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St. Apollonia Day...

CURRENT RESIDENT OR

Coming February 9th!

Just when you thought the holiday rush was over... here comes St. Apollonia Day, the Patron Saint of the Toothache. You could say it's a holiday with a real bite to it!

TOOTH OR CONSEQUENCES

REGULAR

Check-Ups

1ST QUARTER / 2005

Office Hours

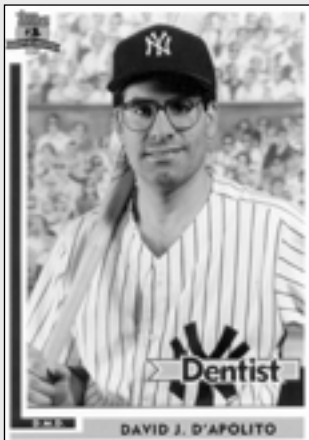
Monday 9:00 am - 9:00 pm
Tuesday 9:00 am - 6:00 pm
Wednesday 8:00 am - 5:00 pm
Thursday 1:00 pm - 8:00 pm
Friday 8:00 am - 12:00 noon

Telephone

732-750-8947

Website

www.drdapolito.com



We look forward to your visits. We enjoy catching up with friends—while providing the ounce of prevention that can stave off future dental complications.

We'll check for tooth decay, and—just as important—for early signs of gum disease. Researchers have observed an emerging relationship between inflamed gums and other serious problems, like heart disease and low birth-weight babies. And smokers are at an even higher risk.

And during your office visit, we can satisfy our curiosity about the status of your health. When we ask about the medications you're taking or if there's a change in your diet or your life, it isn't our nosiness taking over. This vital medical information helps us protect you and personalize your dental care.

As you can see, your office visit is much, much more than a check-up. We're partners in your health, and we're always here to help. □

A new report from the Surgeon General Vice Admiral, Richard Carmona, MD, concludes "evidence is sufficient to infer a relationship between smoking and periodontal disease."

Dr. David J. D'Apolito



How Do You Know...



...if you're showing signs of aging?

Shortened teeth are a sure sign; lengthening them makes people look younger. We have methods to build up shortened or chipped teeth.

...if you have periodontal disease?

Periodontal, or gum, disease are rarely noticed in early stages. Only by dental exam do you know for sure. However, there are some telltale symptoms: bleeding gums, bad breath, loose teeth, or gums that are shrinking away from the teeth.

...if dentures need relining?

Maximum denture life is 6-8 years. Reshaping the denture base with a reline is necessary for ideal fit.

What Would You Do



If It Were You?

Every day, patients ask me about their dental care. Should I have a crown or a filling? A root canal, or an extraction? Fix a “baby tooth” or just remove it? Veneers—are they a good idea? Is bleaching safe for my daughter’s teeth?

Often the final question I’m asked is, “What would you do if it were you, Doctor?”

My answer is always the same. What I recommend is what I would if you were my mother, my father, my son, my sister—anyone in my family.

If you could look over my shoulder when I work, you’d see I use the same care, materials, and techniques on patients that I use on my own family members. It has always been this way—and always will be.

Alternatives in PAIN MANAGEMENT

Fully one third of all Americans suffer some form of chronic pain. Until recently, physicians considered pain to be just a problem—a demon to be tolerated.

Time and research are changing all this. We’ve gone from thinking of pain as a symptom, according to Dr. Richard Payne, Director of the Duke University Institute of Care at the end of life, to viewing it as a disease disruptive to life.

The best news is: Drugs aren’t the only remedy for severe pain. Among the alternatives:

Acupuncture—

Needles inserted just under the skin are a standard form of Chinese therapy in treatment of arthritic, low-back, and cancer pain.



Hydrotherapy—

Water is applied therapeutically to the body via shower, compress, or sauna: stimulates blood circulation and rids toxins believed to be the cause of joint pain.



Tai Chi—

A sequence of slow movements coordinated with deep breathing and mental focus: increases muscle strength while reducing arthritic pain and promoting cardiovascular health.



Yoga—

These stretching and holding exercises build strength and stabilize joints, often a source of recurring pain. The practice also calms and balances the mind.



Massage

Therapy—

A proven way to relieve muscle strain pain, common arthritis, and fibromyalgia.



