



“Tooth or Consequences”TM

with Dr. D’Apolito

Produced to improve your dental health and awareness

Fall 2006



fromthedentist

Get Started Today Look & feel great!

If you are considering or planning cosmetic or restorative treatment, right now is the best time to get started. The first step, your consultation appointment, involves making an assessment and discussing your treatment options. Sometimes we need to create x-rays or photos for you and a diagnostic wax-up or temporary restoration.

We usually have a lot more flexibility around scheduling at this time of year – especially important when multiple appointments are required and/or when we need turnaround time for approvals from your insurer.

There is no one-procedure-fits-all recipe that we can provide, except to say that we can produce wonderful benefits for your oral health and for your appearance.

Yours in good dental health,

Dr. David J. D’Apolito

Time To Give Thanks

To our valuable patients

This time of the year is full of hustle and bustle for just about everybody. With work and school in high gear, it’s hard to find time to do anything but try to keep up. Even the dental office is working overtime to meet the latest advances in dental treatment and the increased needs of our patients in this busy time of the year.

No matter how busy we are, there’s always time for the people who mean the most. In a dental practice, it’s the patients who are number one. That’s why in the spirit of the Thanksgiving season, we would like to take some time out to tip our hats and simply say thank you.

You may not think much of it, but your ongoing loyalty, cancellation notification, referrals and each and every kept appointment go a long



way toward making this practice run smoothly and efficiently. That makes the dental office a more comfortable and rewarding place for everyone.

These are exciting times for dentistry. You’ll read about some of the latest developments and treatments in the pages of this newsletter. If anything catches your eye, or if it’s time for a checkup, just give us a call ... we’d really like to say *thank you* in person.

Smile Facts: Did You Know...

■ Three quarters of adults believe that an unattractive smile can hurt a person’s chances for career success.

■ Many adults are unaware that they are still candidates for braces and an improved smile at almost any age!

■ More than 92% of adults agree that an attractive smile is an important social asset, and it also encourages a smile in return.

■ From the distance of a football field, the only facial characteristic we can notice is a person’s smile.

We are smile experts, and we’re enthusiastic about helping to make your smile sensational!

Thank you for all your referrals. We appreciate them!



Access This Now!

A factory already exists that can mass-produce cells of a donor so that they can be transplanted to repair bone and gum tissue as well as erase wrinkles and other effects of ageing. Even so, it will be some time before this technology will be readily available to everyone. You can access – right now – modern cosmetic dental techniques that can prevent and plump out the wrinkles and lines that can prematurely age you. With crown and bridge restorations that replace teeth and preserve bone ... you will look great!

A crown protects and strengthens a tooth by covering it and improves its appearance by restoring its form and dimension. A bridge secures the crown to adjoining teeth. Crown and bridge treatment is recommended for teeth that...

- are broken or cracked, or are structurally weakened by large fillings;
- have been weakened by root canal therapy;
- are misshapen and discolored.

In addition to looking naturally beautiful, there is another terrific benefit to a crown and bridge restoration. Thanks to their strength and durability, you may avoid more complex and expensive treatments later!



Let Your String Sing!

What's the first thing you search for when you get a piece of spinach caught in your teeth? Dental floss – naturally! It may surprise you to learn that food removal isn't the only reason you need to floss. It's to remove the bacterial plaque that builds up on your teeth. Even if you were fasting, you'd still need to brush and floss!

In fact, if you're not flossing, you're missing about 35% of tooth surfaces that brushing alone can't reach. And if you have a dental restoration like a crown and bridge, flossing will let you pay special attention to the gumline.

There are many flossing products designed for individual needs and preferences.

Ask us – we'll be happy to give you advice!

The Price Of Excess

Erosion of dental enamel is caused by a chemical process involving acids and not by the bacteria that cause cavities nor by clenching or grinding your teeth. Sometimes it is caused by foods; sometimes by acid reflux (from your stomach) which is commonly caused by excess consumption of acidic foods and beverages.

Saliva can naturally restore a temporary acid imbalance ... but it can't challenge constant assault.



The Academy of General Dentistry has identified acids in these common foods...

- Soft drinks – phosphoric acid
- Fruit and fruit products – citric and malic acids
- Fermented products (yogurt) – lactic acid
- Grapes and wines – tartaric acid

And recommends that after eating or drinking, you...

- Brush using a fluoride toothpaste
- Rinse with water for 30 seconds
- Chew sugar-free gum to stimulate saliva flow

NO PAIN DOESN'T MEAN NO PROBLEM!

