



# “Tooth or Consequences”<sup>TM</sup> with Dr. D’Apolito

Produced to improve your dental health and awareness

Winter 2007/2008



**from the dentist**

## Perfect Timing

### *Ensuring your health*

We hope that all our patients and their families have a fun and frivolity-filled holiday season – and that everyone greets the New Year safe and sound!

And we’d also like to give you a little advice: the new year marks the beginning of many of our patients’ dental insurance year, when your fund is replenished and full, which means it’s the perfect time to make certain you’re completely up to date with all your oral health needs. We certainly hope you haven’t postponed any regular checkups, but if you have, please contact us today so we can perform your regular examination and teeth cleaning. This would also be an ideal time to consider an in-house whitening or cosmetic procedure to greet spring and summer in style!

We look forward to seeing your smile!

*Yours in good dental health,*

*Dr. David J. D’Apolito*

## New Year’s Resolutions

### How about a new smile for the New Year?

The start of a new year is always buzzing with promises to make positive changes and pledges to drop bad habits. Weight loss, quitting smoking, exercise, and better eating – these are often among the top New Year’s resolutions. We’d like to suggest a resolution that’s guaranteed to put a smile on your face. Paying attention to how and what you eat, proper brushing, and taking advantage of cosmetic dental services are all ways to give yourself a brighter, whiter, and happier smile.

A healthy attractive smile can do as much for your sense of self-esteem as any resolution. The best part is that you don’t have to do it all by yourself. We can show you how to eat and brush better by choosing healthy foods and using fluoride and soft bristles. Talk to us about it at your next appointment, or if you prefer, call us to set up something sooner.

We can also introduce you to some of the cosmetic dental services that can whiten dull teeth, fix gaps, chips, and crooked teeth, and give you the smile you’ve always dreamed of. Resolving to improve your teeth is a lot easier than many resolutions, and the benefits will give you a reason to smile and feel good for years to come.



*Wishing you  
and your family  
the Very Best  
during this  
Holiday Season!*

*~ Dr. David J. D’Apolito*

**Thank you for all your referrals. We appreciate them!**

# 9

## Risk Factors

Could *you* lose teeth to gum disease?

Periodontal disease is the leading cause of tooth loss and it has been linked to systemic diseases as well as toxemia and premature births. Gum disease develops gradually over time

if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria. If you or someone you love fits any of these nine risk

indicators identified by dental experts, you or your loved one could be susceptible to gum disease and the tooth loss associated with it.

**1**  
Are you older than 35?

**2**  
Are you male?

**3**  
Have you never received – or avoided – dental care?



**4**  
Have you never – or only irregularly – used dental floss?

**5**  
Do you smoke? Have you ever?



**6**  
Do you have diabetes?

**7**  
Do you have high blood pressure?

**8**  
Do you have rheumatoid arthritis?

**9**  
Do you have gum disease around your front teeth?



These findings make perfect sense. We know that gum disease occurs when oral hygiene is neglected. We also know that men tend to be less conscientious about oral health care.

Gum disease has been linked in studies with diabetes, cardiovascular diseases, and arthritis. But if you don't fit these categories, don't be smug. No one is immune! In fact, teenagers can get

periodontal disease and virtually all adults will have some aspect of it at some point. What can you do? *A lot!* Brush, floss, and rinse, and maintain your regular dental visits!

## flossing

### Eschew This

#### Ask us how!

Which of these tools would be part of your "top ten" to use when dental floss just isn't handy?

- (1) screwdriver (2) earring (3) needle (4) key
- (5) paper clip (6) matchstick (7) nail file
- (8) pencil (9) card (10) none of the above

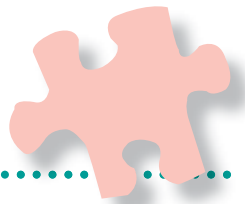
We hope you picked (10) *none of the above!* Believe it or not, over 60% of participants in one survey admitted to using at least one of these potentially gum-damaging methods to remove food from between their teeth. Another 23% just left the food there – increasing the risk of disease and bad breath!