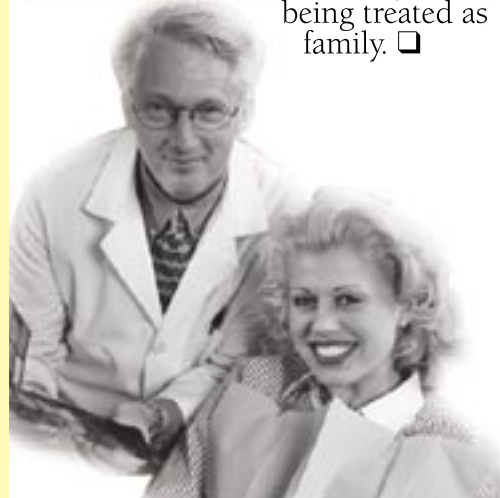
CHRONIC PAIN — What is it?

It’s pain that keeps on well after your body has healed from illness or injury. It can range from mere annoyance to severe pain that can interfere with the way you live your life.

We don’t know all the causes of chronic pain. However, we’ve seen it often develop after a major injury or illness. It’s common in older adults who suffer from ongoing medical conditions like arthritis. It’s also possible certain brain chemicals made to suppress pain aren’t working the way they should. □

We have new materials and techniques that allow us to treat your teeth much more conservatively than ever before. And as I make recommendations for your oral health, know that you are

being treated as family. □





Technology, Adaptation, and Your Bo

Take Charge of Change

Everything changes.
Not everything
changes at the
same pace.

Technology changes what we do to our teeth, both good and bad. Nature works more slowly to adapt our teeth and their environment to the changes technology has brought.

ADVERSE ADVANCES

Blame technology for all the new ways we can damage our mouths. Fire was just the beginning. Cooking our food made it so much more palatable that raw food has settled into a minor role on most menus. It's the chunky raw food, however, that exercises our jaws and keeps them from slacking. Raw fruits and vegetables also help clean the gums, helping to ward off periodontal disease. Meat, on the other hand, is generally safer cooked than raw. Now that we no longer need our wisdom teeth for tearing apart raw tenderloin, we're starting to see them dwindle and some babies are even born without them.

Having begun processing our food, soon we were refining flour and sugar, stripping away vitamins, minerals and fiber, replacing natural nutrition with artificial color, flavor and preservatives. Because it tasted good, we added

sugar—in one form or another—to just about everything.

PRAISEWORTHY PROGRESS

The evolution of edibles has not been entirely evil. Rapid refrigerated transportation has made a variety of formerly seasonal fresh fruits and vegetables available year round.

Fluoride, whether administered via toothpaste, drinking water or here in our office, has dramatically reduced the rate of tooth decay. Thank technology, too, for improvements in dental care. Most dental procedures are now virtually painless. New tools enable us to detect problems sooner and treat them more effectively. We've even been able to bring cosmetic improvements within the range of most family budgets.

Some lucky people are born with everything in the proper place, with the proper size for the proper space.

Good for them. But since we are products of where men and women freely choose their offspring with characteristics from both sides, we wrestle with such results as Dad's large teeth and Mom's narrow face. A narrow face has less room, so we do what we can, any way they can, resulting in crooked smiles and overbites.

We can't turn back the hands of time. What do we do? We cherish our remote controls and our fast-food restaurants as we cherish our freedoms and our science. You can have the best of both worlds, taking advantage of the science that improves your looks and health without returning to some of the early practices that our ancestors used. Like an apple a day. □

If I had my pick of all the teeth in the world, I would still pick my own. Some anthropologists believe that toothpick use might be the oldest human custom yet recorded. Those first toothpicks were made of grass. Wood came later, with varied colors and shapes. Better yet, now there's floss. Make it your friend.

