



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 suggestions throughout the newsletter on how to improve your oral health, ensure the freshest breath, and keep your smile as bright and healthy as possible.

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 also be interested in reading up on the latest dental health news.

All the best,

Joseph A. DeLapa, D.D.S.

Dr. Joseph A. DeLapa

SMILE REFLECTIONS

The role of an attractive smile in the overall appearance of an individual is significant. Regardless of what a person is wearing, or how makeup is applied, the quality of a smile is what makes — or breaks — first, and ongoing, impressions.



The ideal smile starts with strong teeth and healthy gums. Most people will first notice tooth color, how straight the teeth are, and the alignment of the top and bottom teeth. Observers may also notice a filling or crown that does not blend with the natural tooth structure. In addition, the health and position of the gum surrounding each tooth can add to or distract from the attractiveness of a smile.

We can address, and correct, most smile distractions right here in our office.

Many people don't know exactly what's wrong with their smile, only that it's not the smile they want. Despite straightening teeth, whitening them and undergoing other cosmetic improvements, some people still feel their smile is not "perfect."

According to some standards, the perfect masculine smile has

square teeth, with the edges of the top teeth following a straight line, while a feminine smile involves more rounded teeth, with the edges of the top teeth following the lower lip line, creating more curvature.

Whether you want to repair a minor imperfection in your smile or you need a full mouth reconstruction, it's important to be familiar with all your options, and the latest dental techniques available today. Sometimes the smile of your dreams can be achieved with something simple like teeth whitening, dental veneers or tooth or gum contouring — all easy and effective options, taken care of right here in our office.

If you haven't already reserved a convenient time to come in for your next dental appointment, please take a minute to call us now. We look forward to helping you realize your ultimate smile!

SAVE YOUR BREATH!



You may already have completed your spring-cleaning and organized your spring wardrobe, so why not view the new spring season as an opportunity to embark on a fresh oral hygiene program, too?

Halitosis (bad breath) is a common oral health concern. Whether one's chronic bad breath (as opposed to temporary "morning breath," or bad breath from garlic, onions or other odorous foods) is caused by dental hygiene issues or gastrointestinal problems, the culprit can usually be traced back to bacteria — the root of many dental problems. In fact, bacteria is directly linked to dental caries (cavities) and gum disease, as well as bad breath. Keeping excess bacteria in check is a continual process, beginning with proper dental hygiene.

It's essential that you brush and floss your teeth daily in order to get rid of the food that can collect between your teeth, on your tongue and in and around your gums. If food particles are not removed, they can decay, leaving an unpleasant odor in your mouth. Because oral bacteria excrete volatile sulfur compounds, it's essential to continually remove those bacteria from your teeth, gums and tongue. In fact, stick out your tongue. If you see a white layer of plaque at the back of your tongue, you can be sure it's creating the perfect breeding ground for bacteria — and therefore bad breath — to flourish.

Persistent bad breath can be a sign of gum disease. If you notice you have red, swollen or tender gums that bleed when you brush your teeth, or gaps in-between your gums and your teeth, you may be experiencing the first signs of gum disease. Talk to us about steps you can take to halt or even reverse the indications of this preventable disease.

Dry mouth can trigger bad breath when the production of saliva, known as "nature's mouthwash" because it washes away bacteria and sulfur compounds in the mouth, slows down. Dieting, fasting, dehydration and certain medications can slow down the production of saliva, as can salivary gland problems or continuous breathing through the mouth. In addition to bad breath, dry mouth can also put patients at risk for cavities and gum disease. When saliva is not present to flush away foods, food particles might adhere to teeth and begin the decay process.

As mentioned earlier, what you eat can cause bad breath, but what you don't eat can also leave a bad smell in your mouth. For example, low-carb diets force the body to burn stored fat instead of carbohydrates for energy. As excess fat gets burned away, the body releases ill-smelling chemicals called ketones through the breath and urine. The high-protein component of low-carb diets can also contribute to halitosis from the breakdown of food particles that produce sulfur compounds.

Tobacco use, a respiratory tract infection, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbances, and liver or kidney ailments are also some possible sources of bad breath. If we determine that your mouth is healthy and that your oral hygiene is on track, we may suggest a visit to your family doctor to determine alternate medical causes of bad breath.



If you have any concerns at all about your breath, please don't be embarrassed to ask us for suggestions.



Protect Your Teeth Against Enamel Erosion

Enamel is the hard, protective outer layer of your teeth. If it erodes, it can be very uncomfortable, with symptoms ranging from tooth sensitivity and discoloration, to painful cracks in the teeth. What is tooth erosion caused by, and how can you prevent it?

The acid in the foods and drinks we put in our mouths can cause tooth enamel to wear away. While the calcium contained in your saliva will help remineralize (strengthen) your teeth after enamel is exposed to small amounts of acid, saliva alone is not enough to fight a constant barrage of acids from carbonated drinks, fruit juice or wine, or even the effects of acid reflux or frequent vomiting.

Follow these tips to help avoid the destructive effects of acid on your tooth enamel:

- Reduce or eliminate drinking carbonated drinks.
- If you do enjoy an occasional carbonated or acidic drink, have it pass through your mouth quickly — don't sip it over an extended period of time — and use a straw, when possible, to reduce the liquid's exposure to your teeth.
- Rinse your mouth with water after consuming an acidic drink, and wait an hour before brushing, to allow the enamel to remineralize.
- When you do brush, use a soft toothbrush, and fluoridated toothpaste.

PLEASE ASK US TO DISCUSS THE CAUSES, EFFECTS AND STEPS NECESSARY TO FIGHT ENAMEL EROSION IN ORDER TO MAINTAIN THE MOST HEALTHY, COMFORTABLE AND ATTRACTIVE SMILE POSSIBLE.



