

Oral Health Care Professionals., LLC

The Dental Examiner

HOMELESS VETERANS STANDOWN EVENT

On July 13, Dr. Jackson teamed up again with the DuPage County Health Department and volunteered his dental services at the 2016 Homeless Veteran's Standdown held at the DuPage County Fairgrounds! From Dr. Jackson: "I always have such a fantastic time with my dental friends/colleagues from the DuPage County Health Department whenever we team up. Most importantly, we provided quality, free dental care to American heroes. Thank you to all the men and women that came through today. Everyone in this country is in your debt for protecting us. I hope that by protecting both your dental and overall health today, we displayed just a portion of our gratitude for protecting us. Thank you!"



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End of the Year Insurance Benefits: Time is running out

If you have Dental Insurance, you may be running out of time to use your 2016 benefits. Dental Insurance benefits are a use it or lose it benefit. If you have been holding off on scheduling your dental treatment, now is the time to do it. The end of the year is a very busy time of the year for our office, as many patients wait until the end of the year to schedule their appointments for their treatment. Please keep in mind that Dental Insurance Companies pay for services on date

treatment is completed, not when it is started. It may take a few visits to complete your treatment and coming in on December 31 may not help you use up those End of the Year Benefits. If you have questions, give our Patient Coordinators a call at (630) 963-6750.



Dental Mouthguards:

Final Part of Three Parts Series

Let's complete the three part review of dental mouthguards we started in the spring newsletter! Past newsletter editions are archived and available for download on our website: <http://www.oralhealthcareprofessionals.com/quarterly-newsletter.html>

There's a mouthguard to fit every budget, sport, and cosmetic desire. I truly desire to see EVERY patient-athlete protected. The three broad categories are Over-The-Counter: Stock, Over-The-Counter: Mouth Formed (aka Boil & Bite), and Custom-Made by a dentist. If you wish to refresh your memory about the intricacies and details of each, please review part 1 of this article series found in the Q1 2016 newsletter. This graphic offers a quick and effective review of each type:

Type	Description	Pros	Cons
Custom-made	Custom made from a full-mouth impression taken in the dentist's office and sent to a dental lab for fabrication.	Provides the most protection and comfort. Covers all teeth and cushions the jaw. No interference with speech or breathing. Adjustable for all sports.	More expensive than commercially made mouth guards.
Mouth-formed or "Boil-and-Bite"	Boiled in water for a period of time and then formed to the teeth by applying pressure.	Cost effective Available from department and sporting goods stores. Provides better individual fit than stock mouth guards.	Tend to wear quickly and may need to be replaced during the sports season. Difficult to adapt to orthodontic appliances. Difficult to speak and breathe.
Stock or commercial mouth guards	Rubber or polyvinyl and sold in small, medium or large sizes.	Sold in major department and sporting goods stores. Inexpensive.	Cannot be modified to fit the individual's mouth. Least effective in terms of protection. Impairs breathing and stays in place only when mouth is closed.

I'm quite proud of the wide variety of mouthguard options available to my patients. Athletes can select from all three of the mouthguard types, but as discussed in the prior two newsletters, the custom-made mouthguard is hands down the best option.



Custom-fitted regular or orthodontic mouthguard made by Dr. Jackson :



Examples of Classic, Decal & Wrap Mouthguards with Downers Grove South HS designs.



Examples of Classic, Decal & Wrap Mouthguards with Downers Grove North HS designs.



Let's discuss the differences between the different types of custom-made mouthguards I make here at the office:

Classic: The tried and true mouthguard that typically comes to mind when discussing custom-made options. It, like all my custom mouthguards, is fabricated on my Biostar machine. It is a positive pressure machine as opposed to a more traditional and simple negative pressure machine. In my opinion, this style of fabrication machine is essential to proper mouthguard fabrication. It yields far more predictable fabrication quality than any other method of mouthguard creating. Cosmetically, the classic

mouthguard is more limited than the other two. One solid color, two solid colors, Red/White/Blue, and Clear are the predominant design choices to patients. Since it is slightly thinner than my other two styles of custom mouthguards, the Classic is an excellent option for non-contact sports and all patients wearing braces. Although thinner, the Classic is still a good choice for contact sports.

