

DENTISTRY FROM THE HEART

Over the past few weeks, there has been much excitement about the Dentistry from the Heart event scheduled to take place on Friday April 24th in the offices of Dr. David Starkman just south of the Ichabod Crane High School on Route 9 in Valatie, and this local free dentistry day IS a wonderful thing. The even MORE wonderful aspect of this event, however, is that it calls attention to the connectedness that our oral health has on our entire well being and can educate people about that connection. This was the underlying theme of every contact with this office, other than the sheer joy of getting the word out about the Dentistry from the Heart event.

Dr. Starkman's caring and experienced team have more than 75 years of combined experience in the dental field, and are very progressive and proactive about these links between total medical health and the health of the mouth. Dentistry these days can do wonders cosmetically to allow children and adults to have beautiful smiles – and there is certainly a need for that, which enhances an individual's self esteem and can literally change lives. The more critical discoveries of the recent past, however, are related to how the health of the mouth is closely associated with the systemic health of the entire body.

Increasingly, research has shown that oral health effects our overall health, even directly influencing the progression of many diseases, including diabetes and heart disease. Maintaining good oral health can be preventative against the development of these diseases. It's not just about oral cancers anymore, or just about our teeth. Every aspect of an individual's health is taken into consideration. There are certain natural conditions as well, such as pregnancy, or situations such as a patient's current medications for other ailments, that influence how their oral health concerns are addressed.

It used to be that a visit to the dentist was just about getting a cavity filled, or some broken tooth repaired (or extracted!). Now the comprehensive screenings and taking of medical histories is of utmost importance and may first diagnose conditions of general health. There is a movement of doctors and dentists in general working more closely together to best serve their patients. Office Manager Shelley Johnston was generous with her time to explain that the office mission is “not just to create bright beautiful smiles, but bright beautiful HEALTHY smiles,” and this was the emphasis throughout our many conversations.

Dr. Starkman's office has been very community active way before this Dentistry from the Heart event came about. There have been visits to almost all the area schools and day care centers, mouth guards for the football players and athletic consultations, and educational presentations on many of these connected topics. The Dentistry from the Heart event that is coming up can be reviewed more closely through the explanations on page ten of this paper as well as by reviewing Dr. Starkman's website at: www.drdaavidstarkman.com or the organization's website at: www.dentistryfromtheheart.org. This Friday event happens to be taking place during Oral Cancer Screening Awareness Week and at the same general time as several wellness and fitness events are going on, such as the Big Earth, Little Village event that weekend in Valatie which Dr. Starkman is ALSO participating in at the Senior Center.

There IS a lot going on to be excited about at Dr. Starkman's office, so call there at: 518-758-7179 to find out more. No brief review can cover it all, as it IS dentistry from the heart and then some!