

## Sections

[Automotive](#)  
[Business/Careers](#)  
[Bylined / Expert Advice](#)  
[Education/Innovation](#)  
[Family Finance](#)  
[Family Living](#)  
[Family Recreation](#)  
[Family Safety & Health](#)  
[Fitness](#)  
[Food/Entertaining](#)  
[Healthy Eating](#)  
[Healthy Home](#)  
[Healthy Living for Kids](#)  
[Healthy Living for Seniors](#)  
[Home Decorating](#)  
[Home Improvement/New Homes](#)  
[Hot Topics](#)  
[Household Hints](#)  
[Kitchen / Bed / Bath](#)  
[Lawn & Garden](#)  
[Leisure Section](#)  
[Making A Difference](#)  
[Money](#)  
[Outdoor Living / Recreation](#)  
[Parenting](#)  
[Personal Wellness](#)  
[Seasonal](#)  
[Senior Living](#)  
[Spanish](#)  
[Technology/Consumer Electronics](#)  
[Travel Section](#)  
[Weddings/Style](#)

## Supplements

[Do-It-Yourself Supplement](#)  
[Family/Relationships Supplement](#)  
[Father's Day Supplement](#)  
[Graduation/Careers Supplement](#)  
[HI: Decorating Supplement](#)  
[HI: Indoor Improvement Supplement](#)  
[HI: Outdoor Improvement Supplement](#)  
[HW: Fitness Supplement](#)  
[HW: Kids' Health Supplement](#)  
[HW: Nutrition Supplement](#)  
[HW: Personal Wellness Supplement](#)  
[HW: Senior Health Supplement](#)  
[Mother's Day Supplement](#)  
[Senior Living Supplement](#)  
[Spring/Earth Day Supplement](#)  
[Summer Automotive Supplement](#)  
[Summer Home Improvement Supplement](#)  
[Summer Lawn / Garden Supplement](#)  
[Summer Supplement](#)  
[Weddings / Style Supplement](#)

## Articles in Spanish

## Free Membership

## Testimonials

[Back to HW: Personal Wellness Supplement](#)

## On the Cutting Edge -- Lasers Helping People Smile Again Through Better Dentistry

(Click on image to see larger version)



Yes, [E-mail Article/Images to Me](#)

[Download Article/Images](#)

(ARA) – Not so long ago, the first thing people would think of when you asked them what lasers are used for were the weapons in the Star Wars movies. Today, lasers are making a name for themselves not as weapons but as healing tools capable of modern day medical miracles, and in some cases, completely changing the patients' dental experience.

Dr. Jack Rosenberg of Advanced Dental Care in Burlington, Mass., has been using them for the past two-and-a-half years, to treat dental cavities and infected gums with fewer shots, Novocain or drills. "Lasers are nothing new in dentistry," he says. "They've been used for the past 15 years for some procedures, but recently have become important for everything from filling cavities to whitening teeth, but it seems like every day, we come up with new applications that are helping patients' visits to the dentist become much more comfortable."

One thing Rosenberg and his colleague, Dr. Steven Spitz of Smileboston Cosmetic and Implant Dentistry, get credit for is using a laser in place of a scalpel and drill to prepare the mouth for dental implants, the titanium posts that support artificial teeth. Traditionally the placement technique required multiple painful surgeries over the course of the year. Each time, dentists would numb the patient with Novocain, and then use a scalpel to cut away the bone structure in the jaw and soft tissue in the mouth before attaching the implants to the bone. The combination of cutting and stitches after the procedure caused inflammation and pain. Recovery time would range from a couple of days to two weeks each time.

"With the Waterlase MD laser we use, the laser energy charges the water molecules to do the cutting while at the same time numbing the area around the tooth. All the work necessary can be done in a single day and without the bleeding, pain or swelling patients would experience with the old technique," says Dr. Spitz.

He goes on to say the Waterlase is "The most profound enhancement in dental technology in decades and is paving the way for the next generation of better, more comfortable dentistry. Not since the electric dental drill was introduced in 1875 and Novocain was invented in 1905, has there been a more important development in dentistry. It has really opened the world of dentistry to a whole new set of people."

Like Linda Lordan, 51, of Boston. She lost several teeth to a childhood illness, but afraid of the pain surgery would cause, didn't do anything about it until her dentist told her about the Waterlase procedure. "It was really amazing. I felt no pain or discomfort from the beginning to the end," she says. Lordan recently had two implants placed by Spitz and plans to get more done in the near future.

Another success story is related by Shelby Hogan of California. "I recently saw a Waterlase dentist after a seven-year absence from the dentist," she says. "I belong to an online community and happened to mention how much I despise the dentist. One woman had heard about the Waterlase and suggested I look into it. I made an appointment and then paid the price for my procrastination -- four cavities and one crown.

"The dentist used the Waterlase on both cavities and it was the procedure I've been waiting my whole life for! The dentist did not give me any shots, I experienced no pain, and there was no grinding at my tooth -- the first tooth was positively painless. The second tooth had a cavity that was deeper, so I did have some sensation with the Waterlase drill. It felt like when you have a cavity and you bite down on an ice cream bar -- in other words, I could feel it but it wasn't unbearable. And this is from someone with absolutely zero tolerance of pain."

According to a recent survey, many patients treated with the Waterlase system reported no discomfort during the procedures. From traditional fillings to dental implants, the Waterlase is helping to make dentistry better.

The World Clinical Laser Institute estimates that three to five percent of U.S. dentists now use lasers, and the numbers are growing every day. Many laser dental procedures are covered by dental insurance just like traditional procedures. Talk to your dentist about how laser dentistry can benefit you. To learn more, log on to [www.laserdentistry.com](http://www.laserdentistry.com).

Courtesy of ARA Content

[Editorial Calendar](#)[About Us](#)[FAQ's](#)[Contact Us](#)

###

[Download this Article and Images](#)[E-mail this Article and Images to Me](#)

If you like our service, please encourage your colleagues to visit our site. Cut and paste **http://www.ARAcontent.com** into an e-mail message to provide them with a direct link. Thank you for using ARA.

[Back to HW: Personal Wellness Supplement](#)[Back to Main Page](#)

**ARA**Content™ *Your Source for Quality Content*

Copyright 1996-2005, ARA Content. [Privacy Policy](#) | [License Agreement](#)