



News From the Office of:



Dr. Joseph A. DeLapa

Welcome to the latest issue of our newsletter. We're pleased to have this opportunity to say "hello", and to bring you tips for making the most of your smile! Check out our article on teeth-friendly snacks on page 2, and our suggestions throughout the newsletter on how to keep your smile as bright and healthy as possible.

Of course, we'd also like to remind you of the importance of maintaining regular appointments to preserve your optimum oral health. When you call to schedule your continuing care appointment, remember to ask us about the latest, most effective ways to whiten and brighten your smile.

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

All the best,

Joseph A. DeLapa, D.D.S.

Dr. Joseph A. DeLapa

SMART TIPS FOR A WHITER, BRIGHTER SMILE

What attracts us to people when we first meet them? In many cases, we instinctively gravitate to someone with a warm, welcoming smile, and unconsciously shy away from those with unattractive teeth. In fact, a scientific poll by the American Academy of Cosmetic Dentistry (AACD) confirmed that 99.7% of respondents believe a smile is an important social asset, and 96% of adults believe an attractive smile makes a person more appealing to members of the opposite sex.



The top response to a poll asking people what they thought made a smile unattractive was "yellow, discolored or stained teeth".

To keep your teeth as white as possible, the AACD offers a list of "White Smile Diet Foods and Tips" to follow:

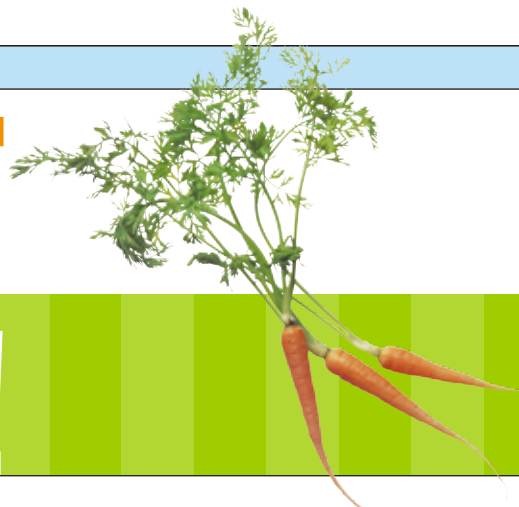
- Avoid drinking coffee, dark syrup sodas, red wine and blueberries – these all stain teeth quickly, as does tobacco use.
- Drink from a straw whenever possible, to allow food dyes to bypass teeth completely.
- Eating raw vegetables, especially the crunchy ones (celery for example) will help clean your teeth and remove surface stains.
- Believe it or not, dental organizations also recommend chewing gum (sugarless, of course!) after a meal if you can't brush right away. The mechanical action of chewing sugarless gum can stimulate saliva and help clean teeth surfaces.

If you, like the majority of the respondents to the AACD survey, are not happy with the color of your teeth, please ask us about the teeth-whitening options we offer here in our practice. Whether you want a brilliant white smile or simply want to brighten up your existing teeth by a few shades, our dentist-supervised techniques will customize the program to suit your individual needs.

Depending on the cause of discoloration, some heavily stained teeth may not respond to whitening, in which case we may recommend porcelain veneers. Veneers are bonded directly on top of your front teeth to present a perfect, confident smile that will help make you the go-to person at your next event!

Please feel free to call us with your questions on whitening, porcelain veneers, or any other cosmetic improvement you're considering.

SMART SNACKS!



When it comes to the effect of certain foods on your teeth, a lot can depend not only on what you eat, but also when you eat and in which order certain foods are eaten. For example, after a meal, the pH level in your mouth often drops and your mouth becomes more acidic – a potentially damaging situation for teeth. By following a meal with cheese or nuts you can help clear the mouth of trace carbohydrates, and may even help reset the mouth's pH to slow plaque growth. Eating cheese also helps to increase the amount of saliva in the mouth, which helps rinse food particles away. Cheese can neutralize the acids in the mouth and help maintain a pH balance that is safe for teeth and, as a final touch, can provide a coating of calcium.



