



## VALLEY AMBULATORY SURGERY CENTER

*Dedicated to Excellence in Patient Care*



February 2012

### First Visit by First Birthday

Every child deserves a healthy start in life, and the American Academy of Pediatric Dentistry (AAPD) and the American Academy of Pediatrics all recommend that children need to have established a “dental home” no later than their first birthday.

A child’s baby teeth are at risk for decay as soon as they first appear - which is typically around age six months. The typical cause of this decay is frequent, prolonged exposure of the baby’s teeth to liquids that contain sugar, such as fruit juice, breast milk or formula.

“The most important message to get to parents is the importance of getting their children to a dentist before they have their first birthday,” says Dr. Kyle Pedersen of Dayspring

Pediatric Dentistry in St. Charles. “Although this may seem early, starting early is the key to a lifetime of good dental health.”

Some parents avoid taking children to the dentist to save money, yet studies show that the dental costs for children who have their first dental visit before age one are 40 percent lower in the first five years than for those who do not see a dentist prior to their first birthday.



*Dr. Kyle Pedersen, Pediatric Dentist from Dayspring Pediatric Dentistry in St. Charles, confers with his patient during a recent Medical Mission Trip to an orphanage in Honduras.*

### What’s New at VASC?

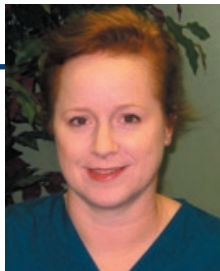
The American Dental Association (ADA) has declared the month of February as “Children’s Dental Health Month,” a national observance to raise awareness about the importance of children’s oral health.

We at Valley Ambulatory Surgery Center wholeheartedly support this mission! We have several Pediatric Dentists who bring their little patients to us for “Dental Rehabilitation.” That is the name of the procedure when a child is placed under general anesthesia for the purpose of treating multiple cavities.

Our dentists on staff here have asked us to help spread the word on the importance of establishing children’s oral health at an early age. We are happy to share this information with you, because we are sure that you agree with us that a child’s smile warms all of our hearts.

## Prevention by Education

The pediatric dentists on staff at VASC are all committed to getting the word out into the community on the importance of preventive dental care, and that is very obvious in the month of February when they are out interacting with their little patients.



*Dr. Kelly Kirtland  
Pediatric Dentist*

Dr. Kelly Kirtland, a pediatric dentist in Glen Ellyn, supports “Give Kids A Smile Day” by talking with children about the importance of healthy eating and good oral hygiene. When speaking to a group of students, brownie troop or cub scout pack, Dr. Kirtland provides each child with a toothbrush, floss and a coloring page related to dental health.

Laura Jones, a dental hygienist with Dr. Pedersen, gives a 15 minute presentation to area Pre-School programs. “I reach about 800 children every February through this program,” says Laura. “It’s so much fun, for me and the kids! We talk about food choices, how to brush your teeth and good oral health. I ask them questions and I get the funniest answers!”

Dr. Matt Karsten from Kids First Pediatric Dentistry in Elgin is involved in a program with Elgin Junior Services Board. He and several other dentists help provide immediate, restorative dental care to under-privileged children in the U-46 school district.

Several other local dentists are involved in the “Doctors with a Heart” program and offer free dental care to the uninsured through their offices on selected days in February.

*(For more information and a schedule of available dates go to <http://dentistwithaheartonline.org/when.html>)*



*Dr. Matt Karsten, Pediatric Dentist from Kids First Pediatric Dentistry in Elgin, reads a story about dental hygiene to a group of preschoolers.*

## Dental Rehabilitation at VASC

Unfortunately, some children have such significant tooth decay that more than a routine visit to the dentist is necessary. That is when we see these children come into Valley Ambulatory Surgery Center for their pediatric dentists to provide dental restorative care under general anesthesia.

“If a child is very young or has special needs and is unable to cooperate for dental treatment “awake” with only local anesthesia (“lidocaine”) and needs a significant amount of dental restorations or extractions, dental rehabilitation under general anesthesia at Valley Ambulatory Surgery Center is a very humane and kind option for treatment,” says Dr. Kirtland.



*Dr. Doug Janis  
Pediatric Dentist*

Dr. Doug Janis in Geneva agrees, as he has been bringing his pediatric patients into VASC for dental rehabilitation procedures for almost 20 years.

“The kids and the parents have always had only positive things to say about their experience at the surgery center,” says Dr. Janis. “They never experience any needle-sticks, are given great care and attention from the nursing staff, and have anesthesiologists that are very experienced with children. It is so much easier for kids that require long procedures, are highly anxious or have special needs.”

