



News From the Office of:



Dr. Joseph A. DeLapa

Welcome to our latest newsletter, a publication created especially for our valued patients.

We hope that you find the enclosed articles interesting, informative and entertaining. They are meant to provide some insight on common dental matters, and convey information that will encourage good dental habits for you and your family. If you need further details on any of the topics, please do not hesitate to contact us.

Enjoy this newsletter, and feel free to pass it on to a friend or family member who may be interested in reading up on the latest dental health news.

All the best,

Joseph A. DeLapa

Dr. Joseph A. DeLapa

Strengthen Your Smile With Porcelain Inlays and Onlays

We think that a perfect smile should go beyond your front teeth, all the way to the back of your mouth to allow you to smile broadly or laugh out loud without worrying about your unsightly metal fillings or crowns. If you agree, then let us show you how easy it is to replace your existing metal with porcelain inlays and onlays – natural-looking alternatives that are both strong and attractive.

An inlay is similar to a filling in that it lies inside the cusp tips of a tooth. (A cusp is the pointed or rounded projection on the chewing portion of a tooth.) An onlay is like a crown – a bigger filling that covers one or more cusps of a tooth.

Almost any silver or gold filling can be replaced with a beautiful porcelain inlay or onlay. It usually takes two dental visits to complete the change – the first visit to remove the old filling (or remove the decay or re-shape a broken tooth if this is your initial visit for the tooth), take an impression of the tooth and place a temporary sealant or restoration in place. The laboratory then creates your restoration based on the impression taken.

During your second visit we'll remove the temporary measure, check that the color of the inlay or onlay matches the adjacent teeth, check your bite and then bond or cement the new restoration into place.

Not only are porcelain replacements attractive, they can actually increase the strength of a tooth substantially over a metal filling. The reason for this is that inlays and onlays are bonded

directly onto the tooth with special resins, which will allow the restoration to stay in place for many years.

Inlays and onlays are excellent cosmetic alternatives to gold or other metal restorations because they provide practical solutions to your need for fillings or to fix damaged teeth, as well as an attractive visual enhancement over the old metal fillings. Ask us how inlays or onlays can perfect your smile.



WE WELCOME YOUR FRIENDS AND FAMILY TOO!



Like many businesses, ours thrives on referrals from satisfied customers. If any of your friends or family members are looking for a new dentist, we would appreciate your passing on our name, and maybe even this newsletter as an introduction to our office.

Make sure that anyone you refer mentions your name when they call us, so we can extend our appreciation to you the next time we see you.

Thank you for your loyalty and your continued support!

Gum Disease Prevention and Treatment

Of all the diseases that are within your power to control, gum disease is one that can be prevented with the simplest of efforts.



Gum disease (or “periodontal disease”) is the most common dental problem and a major cause of tooth loss in adults today. The bad news is that it usually develops without any warning signs and without causing any pain, so you may not notice anything until the disease is serious and you are in danger of losing teeth. The dangerous effects of gum disease can even go beyond teeth, as recent research suggests that there may be a link between periodontal disease and other health concerns, such as cardiovascular problems, stroke and bacterial pneumonia. Pregnant women with gum disease are also at an increased risk of delivering pre-term, low-weight babies.

The good news is that with proper care, gum disease can often be prevented. Even if it does start, it can usually be treated and arrested if you catch it in the early stages.

Gum disease is caused by a clear, sticky film of bacteria that forms on your teeth, otherwise known as plaque. If it is not removed every day by brushing and flossing, it hardens into tartar and can lead to an infection of the tissues surrounding and supporting the teeth. In the mildest form of the disease, you may not feel any discomfort but may notice that your gums are red, swollen or tender, and that your gums bleed when you brush your teeth. At this early stage of periodontal disease (known as gingivitis), your gum disease can still be reversed with stringent at-home

hygiene and professional in-office treatments. If left untreated, plaque can spread and grow below the gumline, leading to periodontitis – an advanced stage of gum disease resulting in serious damage as the gums and bone that support the teeth deteriorate, leading to tooth loss.

