

# *the* Perio BOOK

OVERALL HEALTH STARTS WITH A HEALTHY SMILE

Michael Sonick, DMD • Rui Ma, DMD • Stephanie Koo, DMD

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STEPHANIE KOO, DMD

Pink in the sink, a red toothbrush, puffy or swollen red gums, bad breath, loose teeth, and exposed roots are all signs of periodontal and gum problems.

Periodontitis (gum disease) is an inflammatory disease that affects the soft and hard structures that support the teeth. In its early stage, called gingivitis, the gums become swollen and red due to inflammation, which is the body's natural response to the presence of harmful bacteria. In the more severe form of periodontal disease called periodontitis, the gums pull away from the teeth and supporting bone tissue can be lost. If left untreated, teeth may loosen and could eventually fall out.

According to recent findings from the Centers for Disease Control and Prevention (CDC), half of all Americans aged 30 or older have periodontitis, the more advanced form of periodontal disease. If you are 65 years of age or older, the chance of having periodontal disease increases to 70%. Many individuals who suffer from this condition are unaware of it until it's too late.

Many research studies suggest a strong connection between inflammation in the mouth and systemic disease. Periodontal disease is associated with a variety of other conditions, including heart disease, diabetes, stroke, dementia, asthma, rheumatoid arthritis, and COVID. Scientists believe that inflammation is the basis for the link between periodontal disease and systemic diseases.

The good news is that with treatment, periodontal disease can be controlled. Bleeding can be eliminated within ten days of treatment and bone loss can be halted, and in many cases, reversed. Many treatment options exist and are customized to each patient's situation. They range from non-surgical care such as scaling and root planning, where the infected surfaces of the tooth roots are cleaned, to the use of LASER, which is a minimally invasive regenerative technique.









## OUR CORE VALUES

### HEALTH

We strive to assist you to become as healthy as possible

### INTEGRITY

Honestly inform and guide our patients toward a healthier future

### SERVANT- HEARTED

Go above and beyond to provide our patients with a WOW experience

### TEAMWORK

Work as a team of like-minded respected professionals to provide our patients with over-the-top care and service.

### EDUCATORS

Continue to educate ourselves and our patients so they may be empowered to share responsibility for their own health

### OUR MISSION

*To improve the quality of our patients lives.*



## Periodontal Health



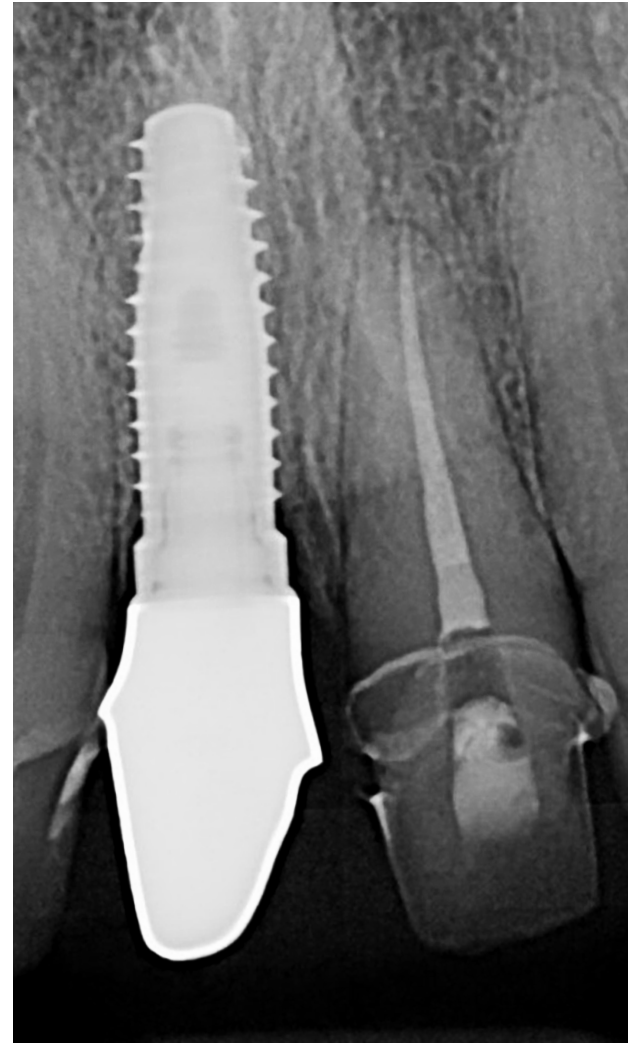
The cornerstone of periodontal(gum) therapy is to maintain and/or restore the gum tissue to a state of health. This 25-year-old female has no periodontal disease. The gum tissue is pink, firm, does not bleed,



and has no signs of inflammation. The result is an esthetic and healthy smile. With proper brushing and flossing and routine cleanings, periodontal health can be preserved for a lifetime.