Decal & Wrap: Last year I started investigating how to improve upon my Classic design. I wanted a thicker, more resilient, and more customizable option. Over several months I personally developed and honed the fabrication technique that I now use to create my Decal and Wrap style custom-made mouthguards. I am proud to say that I am unaware of any other dental professional in the area that makes or offers a similar product. They are thicker and more resilient than any custom mouthguard I have ever seen. The Decal and Wrap mouthguards are structurally identical and made with essentially the same technique. Their only difference is cosmetic as both offer a limitless combination of design options. Appropriately named, the Decal mouthguard has two logo/picture decals on the bite surface of the molars and the Wrap is completely covered in the patient's chosen design. Fees for the Wrap are higher due to the additional artistic work required during fabrication.

I'm proud to say that patient response to the newly developed Decal and Wrap mouthguards has been phenomenally positive. One of the first Wrap mouthguards I made was for my cousin Joseph, who plays travel hockey. Hockey players are notorious for chewing and mashing their mouthguards throughout practice and games. According to Joseph it's not uncommon for him and his teammates to chew/destroy several mouthguards per season. This is something I've heard throughout levels of hockey for quite some time. Don't ask me why hockey players are so rough on their mouthguards, I don't know. It's just a hockey thing I guess. I figured if anyone could give my new Wrap mouthguard a quality torture test it would be him, so I brought him in, took the impressions of his teeth, and made him a sweet looking Wrap with his Hockey team logo on it. After

(Continue on Page 4)

multiple practices and games the verdict was in and I was quite pleased. "This is the best mouthguard I've ever had. It was so snug and fit great. I really like the design too. I think it's going to hold up really well" he texts me not long thereafter (he IS a teenager after all, do they even make voice calls anymore?? haha) Joseph may have been the first but he certainly hasn't been the last to love the design of both the Decal and Wrap mouthguards. They've received praises from local high school athletes to players on the Chicago Bandits and I couldn't be more pleased.

So far I've primarily written about the physiological benefits and additional safety a custom-made mouthguard provides, but let's not forget the age old saying "you gotta look and feel good to play good!" Proper grammar notwithstanding, I agree with the saying to some extent. My Decal and Wrap mouthguards are completely customizable and offer limitless fun design options to patients. As you can see in the photos, I've made some quite creative Wraps! Add that to the classic single or dual color mouthguard and you've got an amazing piece of customizable artwork protecting your face and mouth.

A question I often get asked is "Dr. Jackson, can I have wear a mouthguard if I have braces?" ABSOLUTELY and just like the non-orthodontic patients, it's highly encouraged! Patients in braces have two main options during their treatment:

- A custom-made orthodontic mouth guard
- An over-the-counter stock orthodontic mouthguard

I'm going to stress this point by underlining it: **DO NOT use a Boil & Bite mouth guard if you wear braces!! The Boil & Bite mouthguards will get stuck on your brackets and pull them off your teeth when you remove the mouthguard!** Not a good way to celebrate a big win on the field and DEFINITELY not the way to make your parents &/or orthodontist happy. Mouthguards designed for orthodontic patients are quite similar to their non-orthodontic counterparts except for a few unique attributes. Orthodontic mouthguards must account for the fact that an athlete's teeth are moving daily! OTC stock orthodontic mouthguards use a free space or channel that provides retention while allowing ample room for the teeth to move into their new position. Unfortunately, these stock orthodontic mouthguards often demonstrate many of the same negative attributes their non-orthodontic counterparts do, the most significant of which is they often require an athlete to keep his/her mouth closed to keep the mouthguard in place due to its non-custom and non-mouth molded design. Again, this can negatively impact ability to breathe and speak. Fortunately custom-made orthodontic mouthguards are a second and far superior option for all the same reasons as the non-orthodontic style.