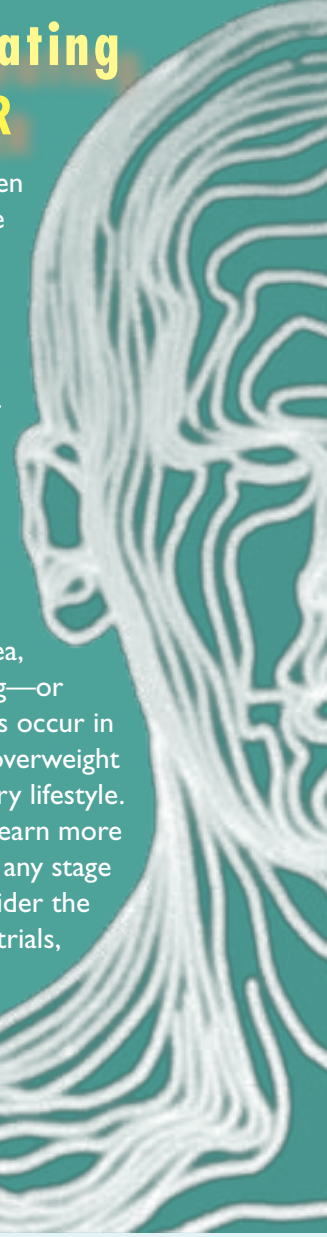
Your Mouth
and the
NEWS



Babylonians used chewing sticks 6000 years ago. The Greeks and Romans carried on the tradition. Chewing sticks evolved to the size of modern pencils, one end for brushing, the other for picking the teeth. Fragrant wood freshened the breath, imparting the same clean feeling you get after brushing. The Chinese invented the first actual toothbrush, made by attaching the neck hairs of a Siberian boar to a bamboo or bone handle. Boar's hair eventually gave way to horse hair, which was softer and easier to procure. Still, boars were shipped all over the world for toothbrushes right up until nylon was invented in 1938. Mass production of toothbrushes began in 1885. Electric toothbrushes were developed in Switzerland in 1939, hitting the U.S. markets 20 years later. Today's toothbrush choices can be bewildering. We can help you choose the right one for you. □

New Hope in Treating PANCREATIC CANCER

Pancreatic cancer has always been particularly difficult to diagnose and treat. The pancreas is a little pear-shaped gland located behind the stomach and in front of the spine. It produces enzymes, which allow food to be digested. The highest cure rates come when the tumor is still localized in the gland. Unfortunately, this accounts for less than 20% of all cases of pancreatic cancer. It's tough to diagnose, because symptoms (abdominal pain, nausea, jaundice) may seem misleading—or missing entirely. Most cases occur in patients over 60, smokers, the overweight and those with a sedentary lifestyle. Still, there is hope as researchers learn more about the process. Patients with any stage of pancreatic cancer should consider the possibility of participating in clinical trials, since response to conventional cancer treatments (chemotherapy, radiation) is often poor. □



Thank You for Your Referrals

—they're the heart of our practice!

Managing Diabetes? Dentists can Help!

Dental professionals can play a key role in helping patients manage diabetes, according to a new publication from the National Diabetes Education Program (NDEP). Aimed at healthcare professionals, "Working Together To Manage Diabetes" promotes a team approach on the part of pharmacists, podiatrists, optometrists—and, of course, dentists. Currently some 18 million Americans suffer from diabetes, the majority with type two or adult onset diabetes.

—Dentistry Today

Eat Your Veggies—by Color Code!

- **GREEN:** avocados, asparagus, apples, broccoli, peas—help improve vision and build strong bones. And teeth!
- **WHITE:** bananas, cauliflower, garlic, mushrooms, onions—help maintain a healthy heart and good cholesterol levels.
- **YELLOW:** grapefruit, lemon—make for good vision and a robust immune system.
- **RED:** tomatoes, strawberries, cranberries, radishes, red onions—help maintain a healthy heart, memory function and urinary tract health.



—The Scotsman

Where's the Nutrition?

Nutrition, *power* or *sports* bars are all the rage. How can you be sure what you're putting in your mouth is any more nutritional than your basic Baby Ruth bar? Read the wrapper for:

- Protein! 4 to 1 carb/protein ratio is ideal.
- Fiber! At the same time avoid bars with hydrogenated or partially hydrogenated oils.
- 25 percent—a quarter—of the suggested daily values of vitamins and minerals. Now that's nutrition.
- Whole grains and sugar alcohols (the "good" carbs)—not high fructose corn syrup or plain sugar.

—www.msn.com

The Toothbrush: Potential Health Hazard?

Every medical device has the potential for injury, and the toothbrush is no exception. In a 12-month study, researchers from the FDA and Consumer Product Safety Commission recorded 2,468 toothbrush mishaps they called "oral accident from using device." Brush too hard or too carelessly and, sure, the potential for injury is out there. But that's only a tiny percentage of the estimated 450,000+ accidents cited, mostly from wheelchairs, crutches, canes, and walkers.

—Dentistry Today