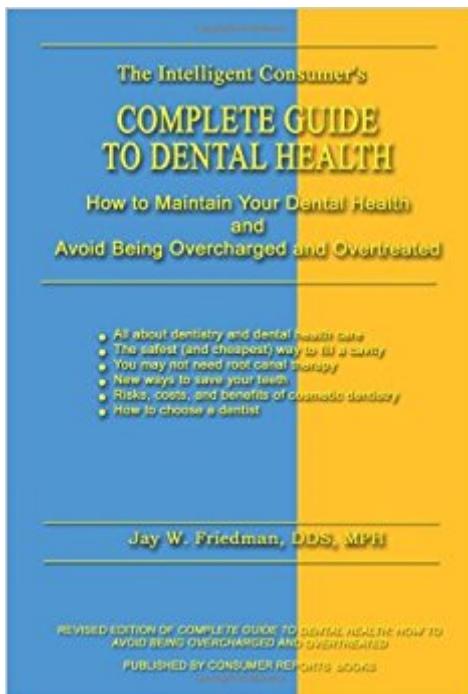


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# Complete Guide To Dental Health



## Synopsis

This guide to good dental health provides information consumers need to realistically assess their dental needs and those of their children. Not only will it help you avoid or minimize dental disease, it will save you hundreds, if not thousands, of dollars for unnecessary and potentially harmful treatment. Beginning with the premise that the best treatment is minimal treatment if it solves the problem, the author, a practicing dentist for more than 30 years, discusses guidelines and costs for common (and commonly expensive) dental procedures. He advises the reader on such topics as: Proper home care and prevention Frequency of X-rays and prophylaxis (professional cleaning) Diagnosing and treating tooth decay and gum disease Composite, silver amalgam, gold and porcelain fillings Special precautions for children Unnecessary extractions Bleaching and veneering In clear, easy-to-understand language, Complete Guide to Dental Health outlines the costs, benefits, and risks of alternative treatments, suggesting ways to save time and money on such procedures as orthodontics, extractions and bridges. An extensive discussion of the misdiagnosis of impacted wisdom teeth, overuse of general anesthesia, and unnecessary caps and bleaching warns consumers of how they may be injured financially and physically by dentists. Most chapters conclude with recommendations to help you avoid being overcharged and overtreated. Charts provide information on a range of fees for common procedures. You are shown how dentists exploit patients with unnecessary treatment, upgrades and add-ons. Suggestions on how to choose and evaluate a dentist will turn the average patient into a savvy consumer. With extensive information on how dental decay and periodontal (pyorrhea) disease occur, Complete Guide to Dental Health will help protect your teeth and your pocketbook.

## Book Information

Paperback: 316 pages

Publisher: AuthorHouse; 1 edition (May 14, 2002)

Language: English

ISBN-10: 0759676569

ISBN-13: 978-0759676565

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 6 customer reviews

Best Sellers Rank: #615,650 in Books (See Top 100 in Books) #95 in Books > Medical Books > Dentistry > Preventive #191 in Books > Textbooks > Medicine & Health Sciences > Dentistry

## Customer Reviews

Jay W. Friedman, D.D.S., M.P.H. pioneered in the development of quality standards for dental care, group practice and dental insurance. In addition to extensive clinical practice, he was a researcher at UCLA's School of Public Health, a consultant to many state and national organizations, and is presently dental director of Universal Care, a California health plan. Dr. Friedman has published over 50 papers in professional journals and a number of books on consumer health issues, including a Guide for the Evaluation of Dental Care and the first edition of Complete Guide to Dental Health: How to Avoid Being Overcharged and Overtreated, originally published by Consumer Reports Books in 1991. Dr. Friedman graduated Columbia University dental school in 1948 and received a master's degree in public health in 1962 from the University of Michigan. His career has spanned the entire transition of dentistry from the isolation of solo fee-for-service private practice to the proliferation of high volume group practices based on dental insurance. He has been the recipient of numerous honors, including the Special Merit Award from the American Association of Public Health Dentistry.

I wish I had read this book before I started getting dental treatments. It would have saved me a lot of unnecessary bills. This book covers anything & everything about dental treatments and how to avoid "charlatans" who make up dental problems just so they can get money out of you. In my case, a young dentist (whom I stopped seeing within a month) removed amalgam fillings just as a "preventative" against future cracking. That created more problems like an unforeseen root canal. Pretty soon a routine cleaning turns into a \$2,000 bill! Don't fall for their scare tactics in the chair. Be an educated consumer. And if you're so inclined, read Dr. Friedman's public health articles on dentistry. Too bad, dentists like him are going the way of the dodo.

This book is about common dental problems, diseases, their prevention and treatments. The topics covered are quite comprehensive, such as dental caries (decay), periodontal disease, replacement of missing teeth, root canal treatment, cosmetic dentistry, tooth extraction, common diseases of the gum and soft tissues of the mouth. I particularly find the recommendations at the end of each chapter very useful. These practical tips enable consumers to arrive at informed decisions to avoid being overcharged and overtreated.

Everyone who ever sits in a dentist's chair needs to at least through this book. Especially if you're a parent. Dentists screw up kids teeth, then blame it all on soft drinks or chewing gum. Parents need to check dentists' work. No one else will. The author did work as an expert witness prosecuting dentists for shoddy work.

This guy has opinions that make sense about how to get good dental care. I think it is the best such book for the consumer that I have found so far. He is a dentist himself, but the kind that really wants people to have the care they need, not too much nor too little. He describes some of the things dentists tend to do that are not necessary. He explains the different dental treatments pretty well. The date is a bit old (2002). It is at least the second edition I believe; because I also own a 1991 hardcover edition. I have not looked recently (2010) to see if there might be something better out there now. I would like to see an even thicker book with more details, but that may not be commercially viable!

This book is an excellent reference tool. Before you let a dentist talk you into expensive, maybe unnecessary dental work that may create even more problems down the road, sit down with this book. You'll find clear explanations of dental problems and procedures and this book can give you additional information and assurance when you suspect your dentist's recommendations may not always be in your best interests.

Junk science from a true charlatan. Koolaid drinkers unite and buy the book. Follow his advise, lose your teeth and sue him for his guidance.

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