



FAMILY MEDICAL 2010

Skilled Nursing Services offered at Medford Multicare Center for Living

You or your loved one has had an injury or illness that needs skilled nursing care. At such a critical time, there may be confusion about the next step when needing inpatient rehab or skilled nursing care. "Many people have heard so many negative things about nursing homes or are fearful of being in a 'home'," said David Fielding, administrator at Medford Multicare Center for Living. "Today's nursing homes are not like what they were in the olden days. Today we provide services that enable people with debilitating illnesses or injuries to have a better quality of life. We provide care to allow residents to function as independently as possible as well as activities and socialization tailored to their likes and dislikes, to give their lives a sense of purpose and meaning," said Mr. Fielding.

So, what is a nursing home and what is skilled nursing? Nursing homes provide medical and nursing care or rehabilitation services. These facilities provide assistance with activities of daily living like dressing, bathing, using the bathroom and eating to people who cannot live on their own because of an injury, disability or illness. Mr. Fielding noted that at Medford Multicare Center for Living, the medical and nursing staff work together as a team. The staff at Medford strives to make the facility like home—just in a different environment. Mr. Fielding said, "Again and again we hear patients and their families say that they made the right choice when they came to Medford. Many people fight admission to a nursing home because of misconceptions. But, after admission, they realize that this is the best place for their care or the care of their loved ones. Nursing homes have monitoring and resources available that they do not have in their own home. And, people are surprised of the opportunities for socialization where, at home, they may not have been mobile enough to get out and about much. Here, even ventilator patients participate in activities. We do our best to get everyone involved in some way."

Medford Multicare Center for Living provides short-term restorative rehab, skilled nursing, long term geriatric services, respiratory care services, tracheostomy care, oxygen therapy, IV therapy and wound care and has a dedicated and secure Alzheimer's/



"Casino Night" activity at Medford Multicare Center for Living.

dementia unit. For further information, or to tour the facility, please call 730-3000 or visit www.medfordmulticare.org. Medford Multicare Center for Living is conveniently located at 3115 Horseblock Road in Medford, right off I-95 exit 64. ■

Overcoming "I'm afraid of the dentist"

If you or someone you know is "afraid of the dentist," here are a few steps to help ease those with dental anxiety and even those with a dental phobia.

Today's dentistry, with the use of newer techniques, can be virtually painless. It's important to visit the dentist before dental discomfort forces you to seek treatment. It is easier to relieve the anxiety when you are not in pain.

Don't worry about the dentist being critical of you not seeking dental care for a long time. No matter how bad you may think your situation is, the dentist has probably seen worse, much worse.

One of the most important stress relievers is communication. Ask questions and tell the dentist what you are anxious or phobic about. He or she is a professional and is there to listen and help you overcome your anxiety or phobia, so you can have a peaceful dental visit. By telling the dentist what your biggest fear is, he or she will be able to discuss it and help you understand it. The more you understand, the less you will be afraid.

During the procedure, a simple raising of your hand will help communicate to the dentist that you are having a problem. They need to stop the procedure and discuss it. If you are having pain, you may only need a little more anesthetic. Having a mode of communication during a dental procedure puts you in control.

As with any professional relationship, you must have trust in the dentist treating you not only for dental care, but also for the anxiety care. Start out with simple appointments such as an exam. That way, communication, understanding and trust can be built up with each visit. Remember, knowledge and trust give you the power to overcome "being afraid of the dentist," and reward you with a lifetime of smiles.

If you have more questions or want more information, call The Bellport Village Dentist, at 286-4243. ■

This information has been provided by Dr. Joseph P. Graskemper.

Treat the whole patient, not just the teeth

In spite of what some may think, dentistry is a field that has seen phenomenal change in the last couple of decades. Dr. Richard Sigismondi should know, as he is celebrating 30 years of practice. "I actually started a lot earlier than that," he says. "My first job at age 15 was working in my father's dental laboratory. I would polish dentures and crowns but mostly I just watched and listened."

The dentistry of that era could be a scene from a museum with some materials that today would be banned by OSHA and the EPA. A walk through Dr. Sigismondi's office today resembles a high-tech spa. X-rays appear digitally on the maze of computer monitors. Crowns are made with computers. CAT scans and MRIs are used as often as a dental mirror. Yet all this high-tech glitz is countered by the warm fuzzies of a hot towel to freshen you after your dental appointment. The back massagers in the dental chairs can make you wonder if you are really at the dentist at all.

All that would be superfluous if not for the one key to comfort at this office. That is the focused one-on-one attention a patient gets at their first appointment. The first exam is a very comprehensive one, lasting over an hour. It starts with a discussion not held in the clinical exam room. The doctor listens carefully as you explain your history and condition, but he also poses questions that can surprise, such as "How do you feel about your teeth?" and "How do you envision your oral health 15 or 20 years from now?"

"I love listening to the stories people have to tell about how they got to where

they are now. I like putting them at ease. I assume that every patient who comes in may have some apprehension. There really aren't any difficult problems to solve. The main thing is getting a patient to the point of being comfortable. It is the first step. That is the challenge we face every day. Achieving it can be one of the most rewarding feelings."

"There are certain magic moments that occur in the practice of dentistry. One is when a patient comes to the office who hates their smile. They come in with various issues such as neglect, wear or misguidance. They are in need of a serious boost in their self-confidence. We show them what we can do, explain what's going on and what can be done to improve things, and then systematically put the pieces together. They look in the mirror or go home and show their spouse and voila, the change starts happening. People stop them in public and say 'You have the most beautiful smile' or 'I love your teeth.' they realize that they have been waiting their whole life to hear that. Believe it or not, that happens a lot."

The confidence to achieve the finest results comes in part from those 30 years of experience but also from an incessant thirst for continuing education. His mentor in life is a dentist in Florida by the name of Dr. Peter Dawson. At the center for advanced dental training bearing his name, Dr. Dawson trains dentists to treat the whole patient, not teeth. Graduates of his center may sound like they are TMJ specialists but in reality that is only a result of understanding the interrelation between form, function and esthetics. "Dr. Dawson

teaches dentists the details of function that rivals that of a post-graduate education. At the same time, he practices simplicity. He stresses a 'would I want that in my own mouth' philosophy. He preaches a balance of life with your practice, your family and your community. It sounds simple, but in today's world keeping a balance may not be as easy as we would like." So he says, but to look at the way the staff handle all this with cheerful ease yet thorough professionalism makes you think that they certainly are on to something right. Call Dr. Sigismondi's office at (631) 563-1583 and see for yourself. ■



Richard Sigismondi
DMD

cosmetic
and family
dentistry

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Ask Dr. Sigismondi

Q. Is it true that crowns can be made without taking a dental impression?

A. Advances in dental technology have completely changed the way crowns can be made. Using a CEREC cad-cam or computer aided design - computer assisted machining process, those impressions that made some people gag just thinking about them, are eliminated! Not only are the impressions a thing of the past, but the CEREC machine makes the crown in the office and the crown is inserted at the same appointment! There is no temporary crown to wear and pamper while the crown is fabricated at the lab. This also means no need to be numbed a second time. In our busy world of instant everything, this is a major improvement in convenience.

In this simple procedure an image is made of the prepared tooth using a special camera much the way a Blu-Ray dvd is read. The image appears on the computer and the crown is designed using sophisticated software. The completed design is sent wirelessly to a milling unit where the crown design is duplicated in a block of porcelain in less than fifteen minutes.

If you would like to have beautiful crowns, but hate the impressions, and would like them done in one visit, ask for a CEREC crown.