Ensure Purr-fect Oral Health for the *Whole* Family!

While this obviously isn't a pet clinic, we know that many of our patients have cats and dogs, so we thought it worthwhile to spend a few minutes discussing dental issues to watch out for in your pet's mouth.

Like humans, dogs and cats are susceptible to gum disease. In fact, by the time your pet is three years old, there's an 80 percent chance that his or her gums are already under attack. The same research that has linked poor dental health to poor overall health in humans is applicable for animals. Like in humans, any bacteria and infection in an animal's mouth may spread through the bloodstream to cause heart, kidney or liver disease. These diseases can cause serious damage to the organs and potentially lead to premature death.

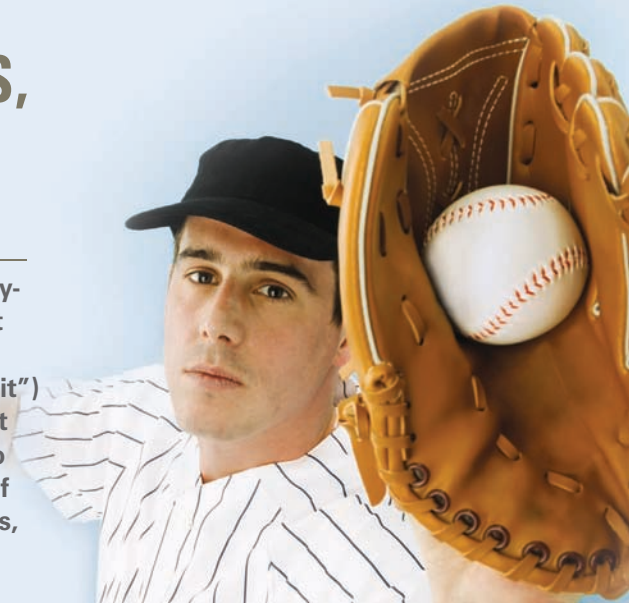
Does your pooch have "doggy breath"? This can actually be odor from the by-products of bacteria in the mouth, and it is often the first sign that your pet has gum disease or

other dental problems. Your veterinarian should give Fido or Fluffy a dental checkup and professional teeth cleaning once or twice a year, but, in between visits, you'll need to make an effort to remove plaque from your pet's teeth, too. Ask your veterinarian about the many pet-specific oral cleaners and oral hygiene solutions available today, and about dental-friendly foods and treats that will make achieving good oral health easier for both you and your pet.

Be your pet's best friend by ensuring many years of health and happiness, from head to tail!

SMOKELESS, BUT NOT STAINLESS

While the image of a puffy-cheeked ball player might first come to mind when mentioning chewing ("spit") tobacco, the reality is that smokeless tobacco is also a daily habit to millions of everyday North Americans, both young and old.



GREAT GUMS!

Today's society promotes straight, white smiles as the ideal goal for both men and women aiming for a more attractive appearance. As dentists, we know that while beautiful teeth are an integral part of an ideal smile, gums deserve just as much, if not more, attention.

Beautiful teeth can only sustain themselves if healthy gums support them. Healthy gums help retain teeth in their sockets, in addition to helping to cosmetically frame the teeth, providing attractive aesthetic contours.

Some people have an excess of gum covering their front teeth, making the teeth look short and the smile too "gummy." Or sometimes gums are uneven, making otherwise straight teeth look like they're different lengths. Ask us about aesthetic recontouring to quickly solve these common issues.

Lack of gum tissue can make one look "long in the tooth," while a lack of tissue between teeth adds to an imperfect smile line, and creates the look of "black holes" between teeth, and an older appearance.

Ask us about options to ensure a beautiful, youthful smile, starting with the essential health and appearance of your gums.

It's important to know that, just because chewing tobacco is smokeless, it's far from harmless. In fact, because of the practice of "chewing" and "dipping," tobacco and its juices are left in contact within and around the oral cavity for extended periods of time, subjecting users to an increased risk of mouth and other cancers.

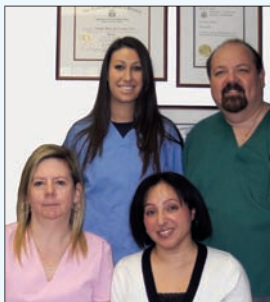
From a cosmetic perspective, whether you smoke or use chewing tobacco, expect to develop tobacco stains on your teeth. Frequent cleanings by a dental professional are absolutely vital and will

certainly help delay deep staining, but, occasionally, some of the tobacco stains will seep into the pores of your tooth enamel, and turn whole teeth a darker color.

If your teeth are already stained by nicotine, you'll want to find out how to best bring them back to a brighter, whiter appearance. Please call for an appointment so we can assess the severity of the staining, and provide options that may involve something as simple as tooth whitening, or perhaps the application of veneers, which will not only provide a whiter appearance, but also straighten and correct any slight imperfections in your teeth.



Joseph A. DeLapa, D.D.S.



Standing From Left to Right:
Sophie & Dr. DeLapa
Sitting From Left to Right:
Christine & Maureen

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

Phone: (914) 533-6166
Email: smile@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*
Maureen • *Office Administrator*
Sophie • *Registered Dental Hygienist*

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

The information contained in this newsletter is not designed as dental advice, but rather as a means to encourage interest in your dental health and communication with your dentist. Whole or partial reproduction of this newsletter is forbidden without the written permission of the publisher. © Market Connections Inc. 2011, Phone: (800) 795-8021, Website: www.dentalhealthnews.org