



# Volusia Health Care News



A publication of Florida Health Care News, Inc.

DENTISTRY

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## Lasers take dentistry to higher, more comfortable level

"Today's laser technology has provided great advances in the practice of modern dentistry," observes Stephen P. Lester, DDS. "We can use lasers diagnostically to catch small cavities at such an early stage that we don't even need pain-reducing novocaine to fill them. The DIAGNOdent laser caries detector helps us find almost all the problem areas on the chewing surfaces.

### Stephen P. Lester, DDS, P.A.

www.WeCreateBeautifulSmiles.com

"Laser treatment is also possible, both for the soft tissue of the gums and the hard tissue of teeth and bones. The laser makes it possible to reduce gum tissue in selected cases using only topical anesthetic, and patients find that the treatment area heals more comfortably and quickly," informs Dr. Lester.

"We also can use it to prepare the teeth to receive restorations. The Waterlase laser by Biolase Technology significantly improves patients' comfort by directing cool, laser-energized water onto the treatment area, allowing me to perform a variety of dental procedures, including fillings, in many cases without having to rely on the drill and novocaine that so many people dread.

"Canker sores as well as cold sores on the gums and inside the lips can be quickly and successfully treated with laser energy, too," he adds. "I have used lasers to good advantage with excellent results for many patients."

### Success for Erik

"I'm all about high-tech," states retired executive Erik Halleus, "and I've used lasers in various technological applications, so I've known about their usefulness for a long time. Still, until I met Dr. Lester,

I had never seen lasers used in dentistry." Laser technology has been a big help in preserving Erik's dental health.

"I'm originally from Sweden," he shares, "and I played a lot of ice hockey in my youth. In those days we didn't wear much protection, so I had my teeth knocked loose several times during my university years.

"As I got older, my gums started to recede from the damaged teeth, and I developed painful gum disease that caused the tissue to bleed. That doesn't look so great," Erik points out, "and it didn't do a lot for my breath either."

Dr. Lester recommended root scaling and planing, followed by laser treatments to sterilize and seal the tissue and provide biostimulation to aid in healing.

"Laser therapy is less painful than gum surgery," Dr. Lester points out. "Traditional surgical reduction of the gums exposes more of the tooth above the gum line, leaving spaces between the bases of the teeth that can catch food particles and lead to further bacterial growth and infection. Laser therapy, by contrast, directs laser light onto the gums to remove bacteria, to reduce diseased gum tissue

(see **Lasers**, page 4)



Erik Halleus

FHCN PHOTO BY NERISSA JOHNSON

## Osteoporosis? Read this!

"As we get older, we are at increased risk of developing a condition called *osteoporosis*, a weakening of the bones," informs Dr. Lester. "Science has given us a number of drugs to counteract this, and one group of drugs, *bisphosphonates*, though they increase bone mass, can in rare cases cause problems specific to the jawbone."

Dr. Lester explains that bisphosphonates have been linked to the development of osteonecrosis of the jaw, making it difficult to safely perform many dental procedures for affected patients. He notes that higher concentrates of bisphosphonates are used in chemotherapy drugs to fight cancers that have metastasized to the bones.

"Doctors prescribe these medications for very good reasons," supports Dr. Lester, "and dentists are concerned about them for equally good reasons. Bisphosphonates can make it more difficult for the jawbone to heal after tooth extractions and other dental surgeries. This can lead to infection, fracture, and the need for prolonged antibiotic therapy and even surgery."

Dr. Lester says the solution is simple. "I've told my patients about my concern. In the future, if a doctor prescribes one of these medications to fight osteoporosis, I hope my patients remember to inform the doctor that they want to visit their dentist before beginning their treatment regimen. That way, any needed dental work can be accomplished without the added risk to the jawbone. After the dental work is completed, the patient can then safely begin treatment with bisphosphonates.

"By working together, physicians and dentists can do much to complement each other's health priorities without unnecessarily compromising a patient's best outcome."

### ANTI-AGING

Restore your crowning glory



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### VEIN TREATMENT

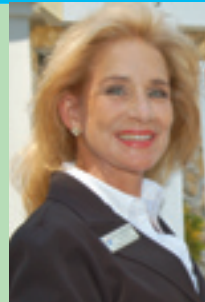
Vein problems solved



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### COSMETIC SURGERY

Look like yourself, only younger



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# Lasers

(continued from page 1)

while preserving healthy tissue supporting the teeth, and to kill germs, all of which are necessary for proper healing.”

“I didn’t hesitate when Dr. Lester made his recommendation,” recalls Erik. “I just asked him to do whatever was best.”