Flossing once a day is essential to oral health, removing food and plaque buildup from between your teeth.

Ask us about flossing instructions and safe flossing alternatives.



# Is Something Missing?



**Crowns & bridges can bring back your beautiful smile!**

A lot of life can happen to a person over the years, and some of it can definitely show up in your smile. Teeth can weaken due to cavities, root canal treatment, and unexpected trauma like a sports injury or accident, and even restorations can deteriorate or detract from your smile. The great news is that today's *crowns* and *bridges* can be very effective methods to prevent the shifting of teeth, bite problems, and altered appearance that accompanies damaged or missing teeth. Here's a rundown on crowns and bridges.

● A **crown** is a strong replica of a normal tooth, and it can be made of gold or other metals but is usually made from materials that look like your natural tooth enamel. It can be used to cover, strengthen, and

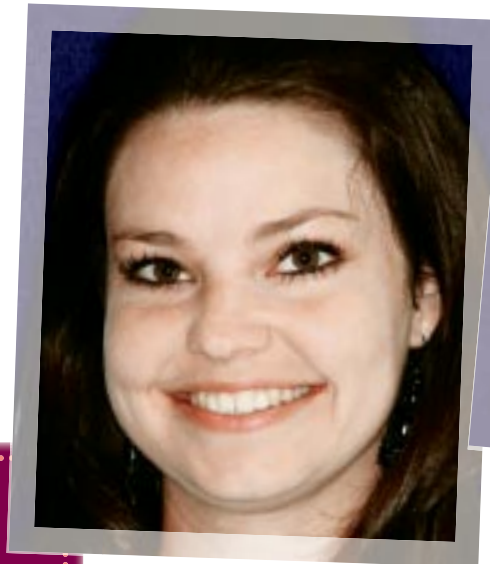
protect a damaged tooth.

● To fill in gaps, crowns are combined with an appliance called a **bridge**. Crowns are placed on the teeth on either side of the space and artificial teeth are attached to them, bridging the gap. They look and feel like your own teeth, and no one would know there were ever any teeth missing. A stable, fixed bridge

has no clasps that show, and is usually preferred to a removable bridge.

Whether your teeth are damaged or missing, crowns and bridges are accessible and attractive in a range of materials to suit your smile needs.

*New crown & bridge technology plus veneers brightens old restorations for a perfect smile.*



## It Could Be Related!

### Dental origins

Millions of people suffer from discomfort that only *seems* unrelated to dentistry. Do you have any of these symptoms? Tender jaw muscles... restricted jaw opening ... clicking or grinding jaw joints ... earaches... facial or head pain? Call us. Dental intervention may help.

**Here are some discomforts that may be dental in origin...**

- **Temporomandibular Disorder (TMD)** can create head, jaw, and ear pain when the jaw joints located just in front of your ears become misaligned or traumatized, or when surrounding muscles become strained.
- **Chronic Heavy Snoring** can interrupt breathing and usually occurs when your lower jaw and tongue drop back during sleep.
- **Headaches** can be related to TMD, interrupted nighttime breathing, and nighttime tooth grinding.

## Don't Hold Your Breath!

### Dine with friends

A yellow, sulphurish-smelling stain which has survived on an arctic glacier has been linked to extraterrestrial life. You've probably felt a little alien yourself if you've experienced yellow stained teeth or bad breath from volatile sulphur compounds (VSCs) in your mouth. We can help with oral hygiene but you're on your own with what you eat!

Volatile sulphur compounds are infamously present in some popular foods like onions and garlic. Both foods are low in calories and fat and have no cholesterol, but contain fiber, vitamins,



minerals, and antioxidants. Many people simply can't do without their intense and wonderful flavors.

