



Dental Health News®

Compliments of Joseph A. DeLapa, D.D.S.

News From the Office of:



Dr. Joseph A. DeLapa

Summer is a great time to play “catch-up”, whether it’s catching up with friends and family, catching up on some overdue vacation time or just catching up with a “to do” list that’s been growing over the year. Is a dental checkup on your list?

If you have some time off, why not set up your dental appointments now?

Through this newsletter, we’d like to provide you with an overview of all the services we offer here at our dental office. If you have any questions or concerns at all about your dental health or cosmetic dentistry options, please be sure to give us a call.

Enjoy the rest of the summer, and we look forward to seeing you soon!

All the best,

Joseph A. DeLapa, D.D.S.

Dr. Joseph A. DeLapa

FIGHT AGING WITH A SMILE!

A recent study conducted in Berlin and referenced by the American Academy of Cosmetic Dentistry highlights an interesting observation: People tend to underestimate someone’s age when he or she is smiling.



While we tend to find smiling faces more attractive, youthful and upbeat, a smile that contains damaged or yellowed teeth can reverse some of those positive impressions. Luckily, turning back the years can be accomplished with something as simple as a visit to the dental office.

Dentists can often estimate a patient’s age by checking the wear patterns of their teeth. Like anything else, teeth get worn down with age, and can crack or chip as people get older. Likewise, the color of teeth also changes as the years go by, due to two main factors: naturally-thinning enamel, and the cumulative effects of staining foods and drinks. Just as white teeth are associated with youth, yellow or dark teeth reflect age.

If you’ve ever admired the consistently attractive appearance of any Hollywood star, chances are they have

beautiful, white teeth. If you’re looking for a whiter, straighter, younger and more beautiful “star” smile, we can help you achieve that, right here in our office.

Why not see the difference for yourself? For just \$60, we will create – through the advances of cosmetic photo technology – a “before and after” simulation of you as you appear today, against how you would appear with cosmetic dentistry enhancements. Take your photo home to review, discuss and decide, in your own time, if teeth whitening, veneers, dental bonding or any of the wide selection of smile improvement options are right for you.

Today’s dentistry can provide impressive results. Why not call today to find out how easy it is to bring a healthy, youthful glow back to your appearance, starting with your smile?

COS

EXPLAIN THE PAIN

Pain is often a difficult thing to clearly communicate to a dentist, as while you know your tooth “hurts”, your dentist can’t feel exactly *how* it hurts, and therefore has to rely on your description of the pain in order to try and figure out the cause.



Here are some of the most common types of dental pain, ways to describe them to the dental staff, and what the symptoms could mean:

“It hurts when I eat or drink something hot or cold.”

This type of sensitivity may be caused by tooth decay (a small cavity), receding gums, worn enamel on a tooth, a cracked tooth or even a dental abscess.

“It hurts when I eat. Sometimes when I bite down, the pain sends me through the roof!”

If it hurts to eat, you’re probably suffering from tooth decay. If you find yourself being jolted out of your chair from time to time upon biting down on some food, chances are you have a crack or fracture in your tooth.

“Boom, boom, boom... my tooth is just throbbing, Doc.”

Intense, throbbing pain can be an indication of an infection or dental abscess. If you’re experiencing this type of pain, and especially if it’s accompanied by a swollen face, you need to seek immediate medical attention. Even if the abscess ruptures, resulting in a significant decrease in pain, it doesn’t mean the problem has solved itself – a follow-up dental examination is still crucial. An abscess that doesn’t fully drain can turn into a serious medical problem by spreading infection to your jaw, neck and head.

“I think my teeth are fine, but my jaw really hurts!”

Jaw pain may be a symptom of impacted wisdom teeth at the back of your mouth, or it could be caused by teeth grinding or TMD – temporomandibular joint disorder.

In some cases a patient’s description of the pain is clear, but the location isn’t. The mouth has an interesting

inclination to trick you into thinking your toothache is in one place, when in fact, the problem is related to a tooth a couple of pearly whites away. This phenomenon is called “referred pain”, and the indication of pain is known to travel up or down on the same side of the jaw, but not across the middle of the mouth from the left side to the right, for example. The only way to isolate which tooth is the real culprit is to undergo a variety of tests at the dental office.

Referred pain in the mouth has also been known to indicate a medical emergency: A heart attack! People with a history of angina and heart problems should be aware that pain in the left side of the mouth could actually be an indication that they’re having a myocardial infarction or heart attack. Pain in the neck or jaw is more often an indicator of a heart attack in women more than men.