“I am more confident when I smile now,” he says. “I don’t have

and dental implants to replace them, whitening to brighten her smile, bonding to restore the appearance of her front teeth, and a number of fillings.

“Dr. Lester was able to do it all,” marvels Karolyn. “He’s a real one-stop shop, and I liked the convenience of that. I also liked the way he presented all

godsend to me.”

## A cure for Laura

“I had an unsightly cold sore on my lip,” says Laura Ives. “It’s not something I wanted to walk around with. I felt people were staring at me — staring at it.”

Laura says her cold sore

PHOTO COURTESY OF LAURA IVES



Laura Ives

technology to prepare one of my teeth for a filling,” says Laura, “and I was aware of the other uses of laser, as well, so I asked him to treat my cold sore.”

Dr. Lester was happy to comply. He cleaned the treatment area to be sure it was free of any makeup and then directed the laser onto Laura’s cold sore in a quick procedure that Laura estimates took about two minutes.

“It was absolutely painless,” assures Laura. “It was instantly comfortable, and within a day or two the telltale signs of my cold sore were gone.”

“It’s been about two years since Dr. Lester treated my cold sore, and that place on my lip is still clear.” **FHCN**—Billie S. Noakes

## Smiles in style

*Thinking of a smile makeover of your own? Determined*

*to have a smile that is healthy and dazzling? Dr. Lester welcomes your questions about general, cosmetic, and reconstructive dentistry. To schedule a FREE introductory consultation, please call his office, located at 104 East Park Ave. in Edgewater at (386) 423-7770. For those outside the calling area, Dr. Lester’s toll-free number is (800) 646-4296. You are also invited to visit Dr. Lester’s website at [www.WeCreateBeautifulSmiles.com](http://www.WeCreateBeautifulSmiles.com).*

was nothing new. “It used to come back a couple of times a year,” she informs. “Sometimes it was triggered by sun exposure, sometimes by stress. It always came back in the same place, which is typical.”

Fortunately, Laura had begun working in Dr. Lester’s office, and she knew that her employer was up to date with the newest technologies.

“He’d already used laser

You are invited to visit Dr. Lester on the Web at [www.WeCreateBeautifulSmiles.com](http://www.WeCreateBeautifulSmiles.com).



Stephen P. Lester, DDS

- Academy of Laser Dentistry, certification in standard categories
- Associate Fellow, World Clinical Laser Institute
- Charter member, Florida Academy of Cosmetic Dentistry
- Sustaining member of the American Academy of Cosmetic Dentistry
- Comprehensive advanced program in cosmetic dentistry, level I, University of Florida, Gainesville

- Fellow, Academy of General Dentistry
- Fellow, International Congress of Oral Implantologists
- Dental degree, Emory University, Atlanta, GA
- Mini-residency in conscious sedation, University of Alabama
- Maxi-course on implants, Medical College of Georgia (one-year continuum course in all aspects — scientific, surgical, and aesthetic — of implant dentistry)
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FHCN PHOTO BY NERISSA JOHNSON

Karolyn is no longer a scaredy-cat about dental visits, thanks to Dr. Lester’s skill.

any pain from my gums, and the bleeding has stopped. My smile is a lot nicer, too, of course.”

## Karolyn’s experience

Karolyn Donner knows how important it is to develop good working relationships.

Karolyn and her husband own and operate Ormond Electric Company, an electrical contracting firm, and good customer relations are important to them.

Karolyn expects the professionals she consults to have the same regard for customer care that her own business demands, so when she found her dentist’s chair-side manner lacking about four years ago, she decided to look for another dentist.

“I searched the Internet,” she offers, “and I found Dr. Lester’s website. Its tone was so friendly. I just loved it. When I called Dr. Lester’s office and spoke to Pam, we made a wonderful, warm connection.”

Karolyn needed help bringing her gums back to optimal health. She required extractions

my options to me and let me select what was right for me. He didn’t just sit me down in the chair and tell me what he was going to do.

“I’m a real scaredy-cat,” Karolyn adds, “so I wasn’t sure about it when Dr. Lester told me he could prepare my teeth for their fillings without novocaine, but he definitely knew what he was talking about. He used the Waterlase for me, and I have to admit he was right about the laser: It was quick and painless.

“I’m a work in progress,” notes Karolyn. “I still need one bridge to complete my treatment plan, but Dr. Lester has done so much that people are already commenting on my improved appearance.

“Even more important than that, I’m able to use my entire jaw for chewing again. It’s terrific.

“I’ve always believed the right people come into my life at the right time,” shares Karolyn, “and I’m sure that’s why I found Dr. Lester. He’s been a

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