## Reducing the Risk of Tooth Decay

The good news is that tooth decay is almost completely preventable. The ADA gives the following tips to reduce the risk of tooth decay:

- Infants should finish their bedtime and naptime bottles before going to bed
- Brush your child's teeth until he or she is at least six years old
- Encourage healthy eating habits that include a diet with plenty of vegetables, fruit and whole grains. Serve nutritious snacks and limit sweets to mealtimes.
- Limit between-meal snacks
- Monitor beverage consumption-Instead of soft drinks all day, children should also choose water and low-fat milk.
- Help your child develop good brushing and flossing habits
- Schedule regular dental visits



## What's the Difference between a Pediatric Dentist and a Family Dentist?

Pediatric Dentists are the pediatricians of dentistry.

A pediatric dentist has two to three years specialty training following dental school and limits his/her practice to treating children only.

Pediatric dentists are primary and specialty oral care providers for infants and children through adolescence, including those with special health needs.

The following Pediatric Dentists are on staff at VASC:

Dr. Doug Janis in Geneva 630-232-6661

Dr. Matt Karsten in Elgin 847-717-5437  
www.kidsfirstpd.com

Dr. Kelly Kirtland in Glen Ellyn 630-469-7696  
www.kirtlanddds.com

Dr. John Nathan in St. Charles 630-584-3624  
www.johnenathandds.com

Dr. Kyle Pedersen in St. Charles 630-587-4444  
www.dayspringpediatricdentistry.com

## Who's New at VASC?

We would like to welcome the following new members of our medical staff:

**Sadia M. Ali DPM**  
Elgin Foot and Ankle  
www.elginfootandankle.com



**Meera Atkins MD**  
Renaissance Women's Health  
www.renaissanceforwomen.com



**Megan Delimata MD**  
Gastrointestinal Health Specialists, L.L.C.  
Woman's Health Gastroenterology  
www.delimatamd.com



**Vafa Shayani MD**  
Bariatric Institute of Greater Chicago  
www.chicagobanding.com



**Chad Drouin DMD**  
Glen Ellyn Implant and Oral Surgery Center  
www.drdoerfler.com



**Todd Hagle MD**  
APAC Centers for Pain Management  
www.apacgroupe.com



**Kelly Simkins MD**  
Fox Valley Women and Children's Healthpartnership  
www.fvwchp.com



**Richard Leitzen DPM**  
Northwest Podiatry  
www.nwpodiatry.com

## Healthcare Environment Changing Nationally, Locally

*by: Anthony Giamberdino MD, Medical Director*

Health care consumers may note some changes on the horizon. Signage companies are taking orders, names are changing and new health care entities are promoting themselves. What's the deal?

What people want to know is what does it all mean for me, my family, my doctor? Is this a good thing for us? Many patients (and doctors) are asking themselves these questions.

Consumers, faced with rising deductibles and co-pays, should be aware that health care delivery in America is changing. We would like to take this space in the newsletter to comment.

Patient advocacy has always been our prime mission. Regardless of changes, we believe quality health care always comes down to patients and doctors making decisions together.

Passing of the Health Care Reform law and controversies surrounding it have drawn the public's attention to this vital segment of our communities. Whether or not this legislation remains intact, the country's health care system will undergo profound changes in the next few years.

Information technology, regulatory requirements and economic pressures are driving a consolidation of entities involved in health care, including hospital systems, doctor's practices and ancillary services such as labs, imaging and other outpatient services.

The myriad of acronyms associated with these changes is barely comprehensible, even to insiders. The overall goal of

these changes is to create a more affordable, more quality-driven health care system.

Many facets of this evolution, like sharing of test results among providers, will make life easier for patients and doctors. Some will be difficult and bureaucratic. Alignment of doctors and services into "networks" may limit patients' abilities to access care from the providers of their choice.

We at Valley Ambulatory remain committed to fostering the Physician to patient relationship and promoting the independent practice of medicine. We believe it is possible for physicians to integrate in a way that achieves efficiencies in information sharing and quality measurement while preserving choice for patients and doctors alike.

To promote this goal, we began to host a series of informational and discussion meetings with independent, like-minded physicians in the Valley.

The challenge is to develop a model that nurtures clinical integration while avoiding the control we view as harmful in many corporate "networks".

In the long run, we believe that quality, as measured by cost, outcome and patient satisfaction data will dominate the new health care environment.

As Valley Ambulatory has been the low-cost, high-quality surgical center in the Fox Valley for 25 years, we are confident in our ability to adapt to the changes and continue to serve our patients today and in the future.

The public, through patient satisfaction data, will have a potent voice in the new system.

We advise people to stay informed, ask questions and spend your health care dollars wisely.



*We feel privileged to provide our community with its surgical care needs and welcome your feedback!  
If you have any suggestions or comments, please don't hesitate to contact us at [info@valleyambulatory.com](mailto:info@valleyambulatory.com).*

*Thanks for staying in touch with us and we wish you good health!*

*Your friends at Valley Ambulatory Surgery Center.*