The Joy of Dental Rejuvenation

For Raleigh dentist Dr. Steven Andreaus, dental health and beauty are inextricably linked. Mary of his patients share that view.

Mary Rowland and Wayne Hester, husband and wife, are among them. Moving gently into their middle years, their interest in dental rejuvenation—having teeth that are both healthier and more attractive—became increasingly important. Dr. Andreaus has been their expert guide in the past year as they have accomplished subtle but important dental improvements.

“We know first hand that Dr. Andreaus is an expert both in general and cosmetic dentistry,” says Mary Rowland. “Wayne and I—thanks to Dr. Andreaus’ attention over the years—basically had healthy but over-crowded teeth that were difficult to keep completely clean. It was an orthodontic issue for both of us, but at my age, I wasn’t willing to consider wearing metallic orthodontic braces. That’s when Dr. Andreaus introduced us to Invisalign®.”

Notes Wayne Hester, “The whole process took a bit longer than I expected—about a year—but the results were excellent. And one of the blessings is that you wear these Invisalign aligners that really are near-invisible.”

For Dr. Andreaus, a cosmetic-aesthetic dentist with a national reputation for excellence, oral health and a beautiful smile must always be complementary. “We have a responsibility to our patients to protect and preserve their natural teeth in every possible way... even as we enhance the appearance of their teeth and their smiles.”

MANY TOOLS

Dr. Andreaus became a top provider of Invisalign precisely because it is an invaluable tool in protecting a patient’s natural teeth even as it works, over time, to give them a wonderful smile.

“Invisalign is an excellent choice for about 80 percent of the people who could benefit from orthodontic work,” notes Dr. Andreaus. “In using orthodontic braces, it’s possible to move a tooth as much as a quarter of a millimeter every two weeks. Of course that adjustment has to be done by the orthodontist. Invisalign, quite differently, is actually programmed by computer to make exact incremental movements of a quarter of a millimeter every two weeks.

“Invisalign proves to be very beneficial in my cosmetic and aesthetic work. For some patients, as a result of this new product, we don’t need to restore a tooth. Invisalign allows me to take care of their wishes in an aesthetic fashion even as we’re also straightening their teeth orthodontically—which is exactly what we are doing for Mary and Wayne.”

Invisalign received FDA approval in 1998. “Because it does not rely on the use of metal or ceramic brackets and wires, Invisalign significantly reduces the poor aesthetic and other limitations associated with braces,” says Dr. Andreaus. “Invisalign utilizes advances in 3-D imaging technology to create a series of customized plastic aligners. Patients simply wear each aligner for a few weeks, removing it only to eat, brush, and floss. After as few as 8 or as many as 48+ nearly invisible aligners, the procedure is done. And the results are consistently wonderful. Patients typically finish the process in 6 to 18 months.”

For more information on dental cosmetic procedures, or on helping to support the “Give Back a Smile” program (which provides free cosmetic dental care to survivors of domestic violence), contact:

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APRIL IS ORAL CANCER AWARENESS MONTH

For years, Dr. Andreaus has urged his fellow dentists and all of his patients to be ever vigilant for the presence of oral cancer—which he sometimes describes as a stealth killer.

He routinely exams all of his patients for signs of oral cancer, using the ViziLite Plus screening protocols that, in a matter of minutes, helps him identify abnormal tissue in the mouth. More recently, he has introduced a rapid saliva test to help identify HPV, the common human papillomavirus that has strong links to both cervical cancer and oral cancer, among other health risks.

“HPV is most commonly spread through sexual contact,” notes Dr. Andreaus, “and one important fact is that over 50 percent of people who have cancers of the head, tongue, throat and neck test positive for the HPV virus. The highest incidence of HPV is in the 15-to-40 age cohort. Thus, with our very rapid, non-invasive, and simple HPV virus test, we can quickly identify a certain subset of people who have the potential for oral cancer because they test positive for HPV, even if we do not find evidence of abnormal cells with other testing. With this information about potential, these patients and their dentists can continue to carefully monitor the possibility, over time, of the presence of oral cancer emerging.

April is Oral Cancer Awareness Month for the 13th consecutive year, Dr. Andreaus notes. “One hundred...