Often I'll get asked if I recommend both top and bottom custom orthodontic mouthguards be made for an athlete. My answer is almost always no, with one small exception. Braces or not, when a custom-made mouthguard on the upper teeth fits correctly, a lower mouthguard is unnecessary. This is because a blow to the face typically makes contact with the most protruding point. When a player with braces wears a custom-made mouthguard, the mouthguard protrudes slightly more than usual and protects the lower teeth. The exception can be in wrestling, where it is sometimes required by the law/rules. In cases where a lower guard is mandatory, or insisted upon, I will typically make a normal thickness mouthguard to cover the upper teeth and a thinner one across the lower to minimize bulk and maximize comfort.

Remember, an average orthodontic patient may have his/her braces on for an average of 2 years. The teeth are constantly moving so a custom fit mouthguard that properly fits today may not do so in 3,6, 12+ months. Each case is different and there's no exact way to predict how long each custom mouthguard will fit. When the fit becomes poor we simply take a new impression and fabricate a new mouthguard. Sure you might require multiple custom mouthguards during your orthodontic treatment, but as I always say, it'll only motivate you to follow your orthodontists' instructions and WEAR THOSE RUBBER BANDS so you can finish treatment sooner! By the way, consistently wearing rubber bands and following your orthodontists' instructions is a GREAT way to make your parents and orthodontist happy! Trust me; I know this fact firsthand since my orthodontist also happened to be my father! Once the braces are off and retainers are made a traditional custom-made mouthguard is typically made and since the teeth are no longer moving, its fit should not change. One final note: if you have an orthodontic retainer, or any other removable dental appliance other than a mouthguard, do not wear it during any contact sports. It simply does not belong there and can cause harm.

Lastly, how about some tips to properly care for your mouthguard:

- Rinse your mouth before and after each use or better yet, brush your teeth.
- Rinse the mouthguard in cool water after each use. Occasionally clean it in cool, soapy water. Rinse thoroughly afterwards.
- Transport the mouthguard in a sturdy case that has air holes/vents.
- Protect the mouthguard from high temperatures (hot water, direct sunlight, hot surfaces, etc) to minimize distorting its shape.
- Periodically check the mouthguard for general wear. If you find holes or tears in it, if it becomes too loose, or if it causes discomfort, replace it.
- Bring the mouthguard to each dental hygiene appointment to have it examined

"One of the most effective & least expensive means of preventing injury is a dental mouthguard"
- Dr. Jackson

Every athlete knows that with sports participation comes the possibility of injury. Unfortunately, the mouth, face, and head are often overlooked as likely recipients of trauma. Without a doubt, one of the most effective and least expensive means of preventing orofacial injury is a dental mouthguard. If you would like to speak about mouthguards, or any other sports dentistry topic, 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

dreric@oralhealthcareprofessionals.com

@EjacksonDDS

Dr. Eric Jackson is passionate about sports dentistry and injury prevention through use of dental mouthguards. In addition to being a member of the organization he is a Mentor Dentist of the Academy for Sports Dentistry (ASD), one of the world's foremost organizations for sports dentistry. In 2013 Dr. Jackson became the inaugural team dentist for the Chicago Bandits professional softball team and remains in that capacity through today. Dr. Jackson supports numerous local and high school sports organizations and continuously strives to educate athletes about the importance of sports dentistry and injury prevention.



We are an Official 2016 Toys For Tots Drop Off Location

We are accepting new, unwrapped toys for boys and girls from infants to age 12. The age groups we typically need are infants and 10-12 years of age. Please stay off from donating of stuffed animals, food, clothing, realistic looking weapons, and gift cards.



21. Nazi!

FlOSSword Puzzle ACROSS-3.Sith, 7.JimHenson, 9.abbaTheHutt, 11. Feeling, 12. Six, 14. Yoda, 15. Asteroids, 16. Masters, & 22. Lightsaber DOWN - 1. Species, 2. Villainous, 4. Spielberg, 5. Jerk, 6. Moff, 8. English, 10. Three, 12. StarWars, 13. Vader, 17. Real, 18. GeorGelucas, 19. MissPigg, 20. Senate, &

Bandits 2015 Championship Ring Ceremony



Bandits are Back- to-Back Champions

On June 18th Dr. Jackson was awarded a NPF league Championship Ring for his role as team dentist of the 2015 Chicago Bandits! A fantastic ring ceremony was held during the home game that day. Ironically, Downers Grove DOLLS softball team was in the stands that game and were cheering for their team sponsor, Dr. Jackson! So awesome to share such an amazing Bandits memory with the local DOLLS players and their families.