Different types of toothache pain may signify other specific health problems. It’s important to discuss any dental discomfort with your dentist, even if it doesn’t appear to be a big problem. It simply makes sense to identify and correct small oral health problems before they turn into big, expensive, and uncomfortable dental issues.





TOOTH OR CONSEQUENCES

Everything we put into our mouths affects our overall health, but there are some eating habits that have the disadvantage of contributing specifically to poor oral health as well.

Eating Disorders: Teenagers and young adults are more prone to suffer from eating disorders such as bulimia nervosa – secret binge eating followed by self-induced vomiting which, because of the high levels of acid in the vomit, can severely erode tooth enamel and cause decay. Sensitive teeth, severe dental erosion and facial pain are therefore common symptoms of patients with anorexia and bulimia.

Constant Eating: People who snack constantly throughout the day are at the other spectrum of the scale, as their increased risk of tooth decay comes from the constant supply of food that feeds the plaque that forms on teeth, producing acids that then attack tooth enamel and contribute to tooth decay.

Alcohol Consumption: Researchers at the University at Buffalo School of Dental Medicine found a direct correlation between the amount of alcohol consumed and the risk of gum disease. Gum disease is the first step to periodontal disease, which can lead to tooth loss. In addition, high alcohol consumption has been linked to an increased risk of oral cancer, especially when combined with tobacco use.

In addition to identifying oral cancer and dental problems linked to known patient habits, sometimes dentists can identify health problems patients have no idea they have, such as diabetes. Because of this, it is vital to maintain a regular schedule of dental visits, for both your oral and overall health.

DO YOU SUFFER FROM TMD?

TMD, or temporomandibular disorders, are problems arising from the temporomandibular joints (TMJ), which connect our jaws to our skulls. To feel them work, place your fingers right in front of your ears and open and close your mouth. These are the joints that allow us to open and close our mouths and move our jaws in order to talk, yawn, chew and swallow.



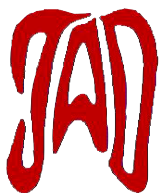
Most people have no reason to think about their TMJ if their joints are functioning smoothly, but for the millions of people throughout North America who suffer from TMD, these joints may be the starting point for a host of medical symptoms.

Indications of TMD can vary from person to person, and may present themselves through any of the following symptoms:

- Headaches and/or dizziness
- Neck pain
- Facial or jaw pain
- Ear pain
- Clicking or popping noise in the jaw
- Difficulty chewing

- Limited mouth opening
- Uncomfortable or changing bite
- Tinnitus (ringing in the ears), or muffled ears
- Clenching or bruxing (teeth grinding), resulting in worn-down teeth

If you are diagnosed with TMD, we can work together to ease the discomfort of your condition by providing you with a variety of stress reducing exercises, muscle relaxants and even a mouth protector to prevent teeth grinding. Give us a call to discuss this complex condition and the steps we can take to help you with it.



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HOW DO I LOOK?

While most people take the time to thoroughly groom themselves in the morning and systematically brush their teeth at night, how much time does the average person actually spend checking out their smile in the mirror? In most cases, other people spend more time observing and noticing your teeth than you do.

Take a minute now to have a close look at your teeth. Ask yourself:

- Are my teeth yellow, dull, dark or stained?
- Are they shaded unevenly?
- Do I have any crowns and/or old dental work that doesn't match my natural teeth anymore?

If you answered "yes" to any of these questions, you should know just how easy it is to solve these very common imperfections, typically with minimum time and effort on your part.

Call us today to find out if tooth whitening, or another dental option, would be right for you!



Joseph A. DeLapa, D.D.S.



Top, Left to Right:
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Office Hours:
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 Wed., Fri.: 10 a.m. - 6 p.m.
 Sat.: 10 a.m. - 5 p.m.

Office Team:

Christine • *Office Manager/Dental Assistant*
 Maureen • *Office Administrator*
 Sophie • *Registered Dental Hygienist*
 Elisa • *Office Administrator*

Our Services Include:

- General Dentistry • Cosmetic Dentistry
- Emergency Dental Care • Oral Surgery
- Bad Breath Advice & Treatment
- Tooth Whitening • Denture Fittings
- Dental Implants • Bonding & Veneers
- Crowns & Bridges • Invisalign® Orthodontics
- BOTOX® Cosmetic • Juvéderm® Injectable Gel

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