Learning and Service Recognition, AGD inspires my commitment to lifelong learning. I continue to recommend AGD membership and its meetings to colleagues.

Jessica L. Milburn, DDS, FAGD, is a general dentist who practices in Minot, North Dakota.

AGD is the Academy of General Dentistry.
It's headquarters are located in Chicago, Illinois.
AGD's mission is to "advance general dentistry and oral health through quality continuing education and advocacy."

The Many Benefits of Dental Sealants-Continued

How do you put sealants on and does it hurt

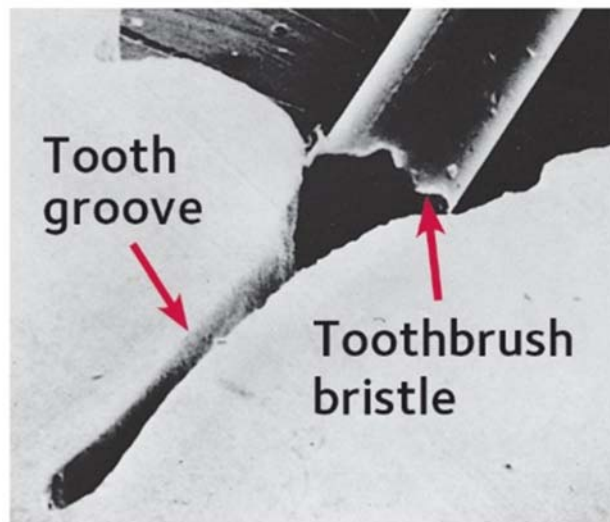
First off, let me address the pain portion of the question: Placement of sealants is completely painless. I know what you're thinking...I've heard that before! Well it's true and to prove it, let's go through the three steps of how to place a dental sealant together!

Step 1: The tooth is cleaned and prepared to help the sealant material stick to the surface of your tooth. There are a variety of methods that this can be accomplished but all are painless because dental sealants are completely non-invasive! This means no drills, needles, or removal of tooth structure! Hooray!

Step 2: The sealant is flowed onto the chewing surface of the tooth and into the grooves I mentioned before.

Step 3: A special light called a Curing Light is often used to help the sealants harden and bond to the tooth structure.

Sealants are safe and extremely effective in reducing cavities. In 2016, researchers published a study in the Journal of the American Dental Association and revealed that once applied, sealants protect against 80% of bite-surface cavities for two years and continue to protect against 50% of cavities for up to four years! That's a fantastic result!



I find that a lot of dental professionals seem to describe sealants with a multitude of inadequate analogies. Over the years I've hear descriptions like "forcefield", "tooth armor", and "protective shell" but let's discuss perhaps likely the most common analogy: "a sealant is like a raincoat for your tooth." While well intentioned, I feel this analogy is ultimately inaccurate because a raincoat wraps around a person's body and as mentioned earlier, sealants are only placed on the bite surface of the tooth. If we're going to stick with the rain motif, I'd rather see sealants described as an umbrella! Umbrellas are very good at keeping you dry in the vertical dimension. Rain falling straight down is prevented from reaching your head. But umbrellas, just like dental sealants, do not protect the SIDES of the individual (or tooth). Teeth with sealants are just as susceptible to cavities on the sides and in-between the teeth as an un-sealed tooth. Sealants are not a "magic barrier" and describing them as such may unfortunately put a false sense of protection in the child's or adult's mind. Sealants do not substitute for properly cleaning your teeth 2-3 times per day! They are extra protection beyond the typical hygiene regimen.



I would also like to make clear that dental sealants are fantastic for everyone! Sure, dental insurance plans often only cover the procedure for permanent molars in children under 18 years old, but stop and think about the science we've discussed in this article! Would the cavity free chewing surfaces of the baby teeth in a 5-year-old child benefit from painless and effective dental sealants? How about the cavity free chewing surfaces of the molars in an 50-year-old adult? The answer to both is a resounding YES! Age doesn't matter. Baby tooth vs. Permanent tooth doesn't matter. They would ALL benefit from dental sealants!