On August 24th the Chicago Bandits were again crowned league champions! This 2016 championship is the 2nd in two years and fourth in the organization's history. Way to go Bandits and way to go Dr. Jackson for keeping their smiles looking so fantastic during their nationally televised Championship Series! Great smiles all around! Here's to next year and a possible Three-Peat! Be sure to visit www.ChicagoBandits.com to learn more about the best professional women's fastpitch softball team in the nation!!



Dr. Eric Jackson pictured with Amber Patton (left) and Tammy Williams of the 2015 Chicago



Dr. Eric Jackson accepting his 2015 Fastpitch Softball Championship Ring as the Official Team Dentist.



The 2016 National Pro Fastpitch Softball Championship Team, The Chicago Bandits.

White Sox “Dental Night”

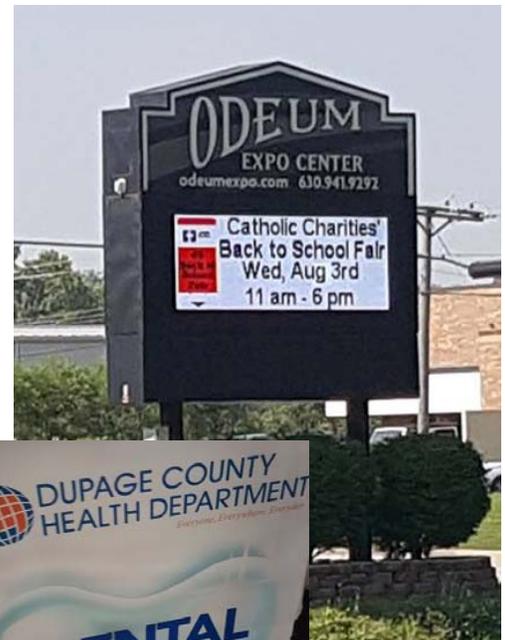
On July 22nd some of the OHCP staff attended “Dentistry Night” hosted by the Chicago White Sox. The event offered specially priced tickets to all dentists, hygienists, assistants, dental school students as well as their family and friends! The OHCP team sat in the right field bleachers this year and enjoyed copious amounts of delicious South Side grilled onions! It was a fantastic time even though the thermometer read somewhere near 1000°F! Go, Go, White Sox!

The Oral Health Care Staff & Family pictured with SouthPaw.



Back to School Fair

On August 3rd, Dr. Jackson volunteered with his friends/colleagues from the DuPage County Health Department at the Joliet Catholic Charities “Back to School Fair” held at the Odeum Expo Center in Villa Park. This important annual event caters to residents of DuPage County and helps prepare children from low-income households for a new school year by providing a variety of services, including free school supplies, immunizations, physicals, eye exams, dental exams and more!



A Guide to Cold & Flu Season

AT HOME

Be Sofa Smart

The flu virus can linger around on those comfortable chairs and couches for hours and on hard surfaces, like a table, for days. Before a sick family member takes over the sofa, protect it with a sheet you can throw in a hot laundry system once the patient feels better.



Wipe It All Down

Take those disinfecting wipes and get to work. Sanitize once a week during cold and flu season and once a day if you have a sick person at home. Remember to sanitize:

- Doorknobs
- Remote Control
- Dishwasher Handle
- Fridge Handle
- Toilet Handle
- Phones
- Salt & Pepper Shakers
- Family Computers & Tablets
- Bathroom Faucet
- Light Switches

AT WORK

Keep Your Hands to Yourself

One study found that when the flu virus lands on an office door, it can spread around the workplace in as little as four hours, meaning that germs are likely hiding out in places like the jelly bean jar. Avoid communal food and wash hands frequently, especially after touching an everyone-use-it thing, like the coffee machine or watercooler. And keep a bottle of hand sanitizer close to your work station.