If you are tempted to skip appointments because you don't feel pain and can't see anything wrong, think again. What you can't see or feel can cause the most trouble! These dental problems can be treated, and often reversed, if spotted early.

Here's What We See That You Can't

- A dental examination can detect deterioration in fillings, crowns, and restorations.
- We may spot root cavities (decay on the roots of your teeth) which are exposed by receding gums.
- Close inspection can reveal periodontal pockets caused by gum disease, and we may even identify the early warning signs of oral cancer.
- We may find new decay under the gumline or hidden under existing fillings – two places you just can't see!
- Your teeth may have hairline fractures or signs of enamel erosion.
- We can diagnose an impacted wisdom tooth that is ready to make its presence known ... although you may not feel it yet.
- The onset of gum disease, called *gingivitis* in its early phase, often goes undetected by patients. We can check for any tell-tale signs so that you can take action to prevent its progression toward periodontitis.

Gambling With Your Oral Health?

Gum disease is the leading cause of tooth loss

In addition to breaking down the connective tissues that support your teeth, the bacteria responsible for gum disease can actually destroy the underlying jawbone. For many people it comes as quite a shock to learn that insufficient bone can limit their restorative options. Over time, bone loss also alters bite which can affect ability to chew and speak ... and cause a "collapsed" facial appearance. You've probably seen someone who looks like that.

All of this can be prevented by taking care of your oral health with a consistent home care routine and regular office visits. Why is coming to see us regularly so important? Plaque is the bacteria-loaded biofilm that you can feel when you run your tongue across your unbrushed teeth. If not removed, it will calcify into tartar that you cannot get rid of at home. We, on the other

hand, can remove it. We can even reverse gum disease if caught in time!

Periodontal disease affects up to 90% of the population. It doesn't just affect your appearance - it can affect your overall health as it has been

linked to diabetes, premature birth, cardiovascular and kidney diseases, Alzheimer's, and oral cancer. Don't gamble on your luck. Make sure you take as many preventive measures as possible, and keep your appointments!



Hale & Happy Holiday

Ring in the new year happy *and* healthy!

The holiday season is upon us. Gift giving, family reunions, and the renewal of traditions both religious and cultural are all part of this special time.

Oh yes, and let's not forget food! The holidays present a real nutritional and health challenge for all of us, young and old alike. We want to enjoy ourselves, but without damage to our overall health, including our dental health. Here are a few simple tips to help your family ring in the new year happy and healthy.

Make sure nutritious snacks of fresh vegetables and dip are always available along with the traditional holiday sweets. Always give an alternative for those who want a little break from the richness of holiday foods. So many fruits are available from all over the world that a colorful and nutritious fruit assortment is easy to put together and can be a welcome alternative.

Another wonderful, but overlooked health food is cold, fresh water. Keeping your body well hydrated will really help digestion and recovery from long, calorie-rich meals.

Regular exercise should be a part of the holidays. And ensure that you pay special attention to your home dental care. Your teeth will need to be cleaned and flossed more often than usual, and your children will probably need more supervision and reminders.

So have a wonderful holiday – but give your health a little helping hand.



office information

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Dr. David J. D'Apolito

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Office Hours

Monday	9:00 am	–	9:00 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

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

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Early Intervention

The best prevention

The most common oral disease is dental caries (decay) – a progressive disease that destroys teeth. Oral bacteria, which feed on sugars left in our mouths after eating, produces the acids which demineralize tooth enamel. This progress may be fast – over a few months – or slow – over a few years, and the speed depends on...

- the amount of acid-causing sugar and starches in your diet;
- the composition of your saliva and its ability to buffer these acids;
- the effectiveness of your oral hygiene habits to remove bacterial plaque.

In the early pain-free stages, you may not know you have a cavity, so let us help you curtail extensive, painful tooth decay and trauma with preventive care and early intervention. Please ensure you and your family keep regular recare appointments!

Referrals Do Us Proud

...Every time!

We take great pride in a team that always offers friendly, family-style dentistry. We try always to build on the excellent rapport we develop with you. We are committed to continuing education courses to learn the latest techniques ... but we know that spending time with each of you is the best way to ensure that you are receiving the meticulous care you deserve.

After all, we are *your* dental office and *your* dentist! And you should feel free to share us with your family and friends. We take your referrals as a great compliment and an affirmation that you feel secure and comfortable with our team. We also know this means you've entrusted us with the care of family, friends, and colleagues.

Thank you for your trust!