



## News From the Office of:



**Dr. Joseph A. DeLapa**

Welcome to our first newsletter for 2012! Let's work together to make this the healthiest year ever, from both a dental and an overall health perspective.

Remember, an excellent preventive measure to avoiding serious dental problems is to maintain a regular schedule of continuing care visits, which will detect any problems early, before they become big, expensive issues.

If you haven't already booked your next checkup, you may want to do that now. In addition, if, now that the holiday party season is over, you notice that your teeth are stained from too much coffee, tea or red wine, please ask us how easily we can bring the original sparkle back to your smile.

We look forward to seeing you again soon!

All the best,

*Joseph A. DeLapa, D.D.S.*

Dr. Joseph A. DeLapa

## BRIGHTEN UP WINTER WITH A SUNNY SMILE!



If you find yourself suffering the winter blahs, why not fight it with a bright, sunny new smile? For only \$60, you can actually test your new smile, by showing your friends and family "before and after" pictures of how cosmetic dentistry could change your whole look – and your outlook!

Come in and find out more about our photo simulation service, which will provide photographic evidence of the difference a new smile can make. This technique is one that celebrities undertake before deciding which cosmetic dental procedures to move forward with, to create those beautiful smiles we see in close-ups.

Wondering about whitening? Stressed about straightening? A picture of you with your dream smile is just a visit away!

For example, in many cases, a number of cosmetic imperfections can be eliminated

with a set of beautiful, natural-looking dental veneers.

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 correct uneven or chipped teeth. Between the precise color-matching to your surrounding teeth and the natural enamel-like quality of the porcelain veneer itself, they are usually undetectable to the human eye. In addition, dental veneers can even in some cases be used when tooth whitening isn't effective, as a way to whiten and brighten a smile.

Please call us today to arrange a time when we can discuss whether dental veneers are appropriate for you, or whether another solution may be more applicable to your situation. Remember, you don't have to decide on your final procedure up-front. Take a glimpse into your future with a \$60 photo simulation!

# A MILLION-DOLLAR SMILE — ON A BUDGET!



**Think going to the dentist is expensive these days? After tightening their budgets over the past few years and avoiding the dentist, many dental patients are dismayed to discover that the cost of NOT going for regular dental visits is turning out to be much higher than regular checkups would have been.**

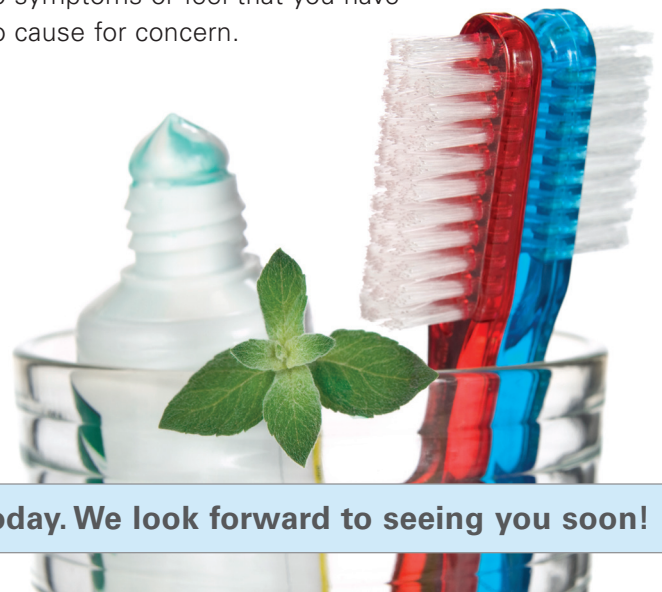
The problem with tooth decay and other dental issues is that they don't heal themselves. A small cavity in a tooth can be treated with a small filling, at a relatively small cost. However, ignoring that same cavity will only lead to a larger problem, with a more uncomfortable, complicated – and therefore more expensive – solution.

If you think of dental checkups as similar to vehicle maintenance, you can appreciate how regular oil changes and seasonal tune-ups can allow your car to run smoother – and more cost-efficient – for years longer than if you had ignored the little squeaks and clunking noises that would eventually cumulate in a major mechanical overhaul.

Even if you don't think you have any existing decay, the price of regular dental hygiene is a fraction of what you'd have to pay if you continued to put off regular checkups and professional cleanings. Remember, a regular checkup is about more than just teeth. Your continuing care examinations include a thorough mouth examination: a check for any deterioration in fillings, crowns or other restorations, new decay, signs of periodontal (gum) disease, root cavities (decay in the roots of teeth exposed by receding gums) and impacted wisdom teeth. We also check for unusual sores or changes in your tissues that may indicate, or lead to, oral cancer. To ensure that bacteria are removed from around and below the gum line, we will include scaling and polishing procedures to remove plaque, calculus and stains from teeth.

