



Dental Health News®

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

News From the Office of:



Dr. Joseph A. DeLapa

Welcome to our latest newsletter!

We've tried to include something of interest to all our patients in this issue and want to use this forum to remind you of the many dental options that modern dentistry can offer you, in a comfortable environment, and with beautiful results.

If you have some time off this summer, why not catch up not only on your regular dental appointment, but on finding out about dental improvements (teeth whitening, dental veneers, orthodontics) that you've been meaning to ask us about.

Once you're finished reading this newsletter, please pass it along to your friends and family for their interest. We are currently accepting new patients and welcome calls from your friends and your family members if they need more information on our services.

We look forward to seeing you soon!

All the best,

Joseph A. DeLapa, D.D.S.

Dr. Joseph A. DeLapa

BRING THE SPARKLE BACK TO YOUR SMILE!

As children, we enjoyed bright, white teeth that defined our youthful appearance, but as we got older, our teeth started to lose their luster. Why do teeth change color as we age, and what's the best way to bring brightness and beauty back to our smiles?

Your smile's dazzle can dull over time due to everyday consumption of staining or acidic foods and drinks, tobacco use or certain drugs. Tooth injury or the use of antibiotics in your childhood may also have affected the current color of your teeth. Even thinning enamel due to normal wear can change the shape and shade of teeth. Whatever the cause, you'll be thrilled to know that today's dentistry has easy and effective ways to turn back the clock and bring out the best in your smile!

Here are just some of the smile improvements we'd love to tell you more about:

- In-office and at-home teeth whitening

- Dental veneers
- Dental crowns
- Tooth-colored fillings
- Dental bonding
- Tooth replacement options
- Gum contouring
- Orthodontic options

Remember, a beautiful smile can not only make you more confident in yourself, it can also set in motion more positive social and professional opportunities too.

Do you have a smile concern? Let's talk about your best smile solution! Please call for a no-obligation consultation to discuss the most effective options to bring back your beautiful, youthful smile!

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REPLACE THE “ACKKK” WITH “AHHH”!

Your gag reflex is nature’s way of protecting you from choking on objects by preventing them from getting to the back of your throat, with the exception of the normal swallowing process. Many people gag or have the feeling of wanting to vomit when they put their fingers too far back in their mouth, while others will experience the same sensation when a dental staff member touches the inside of their mouth with a dental instrument. Sometimes just the thought of a foreign object in the mouth is enough to trigger the fear that a person will be sick. In acute cases, there’s even a term used for the extreme fear of gagging and throwing up: emetophobia.

While some gagging is a natural self-defense mechanism, having a sensitive gag reflex can make going to the dentist uncomfortable. Try some of these suggestions the next time you come in, to see if they reduce your gag reflex:

- Breathe through your nose while we work on your mouth. (Take a nasal decongestant before your appointment to keep the nasal passageways open if necessary).
- Try distraction techniques, from humming to meditating to listening to music on your headphones. Some people find physical distractions work too, like focusing on keeping one foot at a time slightly elevated from the chair.

If your gag reflex is severe, we can discuss topical and local anesthetics, or even sedation options, especially if the necessary dental work is more involved or will take some time.

Overall fear of the dental office or of dental procedures is another reason some people avoid coming in. In many cases, this trepidation stems from accounts of past experiences in dental offices that did not have the equipment and techniques that today’s modern dental practices have.

If you’ve been putting off having a dental procedure done in anticipation of pain or discomfort, you’ll be pleasantly surprised to hear of all the advances in dentistry that now eliminate a lot of the old “painful” stereotypes of the dentist. In your parents’ generation, or even early

in your own, dentistry was a dreaded process — a necessity only when the patient couldn’t bear the pain of a tooth crisis. A dentist’s job was to pull teeth, fill cavities and patch up dental problems, often when they were at an advanced stage.

Today’s patients recognize the importance of regular continuing-care dental visits to avoid potential problems before they begin. Even if you know there are existing dental issues that need to be addressed, there are new medications, sedation techniques and technological advances to resolve problems faster, more efficiently and with little to no discomfort.

The most important first step, however, is to discuss any fears and concerns with us. Whether it’s a fear of the dental office with its instruments and smells, or thoughts of “painful” procedures, or a concern about your sensitive gag reflex, it’s always better to talk to us about it before we begin even a preliminary examination of your mouth.

Please don’t let your fears hold you back. Let’s talk about all the ways we can make your dental appointments more comfortable for you.





BEAUTIFUL TEETH START WITH HEALTHY GUMS

Making plans to whiten, straighten or otherwise improve the appearance of your teeth? It's important to ensure your gums are in great shape first!

You may not think you have any problems with your gums, but it's estimated that most people will, at some point in their lives, experience some level of gum disease, even if they are not aware of it.

Here are some influences that can make you susceptible to gum disease:

- Smoking
- Poor oral hygiene
- Hormonal changes (e.g. menopause)
- Diabetes
- Medications that result in dry mouth
- Genetic susceptibility

Gum disease usually develops slowly and without causing any pain, so you may not notice anything until the disease is serious and you are in danger of losing teeth.