IN PUBLIC

Shake It Off

About one-third of people carry the cold virus on their hands, making handshakes a good way to introduce yourself to a whole bunch of sick days. Keep shakes firm but short; the longer they last, the more bacteria passes between hands. Don't forget to wash your hands the first chance you have or use that little bottle hand sanitizer you have in your pocket.



Bathroom Smarts

After using the bathroom facilities, wash your hands for at minimum 20 seconds. When you dry your hands, keep that paper towel to use it on the door handle when you are exiting the bathroom. Don't use your foot to open the door, be considerate of those that may follow you and not have access to these awesome cold & flu season tips.



AT THE GROCERY STORE

Be One of Those People Who Wipes

You know the wipes your grocery store keeps by the carts and most people never use? Don't be one of those people. When you sanitize the handle, you help wipe away viruses as well as salmonella, E.coli and fecal bacteria.



ON THE PLANE

Do a Little Cleaning

Talk about frequent fliers; Some germs thrive in dry conditions like airplane air and can be found on tray tables, seat-back pockets, and armrests. Use a travel wipe on your tray, and wash your hands before eating up that little bag of peanuts.

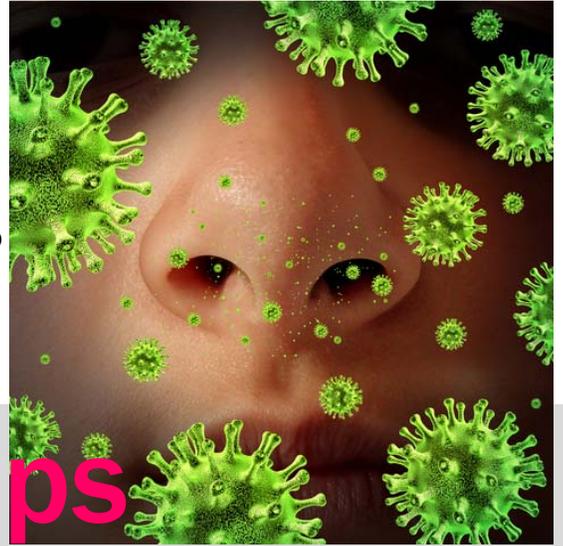


INSIDE YOUR BODY

Healthy Lifestyle

To many people underestimate the power of getting adequate rest. Getting enough rest lowers your chance of getting sick than those who do not get enough rest.

Exercise. Exercise helps strengthen your immune system.

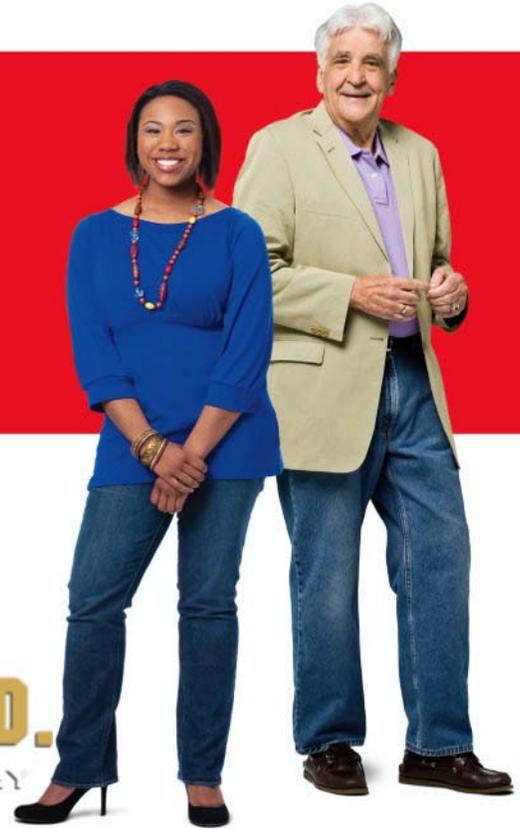


Helpful Quick Tips

- **Wash your hands frequently, especially after blowing your nose, coughing, sneezing, being with ill people and especially before you eat**
- **Avoid sharing objects**
- **Avoid touching your nose, mouth and eyes**
- **Get Enough sleep and avoid getting "run down"**
- **Reduce stress**
- **Use tissues for coughs and sneezes and dispose of them immediately and appropriately**
- **Eat right and get regular exercise**
- **Avoid crowds and keep your distance from people whom you know are ill**
- **If you are sick, avoid contact with the frail, very young and elderly**
- **If you are sick, stay home from work or school**
- **Stay hydrated**