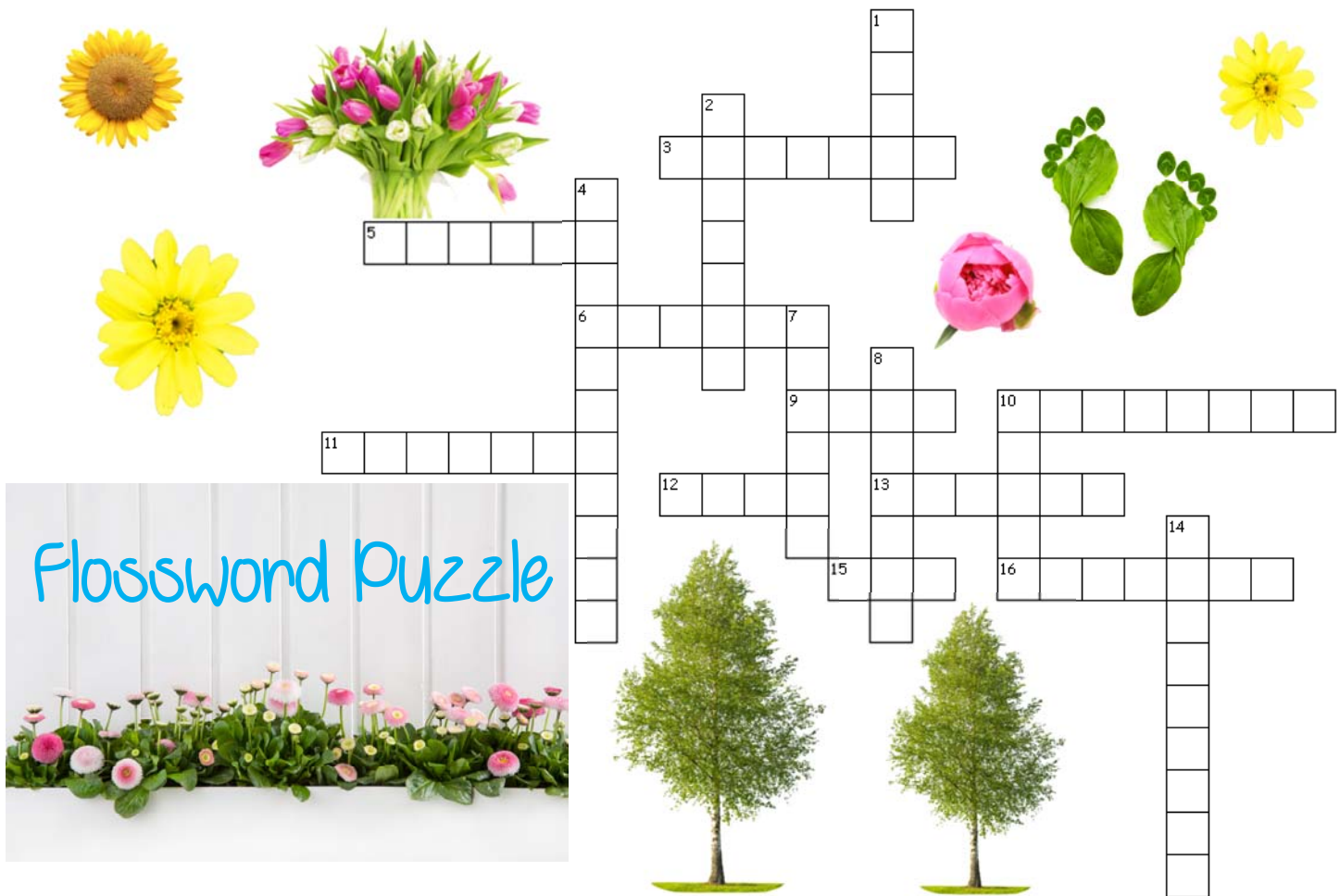
If you would like to speak about this topic, or any other, please feel free to call the office and schedule a complimentary appointment with me. Email and Twitter are also available options. I am extremely passionate about modern dentistry and love discussing it with patients, so don't hesitate to contact me.

Sincerely,

Eric G. Jackson, DDS, MAGD, FICOI, FICD, FADI

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ACROSS

3. In 1996, Taco Bell ran a story that they had bought the _____ Bell and were going to rename it the Taco Liberty Bell.
5. Since 1986 there has been press releases issued to announce the April Fool's Day _____ in New York. No such thing exists.
6. The Anglo-_____ called June "sera monath" (dry month).
9. Easter always falls on the first Sunday after the first full _____ after the spring equinox.
10. The first day of spring in the _____ Hemisphere is the first day of fall in the Northern Hemisphere.
11. The first modern _____ Games were held in the summer in 1896 in Athens, Greece.
12. According to actor/comedian Billy Connolly, there are two seasons in Scotland, _____ and winter.
13. _____ is the transition season between winter and summer.
15. _____ was once considered a bad luck month to get married.
16. The birthstone of May, the _____, symbolizes success and love.

DOWN

1. In any year, no _____ begins on the same day of the week as June.
2. Mosquitos are most prevalent during summer months. Mosquitos have been on earth for more than 30 _____ years.
4. In ancient times, court jesters were considered to be wise men, able to use humor to put things into _____.
7. June is the first month of the _____ season.
8. The "dog days of summer" refer to the weeks between July 3 and August 11 and are named after the _____ (Sirius) in the Canis Major Constellation. (Hint: two words)
10. The United Kingdom celebrates May as the National _____ Month.
14. The first spring flowers are typically lilacs, irises, lilies, tulips, _____ and dandelions.

Answers on bottom of page 7