## Gingivitis – Inflammation of the gums



Every human being will develop inflammation and bleeding gums without proper brushing and flossing. It only takes ten days without brushing for gums to begin to bleed.



Fortunately, gingivitis, the early phase of gum disease, is completely reversible within two weeks with proper tooth brushing, as seen in this photo after oral hygiene instructions and a new implant crown.



## Periodontitis - Inflammation of the gums and loss of bone - Scaling and Root Planing



Periodontal disease can lead to rapid loss of both gum and bone tissue. This patient presented with severe pain, gum abscesses, and loss of bone.



Pain and inflammation were resolved following antibiotic therapy and conservative non-surgical treatment.



## Periodontitis - inflammation of the gums and loss of bone - Scaling and Root Planning



Greater than 50% of the US population suffers from periodontitis – bone loss around teeth.  
Genetics, poor oral hygiene, and smoking are the most significant contributing factors.



However, this can be successfully treated. With deep cleanings and excellent oral hygiene, this 60-year-old Ivy League graduate was able to return to a state of health, all without surgery!



## Periodontal Laser Assisted Therapy – LANAP®



Systemic diseases and oral conditions have been closely linked. This patient was diagnosed with Bechet's disease, a systemic inflammatory disorder, and presented with generalized severe gingival inflammation and bone loss around the teeth.



Following non-surgical treatment with the LASER (LANAP®) and excellent home care, her gingival health was able to be restored.



## Periodontal Treatment with Orthodontics



This middle-aged man presented with severe periodontal disease. He had bone loss that led to movement of the teeth and mobility. He was told he had to lose all of his teeth.



Following bone regeneration treatment and orthodontics, he was able to be restored to a state of health and esthetics. Seven years following treatment, he continues to get his teeth cleaned every three months and is able to maintain his health.



## Interdisciplinary management of aggressive periodontitis in young patient



Albeit rare, periodontitis can develop in young children and affect their primary (baby) teeth. Bone loss can progress rapidly and be debilitating. In this 18-year-old female, bone loss around her front teeth has contributed to significant movement and flaring, resulting in disfiguration.



Combined periodontal and orthodontic treatment led to a restoration of her smile, which is now both healthy and esthetic.



## Guided Tissue Regeneration – The ability to regrow lost bone



This middle-aged female exhibits severe bone loss in the front of her mouth. The loss of this tooth would cause an esthetic defect.



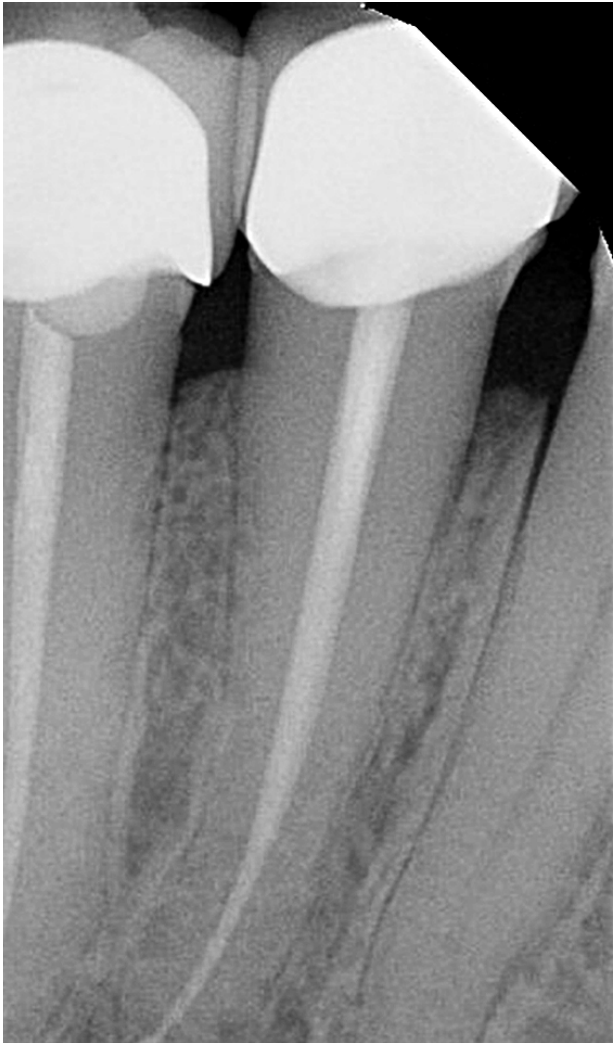
Utilizing microsurgical plastic surgery techniques, bone grafting was performed, and the patient could return to a state of health with no esthetic compromise.