¹ Hudepohl, Dana. "Don't Touch That! A Hands-Off Guide to Cold & Flu Season." *Dr Oz The Good Life Magazine* November 2016: 36-37. Magazine.

The need is constant.
The gratification is instant.
Give blood.



 **LIFESOURCE**
Chicagoland's Blood Center

HOLLYWOOD BLVD.

A CINEMA, BAR & EATERY



2nd Annual Blood Drive

Hosted by Dr. Eric G. Jackson

2033 Ogden Avenue, Downers Grove, IL 60515

LifeSource Blood Services will be collecting donations in their mobile **Collection Vehicle** that will be located in our parking lot.

**2 Movie Tickets
to Every Blood
Donor from
Hollywood Blvd!**

January 14, 2017

9:00 AM – 3:00 PM

Register online at LifeSource.org and
use **EVENT CODE 227G**

Appointments are recommended but walk-ins are welcome! For more detailed information & specific medical questions, please call LifeSource Medical Help Desk at (847) 803-7921.

Share our blood drive's webpage with friends! www.EricJacksonDDS.com/Blood-drive.html

2016 Illinois State Dental Society Mission of Mercy



I am so proud to have participated in another amazing Mission of Mercy (MOM) hosted by the Illinois State Dental Society! The 2016 MOM was held in Collinsville, Illinois (~25 minutes from St. Louis) July 15 & July 16, 2016 and provided free dental services to anyone in attendance. Patients came from multiple states from all over the region. One of my patients got up at 1am to drive from Louisville, Kentucky! On the first day, I worked the fillings area and completing fillings on whomever needed them. On the second day, I worked the anesthetic station where several colleagues and I numbed hundreds of patients before sending them to their next area where they would receive their dental work such as extractions or fillings.

Here are some of the amazing statistics for the 2016 Mission of Mercy

800 volunteers

1,433 patient visits

\$1,076,532 worth of treatment performed

1,475 extracted teeth

1,011 fillings

1,971 dental cleanings

767 x-rays

104 root canals

95 partial dentures

After the 2014 Mission of Mercy, I was flattered that the Illinois State Dental Society published my OHCP newsletter article in their official publication "Cornerstone." The article chronicles a typical Mission of Mercy event in much more detail. If you'd like to read it, you can find it on our website under "OHCP in the Media" .

I love the Mission of Mercy! Working alongside such fantastic colleagues is always a treat and hearing all the heartfelt "thank yous" and "God Bless you volunteers" truly fuels the soul. I can't wait until the 2018 Illinois Mission of Mercy in Rockford, Illinois!

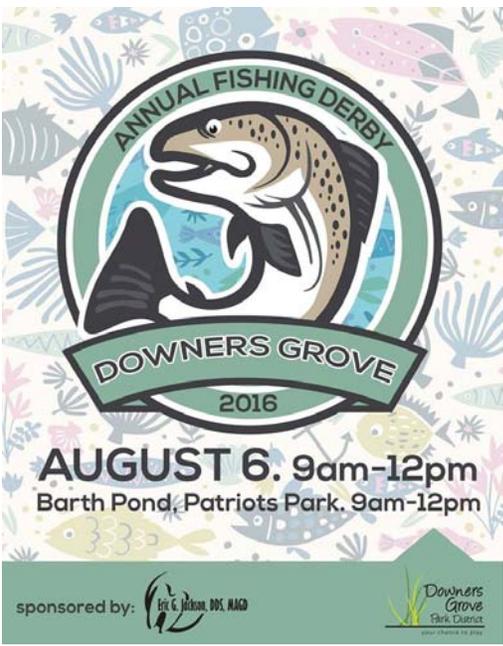
Sincerely,

Eric G. Jackson, DDS, MAGD

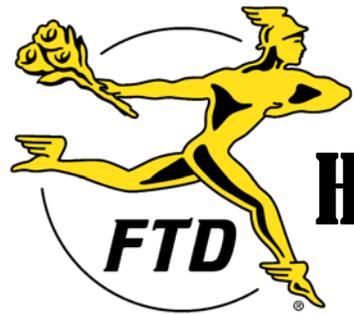


Inside the MOMS temporary facility in Collinsville, Illinois.