Tell us if you're experiencing any of these symptoms of gum disease:

- Persistent bad breath or a chronic bad taste in your mouth
- Red, swollen or tender gums
- Gums that bleed when you brush
- Sensitive teeth resulting in pain when you chew
- Loose teeth
- Teeth that look "longer" than they used to

In many cases, we can reverse the initial signs of gum disease, especially if we catch it early. Simple, yet effective ways to help keep your gums healthy and avoid gum disease include daily brushing and flossing, and regular dental visits for professional attention.

Time to check the health of your smile? Please call for an appointment today!

PROBLEMS EATING? CHEW ON THESE IDEAS!

Chewing problems can be temporary – the result of something you had done at the dental office such as dental surgery or the recent application of braces – or something more long-term that resulted from avoiding the dental office, such as tooth decay, tooth loss, or gum disease.



While you're waiting for your surgery to heal, waiting to get used to your new orthodontic appliance, or waiting to see your dentist to address your dental malady, you'll need to maintain your nutritional intake. Look for soft, nutrient-rich foods to provide you with the vitamins, minerals and nutrients necessary for healing and overall health.

Some soft-food options include:

- Scrambled eggs
- Oatmeal
- Soup with soft vegetables, or puréed or cream soups
- Soft cheeses, including cottage cheese
- Pudding, custard, yogurt, sorbet or frozen yogurt
- Meatloaf
- Shredded chicken and meat
- Chicken or tuna salad

- Tofu
- Mashed potatoes, pasta, polenta
- Soft-cooked rice, couscous, quinoa, bulgur
- Avocado
- Refried beans
- Hummus
- Creamy-style peanut butter
- Soft bread, saltines or matzoh
- Baked apples or applesauce

Before you undergo any kind of dental procedure – even if it's just teeth whitening – make sure you're aware of any pre- or post-appointment eating or drinking considerations. We'll help you plan your menu for your return home to ensure the best results for your smile – and your stomach!

SOME ENLIGHTENING ON WHITENING



SHARE A SMILE WITH FRIENDS AND FAMILY!

Referrals and word-of-mouth recommendations are our number one source of new patients. In fact, one of the best compliments we can receive from our clients is the referral of one of your friends, colleagues or family members, **AND** when you refer a new patient to our office, you will receive a **\$50 credit to your account!**

Our extensive dental training and experience allows us to understand and provide a wide range of smile solutions. We believe in creating the smile our patients are looking for using progressive dental techniques and technology.

In addition, we can provide a variety of expert cosmetic solutions, from simple at-home whitening procedures to attractive veneers to complete smile makeovers. Our goal is to put bright, healthy smiles on our patients' faces!

Thank you for your confidence in our services, and for sending your friends, family and colleagues our way!



Ring in Labor Day with a whiter, brighter smile with Full-Mouth Whitening for only \$450!

*Reg. price: \$600. Offer valid now through Labor Day 2013.

It's easy to see why tooth whitening has become so popular over the past few years, with bright, white, and beautiful smiles becoming synonymous with Hollywood-style youth and glamour. When considering an improvement to your own smile with tooth whitening, however, make sure you have all the facts. Here are some questions commonly asked by our patients:

- Does tooth whitening damage teeth? in somewhat whiter teeth, some of these "one-size-fits-all" products may be too abrasive for your particular situation, resulting in damage with long-term use or misuse.
- Do over-the-counter bleaching products work?
- Will bleaching work for me?

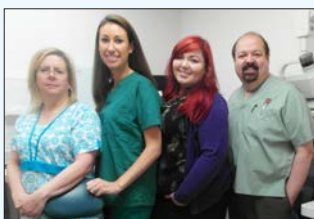
First of all, it's important to know that whitening is not effective in all cases, and in fact is not recommended at all for some people. Don't waste your money up-front without knowing all the facts, such as finding out later that your particular type of tooth discoloration doesn't respond to traditional whitening. Talk to us first.

Secondly, while some over-the-counter bleaching products do result

Finally, the right, professional tooth whitening system, when done properly and supervised by a qualified dental professional, is safe, with no risk of softening, weakening or otherwise damaging teeth.

There's only one place to ensure a safe, effective and professional result for your tooth whitening goals – at your dentist's office. Why jeopardize your beautiful smile anywhere else?

Joseph A. DeLapa, D.D.S.



Left to Right: Chris, Sophie, Elisa & Dr. Joseph DeLapa

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Sat.: 10 a.m. - 5 p.m.

Office Team:

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

Our Services Include:

- Cosmetic & General Dentistry
- Bonding & Veneers • Crowns & Bridges
- Tooth Whitening • Emergency Dental Care
- Root Canals • Oral Surgery • Extractions
- Dental Implants • Complete & Partial Dentures
- Invisalign® & ClearCorrect™ Orthodontics
- Botox® • Juvéderm® Enhancements

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