Avoiding Root Canal
www.avoidrootcanal.org, a Website for Dentists and Patients

Dr. Jacques Doueck

You know that old saying, “I’d rather have a root canal.” Most people are afraid of root canals.

For years, comedians have poked fun at them. Today, a root canal can be a very comfortable procedure, but if you can avoid it why wouldn’t you?

There is no question that when needed root canal therapy saves teeth that would have been lost. A root canal is one of the most common dental procedures performed. The American Association of Endodontists estimates that 24 million root canals are performed each year and this number is expected to double within the next few years. This simple treat-
ment can save your teeth and prevent the need of dental implants or bridges.

Why Avoid Root Canals? Are They Risky?

Because of the complex anatomy of the root canal system, it is a rec-
ognized fact that it is impossible to completely eliminate all bacteria. Root canal therapy therefore cannot be guaranteed 100% and carries a 10 - 15% failure rate. Statistically, the failure rate for root canals is much lower for endodontists (5%) than general dentists (10-15%). Besides failures due to unresolved infection, root treated teeth are also dead and weaker than living teeth and carry the additional recognized risk of fractur-
ing under pressure. Even those root treated teeth that are reinforced with posts to support either crowns or bridges, carry this risk of fracture.

Main Causes of Root Canal Complications and Failures

**Missed root canals:** a tooth may have more root canals than it is normally anticipated allowing the infected pulp in it to recontaminate the tooth. In some cases, even if the branch is noticed by the dentist, it may be in a position difficult to reach with the endo-
dontist leaving infected tissue behind. Sooner or later, this will result in a new tooth abscess.

**Vertical root fracture:** when the nerve (pulp) dies, teeth tend to become brittle. A serious root canal complication is the fracture of the root of the tooth during the filing procedure. This may require the tooth to be lost.

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**The Experts Speak**

**Dr. David Alleman**
Trainer
Biomimetic Dentistry

“Biomimetic dentistry is dentistry that mim-
ics nature. The biomimetic tech-
nique seals out bacteria and prevents breakage. Patients are thrilled that we can help avoid root canal and restore teeth without crowns.”

**Dr. Phillip Mollica**
Trainer
Oxygen-Ozone Therapy

“Ozone is the ultimate disinfectant. It is the one agent that can eliminate all without toxicity or side effects. We are using something that the body produces naturally. The antibodies of the body produce ozone to kill the bugs. Ozone will sterilize and clean the deep decay and allow the tooth to heal itself.”

**Dr. Gus Livaditis**
Developer of Vital Pulp Therapy

“Vital Pulp Therapy works because we control the bleeding, control the bacteria and place a durable

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**Root perforation:** another usual problem is when an endodontic instrument accidentally perforates the root. If the opening is not sealed it will be a gate for bacteria to re-enter the tooth.

**Broken instruments:** the most common root canal complication is caused by the accidental breaking, inside the canal, of the endodontic files which are used to clean and shape it.

**No Cap or Onlay:** even if the root canal was perfectly done, if you do not seal and protect the tooth with a cap or onlay—this can cause bacteria to re-enter and cause a new root canal infection.

**Can Cigarettes Cause Root Canal?**

A study published in the *Journal of Dental Research* tracked 811 men over the course of 30 years. Cigarette smokers are 70% more likely to need root canal treatment than nonsmokers. Men who have smoked for more than 5 years are 100% more likely to need root canal. That means they have double the risk that nonsmokers have. The good news—smokers that quit and stayed smoke-free for 9 years, were no more likely to need root canal treatment than men who had never smoked.

**Is There an Alternative to the Expense and Risk of Root Canal Treatment?**

A word of caution: it’s easy to fall into the hands of a dentist who claims he or she is an “alternative dentistry” expert and who may cause you more damage than you bargained for. Avoiding root canal is not hocus-pocus, this is sound scientifically proven dental treatment. Using proven technology there are many happy patients that have avoided root canal saving themselves time and money. With training, your regular family dentist can do this for you.