Fish On!! On August 6th, local anglers were able to enjoy the great weather and participate in the 2016 Downers Grove Fishing Derby sponsored by our Dr. Eric Jackson. The event saw anglers of all ages and skill levels try their luck on Barth Pond, which is part of Patriots Park here in Downers Grove. Trophies were given for the biggest fish and the smallest fish caught by each of the four designated age groups. Congratulations and great job to all the anglers who participated!



Health Fair 2016



Dr. Jackson & Patient Coordinator/Dental Assistant Lily

On both August 23rd and 26th, Dr. Jackson, Staff Members Tammie, Lily, and Jenny participated in the FTD Health Fair, a local corporation. We met and conversed with so many wonderful people! We were proud to represent the dental field at this great two day event and love supporting the local community!

Free Event for the Family!

(630) 963-6750

Great way to introduce children to the Dentist!

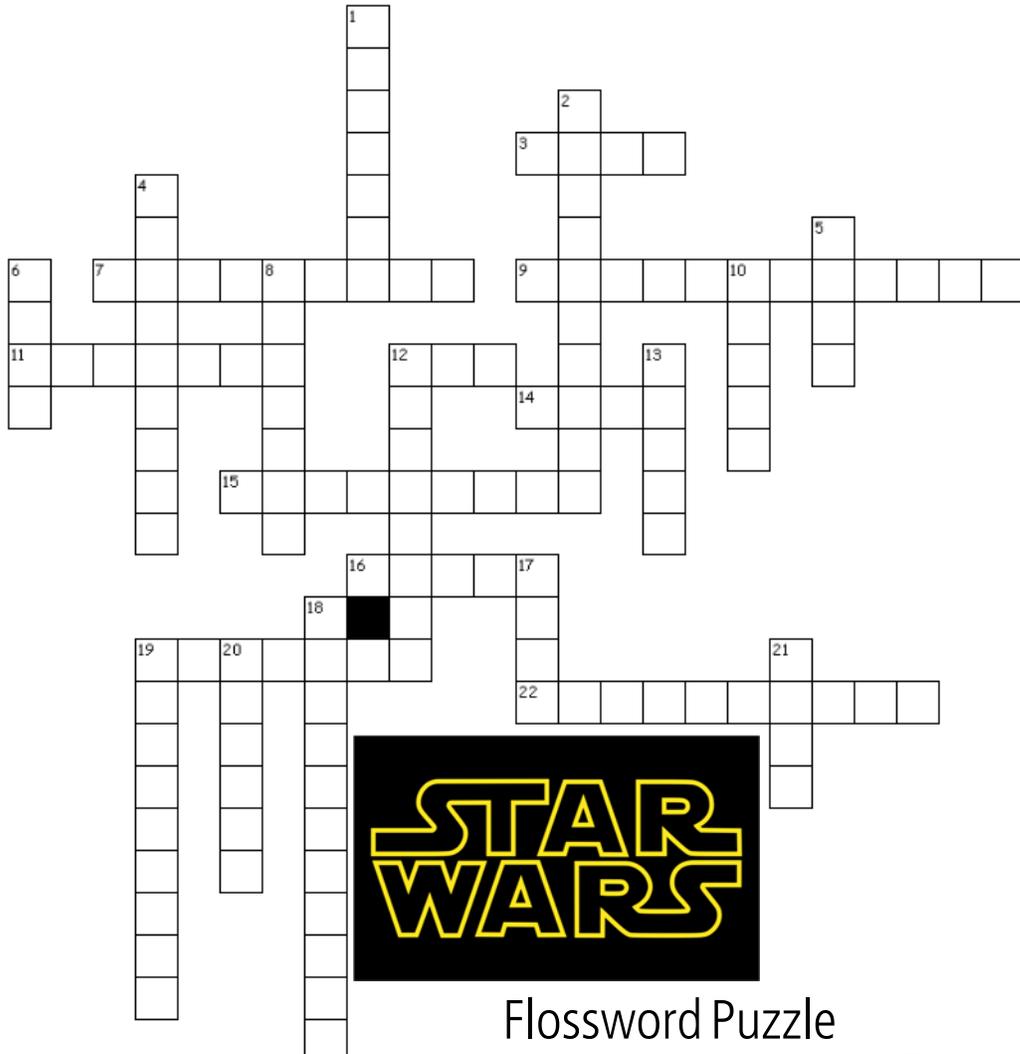
Everyone is welcome to join in!