While raisins and other dried fruit products might make a nutritious snack or satisfy the need for something sweet after a meal, be aware that their sticky nature leads them to cling to tooth surfaces, allowing the mouth's naturally present bacteria to feed off their sugars, encouraging plaque and subsequent tooth decay. These foods appear to be a healthy snack choice, but they actually make poor stand-alone snacks from a dental perspective unless you are able to wash and brush away the remnants after consumption. Eating them with a meal is a smarter alternative, as the meal will create more saliva in the mouth, which will help wash away sugar and carbohydrates.



When deciding on a soft drink, many of us will choose a diet soft drink over a regular one, assuming that replacing the sugar with a low-calorie sweetener will benefit not only our waistline, but our teeth too. Unfortunately, the effect on teeth is just as bad with a diet drink as regular one, as the phosphoric and citric acids in all soft drinks work like plaque to attack tooth enamel, which is the protective outer layer of the tooth. If several soft drinks – whether regular or diet – are consumed throughout the day, the teeth are continuously bathed in acid. The result is that, as the enamel dissolves, the underlying tooth structure (dentin) is exposed, leaving the tooth susceptible to sensitivity and cavity formation. Try to replace your soda with plain water instead, or if you do indulge in a soft drink, try and drink it all at once instead of sipping it throughout a long period of time.

The next time you or your child are craving a snack, take your teeth into consideration. The more often you eat foods with natural or added sugars, the greater your chance of tooth decay. Remember that molasses, honey, fructose, glucose and sucrose are all types of sugar too, so check food labels carefully. Post this list on your fridge for some tooth-friendly options to take care of after-school or anytime snack attacks:

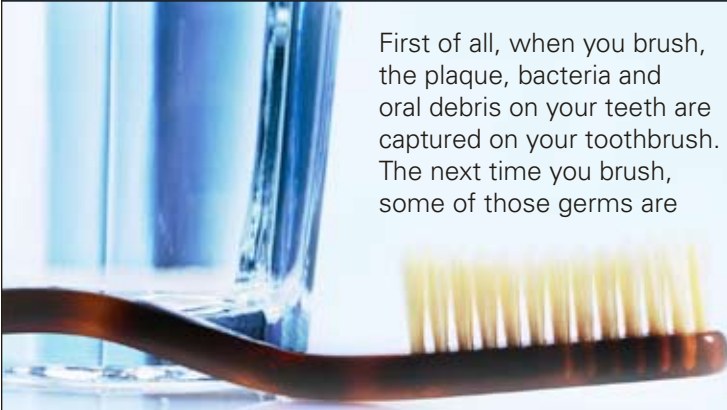


HEALTHY SNACK LIST

- Raw vegetable sticks
(try a yogurt-based dip with these)
- Unbuttered popcorn
- Plain yogurt with fruit
- Fresh fruit, sliced into bite-sized pieces
- Nuts
- Cubes of cheese

TOOTHBRUSH HYGIENE

YOU FLOSS YOUR TEETH THEN BRUSH THEM UNTIL THEY'RE SQUEAKY-CLEAN, SATISFIED THAT YOUR MOUTH IS AS CLEAN AND FRESH AS IT CAN BE. WHILE YOU MAY HAVE DONE THE BEST JOB POSSIBLE, HAVE YOU EVER STOPPED TO THINK OF HOW CLEAN YOUR ACTUAL TOOTHBRUSH IS?



First of all, when you brush, the plaque, bacteria and oral debris on your teeth are captured on your toothbrush. The next time you brush, some of those germs are

reintroduced into your mouth. For this reason we highly recommend you replace your toothbrush if you have just battled a cold or flu.

Look at the space around your toothbrush too. Toothbrushes knocking together or being in close vicinity to other toothbrushes allow airborne bacteria to travel from toothbrush to toothbrush, opening up the possibility of

infections such as periodontal (gum) disease and even the common cold being passed from one person to another.

Here's another thought that can turn even the most unconcerned of us into a germophobiac: Studies show that when you flush the toilet, polluted water vapor erupts out of the flushing toilet bowl and settles on nearby surfaces, which may include your toothbrush! Take a second to put the lid down on the toilet before you flush it next time, to help contain these germs.

The Academy of General Dentistry suggests that the best way to protect your toothbrush is to, after rinsing the bristles thoroughly and then shaking the excess moisture off the toothbrush, place a toothbrush cover over the toothbrush head. This will help cut down on the potential spread of bacteria from one toothbrush to another.

