



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

News From the Office of:



Dr. Joseph A. DeLapa

Greetings to all our patients. We hope you enjoy this latest edition of our newsletter!

Now that summer is officially behind us and the fall schedule is in full swing, we'd like to ensure that you and your family are up-to-date on your dental checkups before you get swept away by all the activities of the fall season.

Dental health is a lifelong commitment, and as you can see from the article on page 2, it is a commitment that includes not only good daily dental hygiene and regular visits to the dentist, but also healthy eating habits.

Remember, with the holidays — and all the accompanying photo opportunities — just around the corner, you might consider planning for tooth whitening or other cosmetic improvements now. ***Or you may want to consider some Botox® or Juvéderm® Cosmetic Enhancements which we are now offering. Call us for more details!***

Enjoy your newsletter, and we look forward to seeing you again soon!

All the best,

Joseph A. DeLapa, D.D.S.

Dr. Joseph A. DeLapa

HAVE YOU HEARD THE NEWS?

Dr. DeLapa is now offering Botox® Cosmetic to remove and prevent wrinkles and Juvéderm® Injectable Gel to enhance the lips and reduce the nasolabial folds.



Botox® Cosmetic was the most popular physician-administered cosmetic procedure in the United States for the ninth year in a row with nearly 5.4 million treatments in 2010. Juvéderm® Injectable Gel is indicated for the correction of moderate facial wrinkles and folds, such as the nasolabial folds (the facial folds next to your nose and mouth that are sometimes called The Parenthesis). And because the gel has such a smooth consistency, it is also a great way to enhance your lips to look as full and beautiful as possible.

Q: Is it safe?

A: These products have proven to be both safe and tremendously effective and have been a great addition to the services provided. Botox® has been used therapeutically for more than 17 years for a variety of clinical reasons and remains one of the most researched medicines in the world.

Q: How are wrinkles formed?

A: Wrinkles are formed in two ways. The first is repetitive facial expressions. These wrinkles are most often seen in the forehead and around the eyes (Crow's Feet). Botox® Cosmetic is ideal for those areas. It is also great to prevent the wrinkles in the first place, which is why patients ages 19-34 accounted for 22 percent of all physician-administered cosmetic procedures.

The second way wrinkles are formed is from loosening of the skin. This is seen most often in facial wrinkles or folds such as the nasolabial fold around the nose and mouth. Juvéderm® is ideal for those areas as well as adding volume and shape to the lips. And it can last for up to an entire year.

Q: Are Botox® Cosmetic and Juvéderm® expensive?

A: Botox® is delivered in "unit" dosages and is charged per unit. Some people get as little as 8 units while others can get up to 100. Juvéderm® also depends on the amount used. Each case would be evaluated and discussed before any treatment is rendered.

Call Dr. DeLapa's office at 914-533-6166 for more information on these exciting new procedures offered by Dr. DeLapa and team.

YOUR RECIPE FOR DENTAL HEALTH

We all know that a well-balanced diet is an important element in the development of healthy teeth and bones. We recognize the importance of ensuring that our children get the recommended daily number of servings of milk, cheese and other good calcium sources, but let's not forget that balancing our own, grown-up nutritional intake is an ongoing requirement, as well.



You may be surprised to learn that teeth are “alive,” and that in order to keep them healthy you need to maintain a well-balanced diet that includes potassium, phosphorous, vitamin D and calcium. The best dietary sources for vitamin D and calcium are dairy products, such as milk, yogurt and cheese, while potassium and phosphorous can be found naturally in fruits and vegetables.

Teeth, like bones, are calcified tissues. Teeth begin to form in the first few months of fetal life and the mineralization process continues into late adolescence. An adequate intake of calcium is essential for proper development of tooth structures and, as such, it is recommended that children up to age 11 consume 700 to 900 mg of calcium per day, while pre-teens and teenagers require between 1,000 to 1,200 mg of calcium or more per day to keep up with the growth spurts common to this age group. (As a guideline, there are about 300 mg of calcium in one cup of milk.)

Calcium consumption is important at all stages of life. When adults don't get enough calcium in their diet, their body is forced to borrow what it needs from their bones. Continued withdrawals of calcium from the “bone bank” can lead to osteoporosis, or brittle bones. In fact, dentists are often the first ones to notice the initial indications of osteoporosis, because, as the jawbone is surrendering calcium for needs elsewhere in the body, the bone will weaken and teeth will loosen, creating gaps where bacteria can invade.

According to the Academy of General Dentistry, teeth may soften when there is a shortage of vitamin D, making them more susceptible to decay and periodontal disease. Because vitamin D is produced in the body

with sun exposure, a deficiency in this vitamin is not common, however it can develop in some who don't consume enough milk or fish.

Even if your teeth are healthy, they won't do much good if they are held in place by deteriorating bone and gums. That's why it's important to ensure that your diet includes not only enough calcium and vitamin D, but also enough vitamin B and C, to help keep gum disease away.