Tooth Fairy Day

Free goodie bag for the children & Photo with the Tooth Fairy

Make your reservation today.

May 19, 2017



Flossword Puzzle



Steven 4 Down made a bet with George Lucas for a percentage of the Star Wars films, which has earned him millions of dollars ever since.

Yoda's 1 Down has never been named. Peter Cushing played Grand 6 down Tarkin wearing slippers.

The communicator, Qui-Gon Jinn uses, is actually an altered Gillete Sensor Excel Woman's 16 Across.

E.T.'s alien species are part of the Star Wars universe. A delegation of the aliens can be seen in the Galactic 20 Down.

In an early draft of the Star Wars story, R2-D2 speaks standard 8 Down, and is actually kind of a 5 Down.

The phrase, "I have a bad 11 Across about this" is said in every Star Wars film.

Anakin/Skywalker/Darth Vader has been played by 12 Across different people.

The Sith were originally called the Damned, but a British band with the same name debuted in February 1977, forcing Lucas to dub over the word with "3 Across" in post-product.

The Imperial Officers' uniforms were patterned after the 21 Down Officers to add their "2 Down" image.

The voice of Yoda is done by Frank Oz, who also happens to voice "19 Down" from the Muppets.

14 Across's first name is Minch, which is never stated in the Star Wars films.

It took as many as ten puppeteers using both hands to operate 9 Across.

During The Empire Strikes Back's asteroid scene, one of the 15 Across is actually a potato.

The opening text crawl took 10 Down hours to shoot.

The trash in the Death Star garbage compactor scene was 17 Down!

All twelve members of the Jedi Council are Jedi 19 Across, except for Ki-Ad-Mudi, who is a Jedi Knight.

Less than 40 cinemas wanted to book the first showing of 12 Down.

Ewan McGregor made 22 Across sounds with his mouth during his battle scenes.

General Grievous' hacking bark was a recording of 18 Down coughing.

The Dutch word for "father" is "13 Down".

7 Across turned down the role of Yoda's puppeteer.



Answers on Bottom of Page 5

WE ARE NOW ACCEPTING
NEW PATIENTS

Call (630) 963-6750 to Schedule an Appointment
Or visit our website to schedule at
www.OralHealthCareProfessionals.com

News Bites with Laura

Did you know that brushing your teeth twice a day for a total of 4 minutes is equal to 24 hours of brushing per year? That is time WELL spent!!!!

*Taken from the Scientific American Magazine

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@EJacksonDDS

complimentary massages



Chairside and Massage Chair
Massages available to patients on
Wednesday Mornings and Fridays with
our Licensed Massage Therapist!
All massages are complimentary to all
our patients scheduled on Wednesday
Morning & Fridays.

BOOK your appointment for your
dental treatment TODAY and get your
complimentary massage during your
visit!

Contact Us

Oral Health Care Professionals

Jeffrey S. Wascher, DDS

Eric G. Jackson, DDS, MAGD

2033 Ogden Avenue

Downers Grove, Illinois 60515

(630) 963-6750

Mail@OralHealthCareProfessionals.com

Visit us on the web at www.OralHealthCareProfessionals.com