## Guided Tissue Regeneration – The ability to regrow lost bone



This 50-year patient had vertical loss of bone between his lower canine and bicuspid. It probed 10 millimeters. A very small flap was elevated, and a bone graft saturated with growth factors was placed.



Complete regeneration of the bone was achieved, and it remains stable seven years following treatment.



## Gum Grafting – Periodontal Plastic Surgery



This 70 year old retired dentist wanted a dental implant. He did not know that gingival grafting could repair his recession and eliminate the need to bonding to the roots of his teeth.



The bonding was removed and the gum graft fused to the cleaned root resulting in a restoration of health and complete esthetic root coverage.



## Combined Treatment – Gum Grafting and Restorative Care



Smile makeover! A young female patient presented with chronic decay, tooth wear, and gingival recession due to poor home care and a thin gingival profile.



Through comprehensive and meticulous gingival grafting and composite bonding and veneers, dental and gingival health was returned to a natural state of beauty. The result – a very happy patient.



## Soft Tissue Surgery – Rescue of an Esthetic Failure



Dental implants have a very high success rate. However, when not properly placed, complications can occur. This patient presented with a loss of gingiva and bone around the front implant placed a number of years ago.



Following gingival grafting and the fabrication of new restorations, the patient was restored to a state of health and esthetics.



## Soft Tissue Surgery – Treatment of Hormone Induced Changes



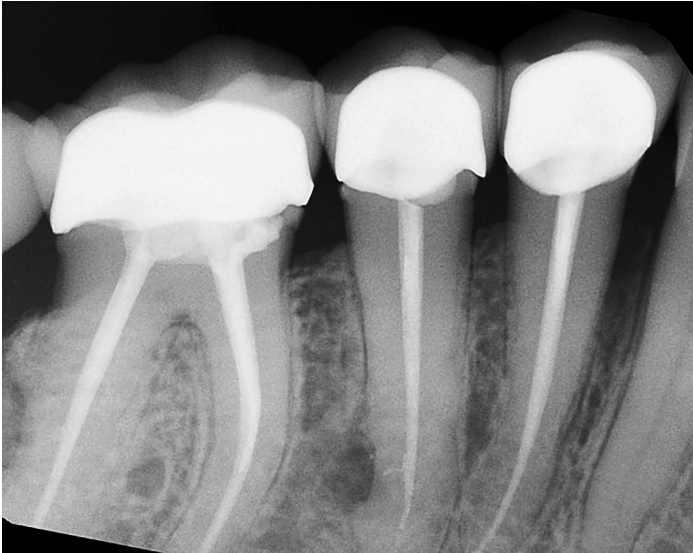
A young college student presented with a red “bump” on her front teeth. It made her self-conscious and hesitant to smile. The “bump” was carefully removed with a LASER with minimal discomfort.



Esthetic restoration of the gingival architecture was achieved. The final diagnosis of the “bump” was exuberant gingival hyperplasia, a benign condition often induced from trauma.



## Implant Treatment – When Teeth Cannot Be Saved



Before



The ultimate goal of periodontal treatment is to save the teeth. This is not always possible or predictable. Fortunately, teeth can be replaced with dental implants. This patient was prone to periodontal disease, which led to bone loss.