Avoid gum disease by practicing these simple steps:

1. Floss every day. Flossing removes plaque from between your teeth and under your gumline, where your toothbrush can't reach. Floss before you brush your teeth, preferably before you go to bed at night.
2. Brush your teeth after eating. At the very least, brush after breakfast and never forget to brush before you go to bed.
3. Maintain a healthy lifestyle. That means a nutritious diet, and abstinence from tobacco, the use of which has been linked to the development of gum disease.
4. Visit your dentist regularly for professional cleanings, where the dentist or hygienist will remove any plaque or tartar. If your gingivitis has progressed to periodontitis, you may also need gum scaling (deep cleaning of the teeth above and below the gumline) and root planing (to smooth and clean the roots of your teeth).



Call us for an appointment immediately if you notice any possible symptoms of gum disease. Brushing and flossing thoroughly to remove the bacteria that initiate the decay process, eating healthy foods and visiting the dentist for regular, professional cleanings are simple yet effective ways to help avoid this most preventable disease.

PAGE 2



Message in a Bottle

Concerns about the quality of tap water, along with changing social customs have resulted in a boom in bottled water sales over the past twenty years. While drinking water is a healthy habit, studies show that unlike most communities' tap water, bottled water contains little fluoride, if any at all.

It's a well-known fact that lack of exposure to fluoride increases an individual's risk of getting cavities, so if you're not consuming your community's drinking water you may be losing the decay-preventing effects of the fluoridated water.

Talk to us about your specific fluoride needs, and if you may need a fluoride supplement.

Understanding Morning Breath

Here's a mystery – if we floss and brush before we go to bed and settle down to sleep with a fresh mouth every night, why is it that just mere hours later, we wake up with dreaded “morning breath”?



The simple answer is that during the day, saliva works as nature's mouthwash by washing away bacteria and the volatile sulfur particles that cause bad breath. When we go to sleep, saliva production decreases and our mouth dries out, providing the perfect environment for odor-causing bacteria to thrive.

Bad breath (or “halitosis,” as it's officially known) can come from a number of different sources, such as a dry mouth, bacterial decomposition of food particles in and around your teeth, and foods (such as garlic and cabbage) that contain certain sulfur compounds. Halitosis may also reflect medical conditions, from chronic infections in the lungs to kidney and liver failure. Even dieting and fasting can slow down the stimulation of saliva flow and result in offensive breath, while talking for long periods of time will dry out your mouth with the same result. Most everyday bad breath, however, can be controlled by following these four simple steps:

- 1. Floss between your teeth to remove any hidden food particles;**
- 2. Brush your teeth after every meal, and brush your tongue too – up to 50% of the bacteria in your mouth can be found hiding on the surface of your tongue;**
- 3. Keep your mouth moist with frequent sips of water;**
- 4. Maintain regular dental checkups so that your dentist can check for periodontal disease – a treatable cause of bad breath – during your routine gum exam.**

Talk to us if your concerns go beyond morning breath. We'd be happy to give you some “fresh” oral hygiene tips.

Why Replace a Missing Tooth?



If you lost a tooth at the front of your mouth, you would want to look at all your options for filling that noticeable gap as quickly as possible. However, missing teeth at the back of your mouth may not receive the same urgent consideration. Here's why you need to have any missing tooth – regardless of where it is – replaced.

A missing tooth leaves a gap in your mouth and room for surrounding teeth to drift out of position and change your bite, potentially leading to cavities, gum disease and bite problems that could cause pain in your jaw, and could even lead to the loss of other teeth. As you lose more teeth, you will be forced to chew in other areas, and this often leads to tooth fractures from overloading, excessive wear and/or TMJ (jaw joint) problems. Adults need to replace any missing permanent teeth to avoid these problems. As for

children, if a baby tooth is lost prematurely, it is not generally replaced but the position of the remaining teeth is held with a space maintainer until the permanent tooth erupts.

