

# State-of-the-art periodontal care found locally

## WOODCLIFF LAKE

Periodontitis, more commonly known as gum disease, affects 75 percent of adults in the United States at one point in their lives. Unfortunately for us, many do not even know when they have the

comes into play.

Dr. Linden has been practicing periodontics since 1985 and has performed over 30,000 traditional surgeries. In a traditional periodontal surgery, the doctor would have to cut through the gum and manually clean out the bacte-

practicing LANAP, and about 80 percent of his patients are now being treated with the laser protocol instead of traditional surgery.

The procedure involves selectively extracting the diseased gum tissue and leaving the healthy tissue alone so that it can regenerate, while removing the bacteria that ultimately causes gum disease. It is a much less invasive procedure and is more comfortable for the patient.

Dr. Linden explains, "The laser does a thorough sterilization of the gum pocket. We are finding the healing is dramatically faster and in many cases the patient experiences minimal to no discomfort afterwards."

In traditional surgeries, patients taking medications such as blood thinners, cardiac medications and other systemic medications would have to temporarily stop taking them, resulting in a risk to the patient. Because LANAP is non-invasive, there's no need to stop these medications.

Dr. Linden also recommends the laser treatment for patients prior to a number of medical procedures such as cardiac stents, bypasses, joint replacements and many other major surgeries.

"We're also getting referrals from patients that are going into

chemotherapy, bone marrow transplants and we're cleaning them up with the LANAP procedure so that the bacterium doesn't cause other problems," he says.

While Dr. Linden's patients are fortunate enough to have a much more comfortable experience [with the laser], not all periodontists are using LANAP. There are approximately 5,000 periodontists in the United States, and only a small percentage might be performing this procedure at this time. However, the utilization of this FDA-cleared protocol is growing in the United States and Canada (it hasn't reached overseas yet), but it does take a full year of additional training.

Dr. Linden will be sharing his knowledge on the new laser protocol and laser periodontal surgery

by presenting his findings and clinical results in November at the Greater New York Dental Meeting. With 50,000 to 70,000 people in attendance, this five-day convention is the world's largest.

"For me, the LANAP protocol is a dramatic shift; the patient experience is much more pleasant and the results are equal if not exceeding traditional surgery in our office - it's a great advance in the treatment of periodontal disease," Dr. Linden concludes.

For more information on LANAP and Dr. Linden's practice, visit his Web site at [www.drgums.com](http://www.drgums.com).

Dr. Linden's practice is located at 595 Chestnut Ridge Road, Woodcliff Lake, and can be reached at (201) 307-0339.



Photo courtesy Dr. Eric Linden

## Dr. Eric Linden

disease, as it is relatively painless and the few symptoms it does display can be easily overlooked. However, it is extremely important that gum disease does not go left untreated because it ultimately causes tooth loss, and new studies have shown that it can even be a contributing factor in heart disease. This is where Woodcliff Lake periodontist Dr. Eric Linden

ria around the tooth. The procedure would take about four to six appointments and would require stitches. Now there is a new protocol, the Laser-Assisted New Attachment Procedure (LANAP). LANAP is the only FDA-cleared laser protocol for treating periodontitis.

Dr. Linden is one of the first periodontists on the east coast