

Second Opinion

by Dr. Vladimir Pastouk



How to Avoid Implants

Dental implants need not be your destiny. Dr. Vladimir Pastouk, of *Dental and Cosmetic Solutions*, reveals proven strategies for preserving your pearly whites.

Q It seems like many older people I know have lost some or all of their teeth. What can I do to prevent this and avoid the need for dental implants?

A Bravo for wanting to safeguard your teeth. There are four secrets for doing just that.

The first, and probably least known, is to make sure your dentist is an educator—I don't mean one who is working at the university necessarily. Every dentist should educate patients on potential dental issues, provide information about their conditions, offer options, and give them the right to choose their treatment. When dentists educate patients, they learn from them, too.

Second, practice good oral hygiene. That means brushing and flossing thoroughly and

regularly. Third, follow an individualized approach to dental visits. Seeing a dentist twice yearly for a cleaning and exam is the standard, but some folks need more frequent visits based on their age, gender, hormone levels, and other issues.

Finally, adopt proper chewing habits. Do not chew ice or pens, or use teeth to open anything. And make sure you address issues of clenching or grinding your teeth as soon as possible.

Q What should I do if a tooth gets damaged?

A Talk to your educator-dentist about your options, what each process involves, and its limitations and possibilities.

Make sure you are comfortable with your dentist by asking about his or her experience in performing the procedure, his or her credentials, accreditations, the sterility of the office and equipment, and whether he or she uses the latest technology, such as CT scans, digital technology, lasers, and intraoral cameras.



Vladimir Pastouk, DMD

Dr. Vladimir Pastouk is the founder of Dental & Cosmetic Solutions, located at 3550 Lander Road, Suite 140, in Pepper Pike (in the Howard Hanna building). He teaches implantology as well as other dental topics to professionals worldwide and is a director of education for USA and Europe at the Pacific Training Institute of Facial Aesthetics, headquartered in Vancouver, Canada.

Dr. Pastouk has won several awards in the field of implantology and is a distinguished member of several highly acclaimed professional organizations, both nationally and internationally, such as the International Congress of Oral Implantologists (ICOI), the American Academy of Implant Dentistry (AAID), and the American Academy of Cosmetic Dentistry (AACD) to name a few. Email your questions to dentalhelp@gmail.com or contact Dr. Pastouk directly at 216-292-3600. The web address is DentalCosmeticSolution.com.

FREE SEMINARS

On Wednesdays, February 25 and April 1, at 6:30 p.m., Dr. Vladimir Pastouk will discuss the latest in implant technology and how it can benefit you. Meet the doctor and have your questions answered. Seating is limited. Call 216-292-3600 to secure your spot.