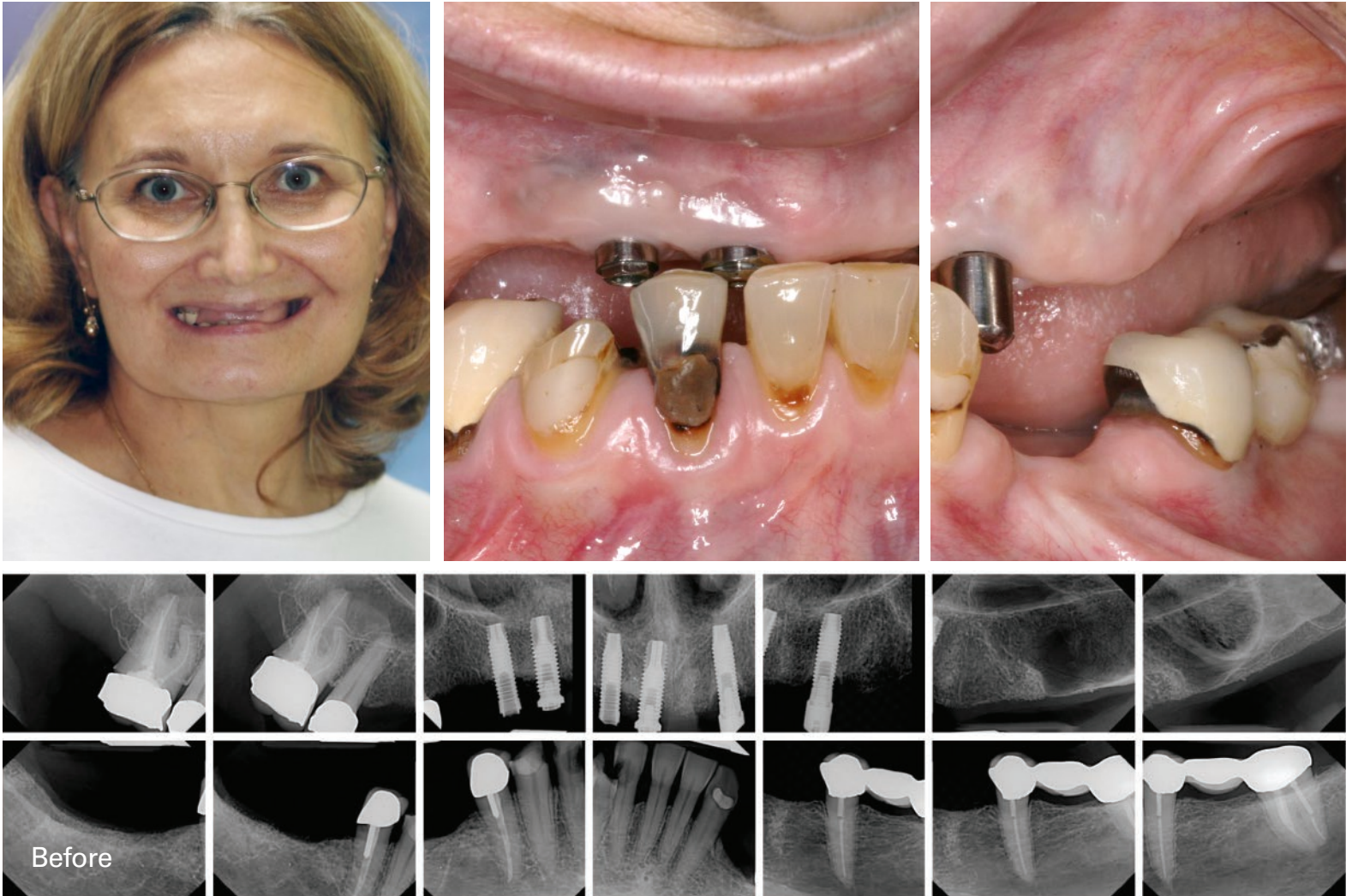


After

Following extraction, bone grafting, and immediate implant placement, complete restoration to health and function was achieved. This patient has been disease-free for years.



## Implant Reconstruction of a Failed Restoration



This retired Navy JAG was looking for a dentist to restore her to health. She was frustrated that her dentistry failed despite seeking good care. Following a comprehensive examination, a diagnosis was established and a



treatment plan was discussed and mutually agreed upon. Today, more than ten years following treatment, her mouth is healthy, stable, and esthetic. The only dentistry performed in the last decade had been dental cleanings.