Finally, make a habit of greeting each new season with a new, soft-bristled toothbrush. If you need recommendations on the best type of toothbrush for your individual needs, please ask us the next time you're in.

WHIPLASH & DELAYED JAW PAIN

As if car crash survivors don't already have enough to worry about, now a study released by Umeå University in Sweden documents a direct relation between whiplash trauma and delayed temporomandibular joint symptoms.



The temporomandibular joint (TMJ), located in the front of the ear, allows us to open and close our mouths and move our jaws all around so that we can talk, yawn, chew and swallow. Doctors previously knew about the connection between the damage inflicted by a person grinding or clenching their teeth and temporomandibular disorders (TMD), but the connection between whiplash and subsequent jaw pain has only now been confirmed.

Have you ever had whiplash, or do you grind your teeth when you sleep? If so, you may be experiencing some of these symptoms of TMD:

- Jaw discomfort or soreness
- Persistent headaches
- Pain radiating behind the eyes, in the face, shoulder, neck, and/or back
- Ear pain or stuffiness, or ringing in the ears (not caused by an infection of the inner ear canal)

- Clicking or popping of the jaw
- Locking of the jaw, or limited ability to open the mouth
- Clenching or grinding of the teeth
- Dizziness
- Sensitivity of the teeth

Researchers at the University evaluated 60 patients, first in hospital emergency rooms and then again one year later, who had been involved in rear-end car collisions. In the year between the two examinations, seven percent of the patients in a control group developed symptoms of TMD, versus thirty-four percent of patients in the car accident study group.

Researchers concluded, "One in three people who are exposed to whiplash trauma, which induces neck symptoms, is at risk of developing delayed TMJ pain and dysfunction during the year after the accident."

If you suspect you may be suffering from TMD, please discuss it with us so we can suggest a treatment plan.

TOBACCO AND YOUR TEETH

IT'S OFTEN EASY TO TELL WHO USES TOBACCO AND WHO DOESN'T, JUST BY HAVING A GLIMPSE IN THEIR MOUTH.

Whether you smoke or use chewing tobacco, expect to develop tobacco stains on your teeth. Frequent cleanings by a dental professional are absolutely vital and will certainly help delay deep staining, but eventually some of the tobacco stains will seep into the pores of your tooth enamel, and turn whole teeth a darker color. At this point, no amount of cleaning will help... you'll need to have your teeth professionally whitened, or even consider the application of porcelain veneers to cover up the deep stains.

Ask us about the effectiveness of a whitening program for your specific situation. We'll explain the different options you have, and design a whitening program that will allow you to regain, and in most cases even improve on, the original color of your smile.

If you're wondering about the cost of whitening, consider this... a smoker who spends an average of \$25 a week on cigarettes will pay out \$1,300 a year. Cutting down on your cigarette usage or even quitting the habit altogether will create a nice little nest-egg that you can use to "reward" yourself, starting with an investment in a bright, white smile!



VERSATILE VENEERS

Do you have a small gap between your front teeth? Are your teeth discolored? Chipped? Uneven? Slightly crooked? All these imperfections can be taken care of easily and efficiently right in our dental practice with the application of porcelain veneers.

Dental veneers are thin shells of porcelain that are individually crafted to bond onto the front of each tooth to close gaps, hide surface ridges and otherwise correct uneven or chipped teeth. They can even be used in some cases where tooth whitening isn't effective, as a way to whiten and brighten your smile.

One of the major advantages of dental veneers is their natural-looking appearance, as the ceramic material replicates the appearance of natural tooth enamel. In fact, it even has better stain resistance than your natural tooth enamel, making veneers popular with smokers and those who enjoy coffee, red wine and other drinks or foods with staining colors.

If your teeth and gums are healthy, ask us about veneers as the perfect solution to a perfect smile!

Joseph A. DeLapa, D.D.S.



Dr. DeLapa & Team

**363 Smith Ridge Road
South Salem, NY 10590**

Phone: (914) 533-6166
Email: drdelapa@drdelapa.com
Website: www.drdelapa.com

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*
Sherie, Alexis *Office Administrators*
Agnieszka, Molly *Registered Dental Hygienists*

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