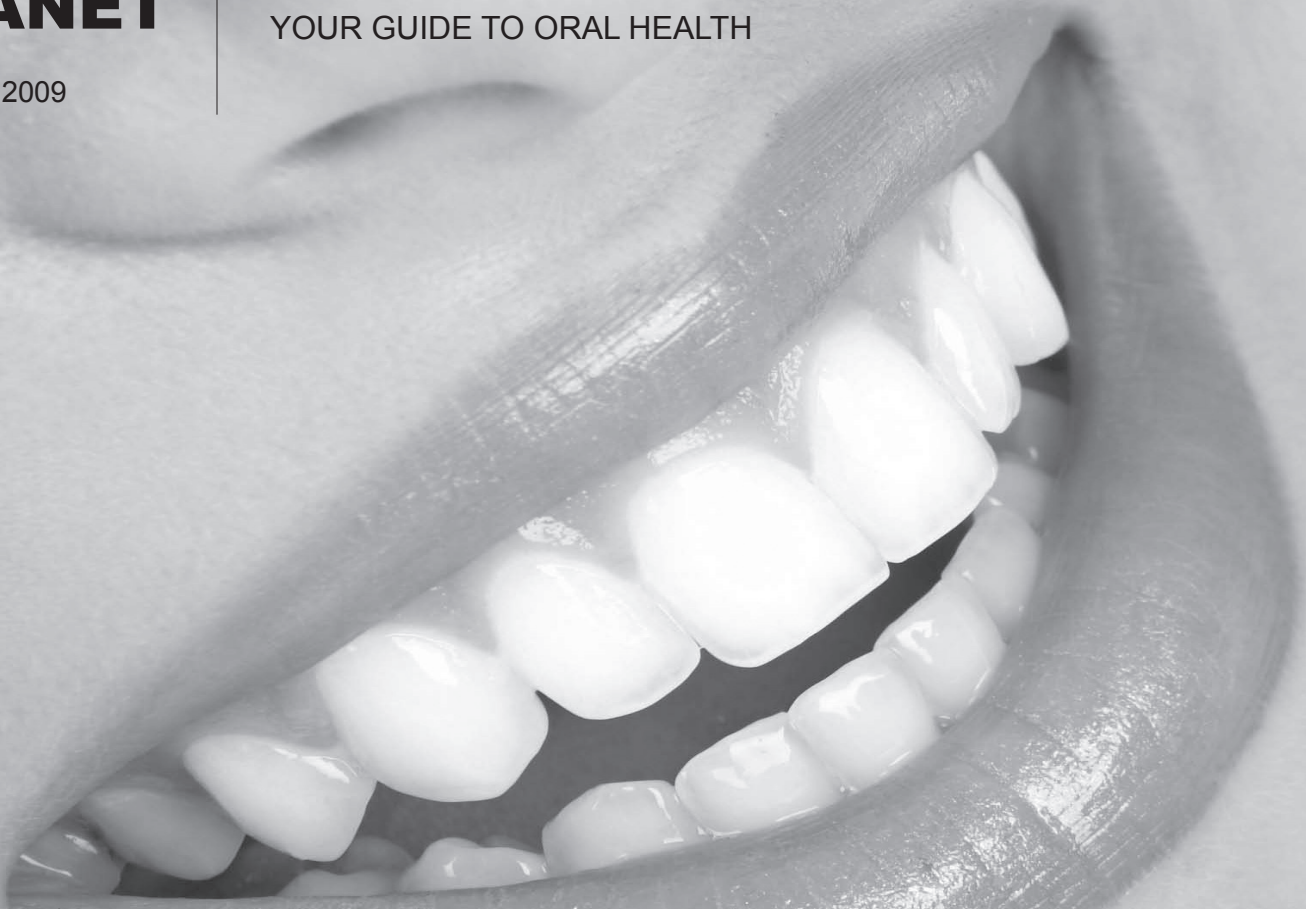


**MEDIA
PLANET**

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DENTAL HEALTH

YOUR GUIDE TO ORAL HEALTH



Ask the experts

Q: What is one overlooked issue in oral hygiene and how would you fix it?



Dr. Jason Kasarsky, DDS

Dr. Jason S. Kasarsky graduated from New York University College of Dentistry and attended North Shore University Hospital, a Cornell University teaching hospital. Since 1975, he has incorporated the latest developments in dentistry into his practice so that the care offered to patients is of the highest quality.

“With the average American living to 78 years and our wellness mentality to live longer and better, we need our teeth to last. That requires periodontal care at home and a long lasting partnership with your dentist. Dental work done at age 35 or 40 may have to be replaced at age 60-75; it’s like driving on bald tires.

Moderate to severe periodontal disease, affecting 35 percent of adults, can lead to tooth loss, and other serious problems, so preventing it is important. Rinsing for 45-60 seconds before bed time with an inexpensive, simple home remedy is conservative periodontal therapy that produces fabulous results. Swish several times and then spit out a rinse that is an inch of liquid consisting of a third each Listerine, hydrogen peroxide and water. This is in addition to regular brushing and flossing. Teeth scaling and root planning every three months, plus tongue scraping, laser periodontal therapy, and antibiotics in infected gum pockets are other methods your dentist can use to mitigate the effects of moderate periodontal disease, which can start impacting oral health between ages 35-50. So rinse your way to a healthy old age.”