**Vital Pulp Therapy – Avoiding Root Canal**

Today we have an easy and comfortable procedure called vital pulp therapy. After treating the exposed nerve we use state-of-the-art bonding material to restore your tooth—all in one visit. This is a safe, effective alternative to root canal therapy with a high success rate. Using state-of-the-art technology and procedures a safe, precise and effective result can be achieved. According to Dr. George Bogen endodontist, “vital pulp therapy has emerged as a predictable treatment option.”

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**Craig Lares**  
President  
Lares Lasers  
“A laser removes less healthy tissue than traditional techniques. Patients are thrilled with shot-free dentistry. It’s a fact that the Erbium Laser raises temperature less than a drill. This means less damage to the nerve—with less of a risk of root canal. Precision is what makes lasers different.”

**Dr. Sam Masyr**  
Endodontist/Root Canal Specialist  
“Why would a root canal specialist tell you how to avoid root canal? Just kidding. I would encourage patients to go for regular checkups. A great percentage of root canal is caused by active decay. For dentists: every time we treat a tooth it irritates the nerve and uses up some of the healing capacity. We have no way of knowing how much it can handle. Therefore, the right restoration reduces the need for repeated assault to the nerve. I like gold;...
FOCUS ON

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Why Use a Laser for Exposed Nerves?

The key to success is creating a contamination-free environment inside the affected tooth. When a tooth has had deep decay or has been fractured, the nerve inside will usually bleed. Applying sound principles developed in over 60 years of neuro-surgery we are able to control bleeding without strong chemicals using a dental laser and disinfecting the exposed nerve and tooth with ozone.

**How long has this procedure been done?**

Dentists have use pulp treatment for almost 100 years with unpredictable success. With the new technology and the right medications that promote nerve healing we finally have a predictable procedure. I have been using this technique for over eight years with excellent success. Lasers have been used in neurosurgery for years with extensive medical research to back it up.

**Ozone - Healing the Damaged Nerve**

After the bleeding is controlled, the exposed nerve area is sterilized using ozone gas made from pure medical-grade oxygen. Liquid disinfection lacks the penetrating qualities of ozone. Ozone mimics a naturally occurring process in the human body. White blood cells fight bacteria by entering the bacteria creating an oxidative burst that punctures the bacterial cell wall and cripples the harmful organisms. Ozone does the same.

As more ozone attacks the bacteria, thousands of holes are created in the cell wall. Within seconds the bacterial cell wall can no longer hold its shape. It collapses and the damaging cell dies. By saturating the tooth nerve, the ozone penetrates into the micropores and safely kills virtually all harmful bacteria. Ozone is considered by medical professionals to be one of the safest therapies. Ozone disinfects 3,000 times better than chlorine bleach and other disinfecting chemicals with virtually no side-effects. Ozone is so safe it has been approved by the FDA for the sanitization of meats, poultry, fruits and vegetables.

Traditional root canal can always be done in the future if necessary. In those situations in which the infection has already spread into the deeper nerve tissue of the tooth, conventional root canal can be done if this procedure is not effective.

I have full cast gold in my mouth for over 30 years—it is the strongest and the “gold standard.”

Know your patient. If someone has had radiation or chemo they probably have decreased saliva, are more prone to cavities and would benefit from fluoride trays. Know who is prone to cavities, who clenches and grinds their teeth. Take it all into consideration.

www.AvoidRootCanal.org is a website that I launched to connect patients and dentists with state-of-the-art information from experts in dentistry. There are links for people living outside of the New York City area to help them find a dentist that has been trained using ozone, lasers, and biomimetic dentistry. The American Association of Oral and Maxillofacial surgeons report some startling facts. Statistics show that 69% of adults ages 35 to 44 have lost at least one permanent tooth due to an accident, gum disease, a failed root canal or tooth decay. Furthermore, by age 74, 26% of adults have lost all of their permanent teeth. I’ve laid out all the resources, all the facts, and all the insider news, because I want patients and dentists to have the full benefit of what today’s technology has to offer. This website empowers you with the knowledge to help the people you love most.