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## Michael Sonick, DMD



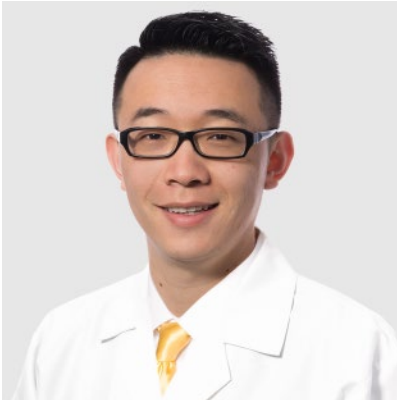
Michael Sonick, DMD, is an internationally-known, highly-regarded authority in the field of dental implantology and periodontology. He completed his undergraduate degree at Colgate University. He received his DMD at the University of Connecticut School of Dental Medicine and his certificate in periodontology at Emory University. He received his implant training at Harvard University as well as the Branemark Clinic in Gothenburg Sweden.

A full-time practicing periodontist in Fairfield, Connecticut, he is also a frequent guest lecturer in the international program at New York University School of Dentistry and the University of Connecticut School of Dental Medicine. He lectures worldwide on the subject of esthetic implants, periodontal plastic surgery, guided bone regeneration, comprehensive treatment planning and the providing of excellent patient customer service. He is the co-editor of the multi-language textbook, *Implant Site Development*. He serves on the editorial boards of numerous journals including the *Compendium of Continuing Education* and the *Journal of Cosmetic Dentistry*, *Inside Dentistry*, *Dentistry Today* and also writes and publishes numerous papers in peer-reviewed journals. He is a Member of the Leading Dental Centers of the World and a Master in DSD (Digital Smile Design). He is a Diplomate American Board of Periodontology, Diplomate of the International Congress of Oral Implantology, Fellow of the International Society of Periodontal Plastic Surgeons, and a Fellow of the International Team for Implantology.

Dr. Sonick is member of the following organizations:



## Rui “Ray” Ma, DMD



Rui Ma, DMD is an experienced periodontal and dental implant surgeon who is very dedicated to his profession. He utilizes the most current technology and most up to date innovations in providing care to his patients. A fourth generation dentist raised in his family's private practice, Dr. Ma excelled in his education achieving his Doctor of Dental medicine (D.M.D) from Tufts University in Boston. Previously educated at State University of New York in Albany, he received his Bachelor of Science in Chemistry with Summa Cum Laude and graduated as class Valedictorian. Dr Ma completed his post-doctoral training in periodontics at Stony Brook University, in New York, where he was bestowed the Certificate of Advanced Graduate Study in Periodontology.

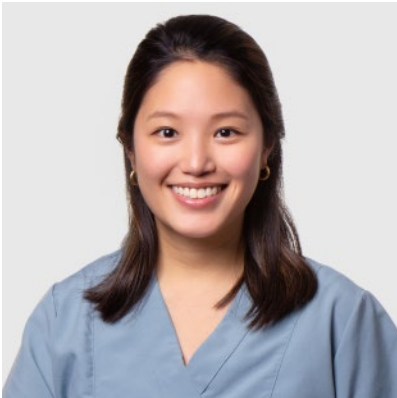
Dr. Ma currently is a member as well as co-director of the prestigious Fairfield County Dental Club, the premier continuing education facility for dentists in Connecticut. He also serves as Director of the Fairfield County Hygiene Club providing dental hygienists an opportunity to advance their clinical skills and knowledge.

He provides treatment in a knowledgeable, caring, comfortable, and most importantly pain free setting.

Dr. Ma is member of the following organizations:



## Stephanie Koo, DMD



Dr. Sungeun Stephanie Koo completed her Bachelor of Science degree at Brown University in Neuroscience and subsequently received her DMD at Harvard School of Dental Medicine. With a keen interest in the management of periodontal disease and implant surgeries, Dr. Koo pursued additional years of advanced training in Periodontics at the University of Connecticut School of Dental Medicine, along with the Masters in Dental Science.

During her post-graduate training, Dr. Koo presented her clinical work at the Northeast Implant Symposium and was awarded The Dr. Paul Tannenbaum/Dr. Robert Schoor Memorial Award from the Northeastern Society of Periodontists for her clinical case report on the multidisciplinary management of periodontal disease.

Dr. Koo's advanced training in surgical and non-surgical periodontal therapy and dental implants qualifies her to care for a diverse range of dental needs from chronic periodontal disease to missing teeth. Her gentle approach to patient care and focus on patient's individual needs put patients at ease throughout the journey in the dental chair.

Dr. Koo is member of the following organizations:



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