If you're a vegetarian or vegan, you should be especially watchful of your diet to ensure you don't experience any deficiencies in calcium, vitamin D, riboflavin, vitamin B12 or complete proteins. Even vegans who don't get their calcium from milk, yogurt and cheese can get what they need from fortified food products, such as certain breakfast cereals, fortified orange juice, soy products, almonds and some dark green vegetables, like broccoli.

Ask us about healthy food options that will improve not only your dental health, but your general health, as well.



"JUST" A TOOTHACHE, OR SOMETHING MORE?

There are times when a toothache isn't just a toothache. In fact, ignoring toothache pain can sometimes even have life-threatening implications.



A toothache can present itself in a number of different ways. You may feel sensitivity to cold or heat, or pain when you bite down, or even a radiating type of ache after eating something very sweet. The pain may come and go over a long period of time, or may appear suddenly, and severely.

While many toothaches are a result of dental decay or a crack in a tooth, you may also feel the same type of pain from sinusitis — inflamed sinuses due to a bacterial infection — or sinus congestion from a cold, flu or an allergy. Nerve pain can sometimes feel like a toothache, too.

The most serious type of toothache may be the result of a dental abscess, from an infected nerve in a tooth.

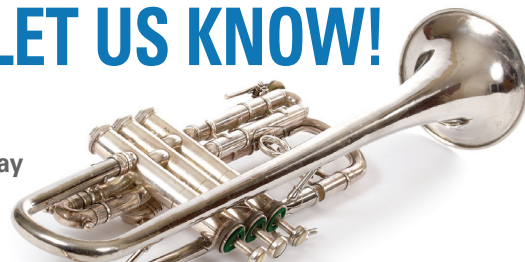
It can intensify into an infection of the mouth, face, jaw or throat as bacteria extend from a cavity into the surrounding tissues.

In addition to a feeling of pressure, and an intense, persistent throbbing, the tooth may be sensitive to heat, and chewing or biting. As the infection worsens, you may develop a fever, a swelling in your face or cheek, and tender, swollen lymph nodes under your jaw or in your neck. An abscessed tooth is the most dangerous of toothaches — if not treated, the infection can spread into your bloodstream, leading to severe complications.

Don't wait for toothache pain to just "go away." Please call us for advice about any type of dental discomfort.

LIKE TO TOOT YOUR OWN HORN? LET US KNOW!

Sometimes a chair-side chat about your hobbies can spur a very important discussion about your hobbies' impact on your dental treatments. That you play a wind instrument is a fine example of something to share with your dentist.



A critical component of a musician's technique is "embouchure," defined as "the way in which a player applies his or her mouth to the mouthpiece of a brass or wind instrument." More precisely, embouchure involves the synchronization of the lips, tongue, mouth and facial muscles in the production of a brass or wind instrument's tone and range. Any variation in a person's embouchure can affect the outcome of their music, which is why it's so important to inform your dentist if you're a musician, before certain dental procedures are initiated. For example, the application of bonding or dental veneers on the front teeth can significantly change the way a musician moves his or her mouth when playing an instrument. In fact, changing your front teeth can even affect how you speak, until you get used to the change.

If you're a student or someone who shares a woodwind or brass instrument with others, it's important to recognize that shared instruments often are not properly sanitized after use, and run the risk of being heavily contaminated with a variety of bacteria and fungi — even weeks after use.

Ask us about the "mouth-body" connection when it comes to illnesses, and in the meantime, please sanitize any shared instruments properly before putting them in your mouth.

WHY COSMETIC DENTISTRY?



According to a 2011 cosmetic dentist survey, the following are the most common reasons that people decide to improve their smile with cosmetic dentistry:

1. Improved appearance.
2. Self-esteem.
3. Professional success.
4. Health.
5. Improved relationships.

While certain cosmetic procedures, like tooth whitening, can only be done on healthy teeth, there are other procedures that are performed in order to strengthen and improve teeth, and, in the process, they improve the overall appearance of your smile.

For example, dentists agree that chipped teeth are a common reason patients ask for a cosmetic update. Chipped or otherwise dam-

aged teeth can easily be covered with porcelain veneers, mended with dental bonding or covered with crowns or onlays. Your teeth will not only be stronger after most of these procedures, they'll also look great!

In addition to chipped teeth, we regularly perform cosmetic improvements to fix discolored, uneven, and missing teeth, or gaps in-between teeth. Inevitably, the result is a younger, brighter smile, with the confidence boost that comes from an improved appearance.

Wondering if your smile could use a boost? Please ask us to explain all your options!

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 in-office or 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!**

Joseph A. DeLapa, D.D.S.



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

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Office Team:
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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
• Botox® Cosmetic • Juvéderm® Injectable Gel

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