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CEREC One - Visit Treatment

We can treat the damaged nerve and build up the tooth using a bonded filling. CEREC one visit crowns and inlays are stronger and still very conservative. The inside of the tooth can be sealed and bonding material can be used to build up the lost or decayed tooth structure to get you comfortable and chewing again.

Can this be done if the tooth is already abscessed? No. An abscessed tooth needs a root canal. The key to success with vital pulp therapy is that the tooth needs to be healthy enough to heal. Which means the nerve cannot have an abscess or any evidence of deeper infection.

How successful is vital pulp therapy? We have over 80% success with teeth we would have recommended a root canal for in the past. Our patients are very appreciative and it’s very satisfying knowing that we can help people save their teeth, easily and comfortably while saving money.

Advanced Training

In all my years of taking courses in dentistry, there are a few courses that have had a profound impact on the way I do dentistry today. It all started with a course given by Dr. Gus Livaditis on vital pulp therapy—a course that taught me how to avoid root canals in over 80% of the teeth that would normally require root canal.

Dr. Ron Kaminer, a trainer for Lares Lasers, taught me that I really could use lasers to treat cavities without a shot and without a drill.

Due to the way lasers disinfect the cavity, patients save more of their precious tooth structure. Dr. Julian Holmes, of South Africa taught me how to use oxygen-ozone to eliminate the bacteria in deep cavities. More recently I updated my oxygen-ozone training by attending a two day course given by Drs. Phil Mollica and Dr. Robert E. Harris. Dr. Mark Morin taught me how to avoid crowns and make CEREC one visits inlays. And finally, Dr. David Alleman’s course on biomimetic dentistry helped me put all the pieces together and save my patients’ teeth, save them money and save them aggravation.

Patients Speak

Dr. Doueck is an expert at his work. The results of his work are satisfying, lasting and really improved the quality of my life. All this in a friendly state-of-the-art environment, with a staff that is friendly and helpful—they genuinely smile at you.

Danny Levy

I had three deep cavities filled. The doctor cared about my comfort using a new procedure. My tooth was numb but not my lip or my tongue. The office is extremely nice and helpful. Going to the dentist has never been such a pleasure. Julie and Hanna help and accommodate all their patients.

Jimmy Mishan

I had a big cavity that was close to the nerve Dr. Doueck fixed it, and as always it did not hurt when he drilled and I was saved from a root canal. The tooth is fine thanks to Dr. Doueck.

Frieda Lubin

I was in pain from my tooth and thought for sure that I needed a root canal. I was scared. I knew Dr. Doueck could help me. He told me he would do a vital pulp therapy. I was so happy that I did not need to see a root canal specialist. I had it all done in one visit and I feel great now. Thank you, Dr. Doueck, you saved my tooth.

Mira Bawabeh

I went to Dr. Doueck in pain. I thought it was a wisdom tooth, but it turned out to be a huge cavity. Dr. Doueck did a vital pulp
therapy to try and prevent me from needing a root canal. Dr. Doueck was excellent; I didn't feel any pain and to this day I still feel amazing.

_Eva Khafif_

Dr. Doueck caught my cavity in time before I needed a root canal. He saved me from a lot of pain and saved me money. The wholevital pulp therapy process was comfortable. Thank you, Dr. Doueck

_Rochelle Salem_

I was feeling sensitivity when an x-ray showed a deep old filling needed to be replaced. Dr. Doueck used ozone during the filling to eliminate the bacteria in the process. He was hopeful that this would avoid the need for a root canal, even though the nerve was exposed when the filling was replaced. Sure enough, the technique worked and I did not need a root canal.

_Michael Cohen_

I've always been afraid of going to the dentist—until now that is. I had a toothache that turned out to be a large cavity that was close to the nerve, and my wife suggested that I go to Dr. Doueck.

Dr. Doueck saved the tooth from a root canal and best of all it was virtually painless.

_Alan Sassoon_

This procedure was virtually painless and I have had no problems since. I was relieved that I didn't have to go through the pain and cost of a root canal.

_Moshe (Richard) Zwolinski, LMHC, CASAC_