### What can you do about garlic or onion breath?

- Feed them to other people so no one will notice?
- Eat a bouquet of parsley?
- Your best bet is to brush, floss, and rinse!

# Oral Health Matters

## Linking periodontal and heart disease

Proper periodontal care may lead to an overall improvement in blood vessel function. In March of 2007, the *New England Journal of Medicine* published the results of a clinical trial showing that when severe periodontal disease is treated, a vast improvement has been noted in the arterial function after an average of six months.

Studies have yet to conclude the reasoning behind this outcome. Though it seems to be the first time an actual link between the two has been brought to light, it is how maintaining this particular form of oral care can result

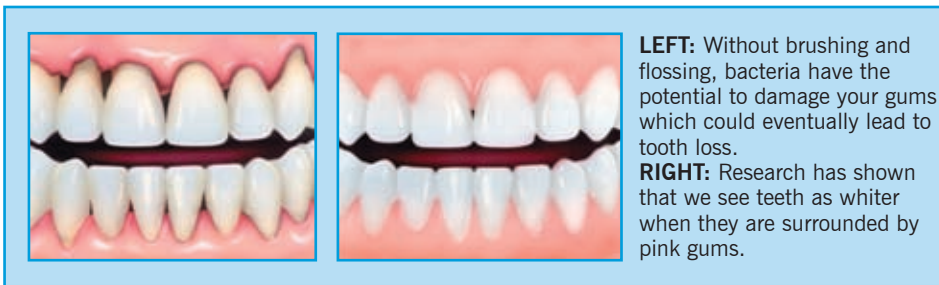
in the *lessening of heart attacks and strokes* that are of great interest. Explanations behind this vary between how the inflammation, though beginning in the mouth, causes inflammation throughout the body affecting the vascular walls, or how bacteria can spread through by the body via the bloodstream.

**To protect yourself from periodontal disease you should be cautious if you:**



- have bleeding gums, even if it is from flossing;
- use tobacco products;
- find your gums receding;
- are pregnant;
- or have had teeth extracted.

If you exhibit one or more of these symptoms, you should contact a dental care professional. Heart disease affects us all, but it has established itself as the leading cause of death in women. Please inform those you care about.



## office information

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### Office Hours

Monday 8:00 am – 8:00 pm  
Tuesday 8:00 am – 5:00 pm  
Wednesday 8:00 am – 5:00 pm  
Thursday 8:00 am – 4:00 pm  
Friday 8:00 am – 12:00 pm

\* Hours by appointment

### Contact Information

Office (732) 750-8947  
Web site [www.drdapolito.com](http://www.drdapolito.com)

*Communication is important  
to us – don't be  
afraid to ask questions!*

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## Fight That Cold

### With a new brush

We recommend our patients change their toothbrushes every three months, with the seasons, and even sooner if you've recently had an infection such as sinusitis, pneumonia, or upset stomach. A study demonstrated that these bacteria can stay on the toothbrush, and remain there for up to a month! Make sure to buy a soft-bristled replacement toothbrush with round-ended bristles which are easier on your enamel and gums. Hard, worn, or frayed bristles can actually damage your gum tissue. Powered toothbrushes are more effective at removing plaque, and are ideal for people with arthritis or other health conditions.

We already know that regularly replacing your toothbrush is good for the health of your teeth and gums - fighting infection is just one more reason to invest in a new toothbrush!

## Your Referrals...

### Get special care

Huge international corporations and advertising agencies would give just about anything to get something we have that they don't. We're privileged to have your loyalty and your referrals.

Maybe you'll be surprised to know that we get most of our new patients from our existing patients, like you. This is much more valued than any marketing campaign as it's clear that your testimonial speaks volumes beyond any advertising slogan. It's simple really... Because your referrals know you, they trust you. And that means they'll trust us.

We want you to know that we are committed to upholding your trust by providing your referrals with the special care you intend for them.

We welcome your referrals, and we're very proud of them.