As soon as a tooth is lost the bone will start to deteriorate, and the teeth on either side will shift or tip into the empty space. How fast it occurs will depend on the density of bone in the area, your bite and how well your teeth align with each other.

If you are missing one or more teeth, we encourage you to call us today to discuss your best options for replacements. Early intervention will help you to avoid more extensive (and more expensive!) dentistry in the future.

PAGE 3

A Nice, Black Smile??

Believe it or not, the nobles of medieval Japan – and later young Japanese women – once considered the blackening of one's teeth to be an attractive cosmetic enhancement.

The custom known as *ohaguro*, where black ink was brushed on the teeth at least once a day, existed in Japan up to the early 20th century. At first, it was used as both a status symbol and as a type of cosmetic among the nobles of medieval Japan, where it was believed to add a gentle and tender appearance to one's looks. Later, the practice came to be used only by young women who blackened their teeth as a way to enhance their appearance.



VOLUME 3, ISSUE 2



Attractive, Practical Porcelain Veneers

When you think of porcelain veneers, you may think of them only as a cosmetic option for teeth that are poorly shaped, chipped or worn. In fact, porcelain veneers are also a practical solution to a host of different dental problems.

Porcelain veneers are wafer-thin shells of porcelain that are bonded onto the front side of individual teeth. They are a popular option for teeth that are damaged, and are also often used as an orthodontic option to correct uneven spaces or to fill gaps between the upper front teeth. Veneers are an excellent whitening option for discolored teeth, including those that cannot be bleached effectively due to deep stains from years of using certain medications, or teeth that are darkened as a result of an injury.

The composition of porcelain veneers allows for the most natural-looking teeth possible by replicating the translucency and light-handling characteristics of natural tooth enamel. Porcelain veneers are also extremely stain-resistant – a bonus for smokers and people who enjoy coffee, tea, red wine and fruits with deep, staining colors.

Come in and talk to us about how easy it is to put your best smile forward with the application of strong, attractive and natural-looking porcelain veneers.

Tooth Whitening

Create a positive impression, both in your personal and professional life, by ensuring that your winning smile includes bright, white teeth. If you want to know if your teeth need whitening, ask yourself the following questions:

- Are my teeth yellow, dull, dark or stained?
- Are they shaded unevenly?
- Do I have any crowns and/or old dental work that don'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.

Whether your tooth discoloration is due to aging, coffee, red wine, staining fruits or any of a number of other everyday causes, you'll be happy to discover that what may have taken years to discolor can be reversed with a minimum of time and effort on your part.

Take the first step to whiter, brighter teeth by calling us to discuss all your tooth whitening options.

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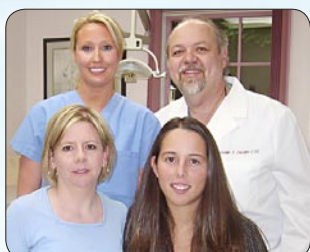
Office Hours:
Tues., Thurs.: 12 p.m. - 8 p.m.
Wed., Fri.: 10 a.m. - 6 p.m.
Sat.: 10 a.m. - 5 p.m.

Office Team:
Christine *Office Manager/Dental Assistant*
Iria, Adam *Office Administrators*
Amy, Jeanne *Hygienists*
Elisa *Office Assistant*

Our Services Include:
• Family Dentistry • Emergency Dental Care
• Bad Breath Advice & Treatment • Tooth Whitening
• Cosmetic Dentistry • Denture Fittings • Dental Implants
• Bonding, Veneers, Crowns, Bridges • Oral Surgery
• Invisalign® Orthodontic Treatment

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DR. JOSEPH A. DELAPA



Dr. DeLapa & Team

A reminder of your next appointment with Dr. DeLapa.

If you haven't already booked a time for your next appointment, please call us today to reserve the most convenient time for you.

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