Because it has been proven that your oral health and your overall health are undeniably intertwined, it stands to reason that the healthier your mouth is, the smaller the chance is of an oral infection making its way into the body to start secondary infections. What most people don't realize is that gum disease – which is a common, but easily preventable condition – is a bacterial infection and one that can easily enter the bloodstream and travel to major organs to begin new infections. If you already have heart or lung disease, diabetes, osteoporosis and low bone mass, thinking of becoming pregnant, or if you have a family member with periodontal disease, you need to be extra vigilant with your oral care.

While we know that for most people dental appointments don't usually make the top 10 list of favorite activities, it is vital to maintain regular dental appointments, even if you have no symptoms or feel that you have no cause for concern.



**Please call to confirm your next appointment today. We look forward to seeing you soon!**



# MIND THE GAP!

**Missing a tooth? Don't leave a gap in your dental care!**

If you're missing one (or more) of your front teeth, you will most likely – from a cosmetic standpoint – want to fill the space as soon as possible. A missing back tooth usually doesn't result in the same urgency, but there are very good reasons why you still need to replace any missing back teeth (even if it's not as visible as a missing front tooth).

Your teeth keep each other in line. When one is knocked out, or lost due to dental decay, the resulting gap opens up space for surrounding teeth to drift out of position, shift, or tip into the empty space and change your bite. This could possibly lead to pain in your jaw, cavities, gum disease and the potential to lose more teeth.

As more teeth go missing, you'll be forced to chew in other areas of your mouth, which can sometimes lead

to tooth fractures from overloading, excessive erosion and/or TMJ (jaw joint) problems.

Please call us to arrange a full explanation of all your tooth replacement options, including one, or a combination of, the following:

- Removable partial dentures.
- Fixed dental bridges.
- Full dentures, for patients who have lost all of their teeth on the top and/or bottom of their mouth.
- Dental implants, which involve surgically implanting a replacement tooth root and then capping it with a natural-looking replacement tooth.

Early intervention will help you avoid more extensive — and expensive! — dentistry in the future.

## GET ON THE SMART SNACK TRACK

**If your well-intended New Year's resolution to eat healthier is already starting to waiver, here's some support to help you through your next snack attack...not only in the benefit of your overall health, but your dental well-being too!**



It's important to be able to identify between a real need for food, and a diversion from stress or boredom through food. If you are indeed responding to physical hunger, it's tempting to just grab the first thing that comes your way. Instead, plan ahead for snack attacks by making sure there are always healthy options available to satisfy your cravings.

Nutritious snacks that are also teeth-friendly include fresh fruit, vegetable sticks, plain popcorn, nuts, seeds and cheese. Not only is cheese a nutrient-packed snack idea, it's even recommended as a post-meal option to help protect your teeth against cavities!

Eating cheese after a meal helps increase the amount of saliva in your mouth, which helps rinse food particles away. After a meal, the pH level in your mouth often drops, and your mouth becomes more acidic – a potentially damaging situation for teeth. Cheese can neutralize the acidity in your mouth and help maintain a pH balance that is safe for teeth and, as a final touch, provide a coating of calcium.

Looking for a healthy smile? It's as easy as saying "cheese"!



# LIGHT UP THE ROOM WITH YOUR GOLDEN SMILE



**Because the appearance of your teeth often sets the tone for peoples' first impression of you, and because first impressions are so important, it's worth having a discussion with your dentist about any dental improvements you should be considering.**

There is a natural law of beauty called Golden Proportion which, when applied to dentistry, means your smile should have the natural symmetry, shape, size and contour to fit your face.

A golden smile includes symmetry of the two front teeth as well as the neighboring teeth. Your smile line, which ideally follows the curve of the lower lip, connects the biting edges of the top teeth. A curved smile line can make you look younger, while a flat or reverse smile line can look aged and worn.

When embarking on a smile makeover and deciding on dental veneers or other dental procedures that can significantly define your smile, you should think through which dental smile design matches your personality. Sporty? Sexy? Sophisticated? Your teeth and gums can set the tone for a whole new you!

Please ask us to explain the perfect ratio of the face, and how dentistry can provide you with your own perfect, golden smile.

## CELEBRITY KISSES – AND MISSES!

With the 2012 Oscars just around the corner, you may be interested in finding out what dentists participating in the 2011 American Academy of Cosmetic Dentistry (AACD) survey thought of last year's Oscar nominees.

According to the 2011 survey, 91 percent of participating dentists ranked Natalie Portman's smile #1, while James Franco followed close behind with 82 percent of the dentists giving his smile an award-winning nod.

You can't rate teeth without thinking about the appearance of the whole mouth, which leads right into the "Most Kissable Celebrity Mouth" category. Angelina Jolie had no problem winning this category, followed by Natalie Portman in second. As for the most kissable man, past nominee Jake Gyllenhaal got the approval of the participating AACD dentists in that category.

On the other end of the scale, Tom Cruise had the dubious honor of winning the celebrity "Whose smile needs improvement?" category.

Ask us how we can create an award-winning smile for you!

## Joseph A. DeLapa, D.D.S.



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**Elisa • Office Administrator**

### 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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