

Produced for
the patients of
**Blue Diamond Dental,
P.A.**

**Vincent J. Daniels,
D.M.D.**

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Office Hours

Monday-Thursday
7:30 a.m.-6:00 p.m.
(Lunch hour for the office is
1:00 p.m.-2:00 p.m.)

**Appointment and
Emergency Phone:
302-655-8387**

DENTAL TEAM

Dentists:

Vincent J. Daniels, D.M.D.
Wanda G. Smith, D.D.S.

Office Business Manager:
Melanie Daniels

Front Desk & Clinical Coordinators:

Adalyn Pretlow
Madeline
Hernandez

Registered Dental

Hygienists:
Nancy Moxley
Shonda Garrett

Dental Assistants:

Michelle
Lamonica
Stacey Heggan



THE

DENTIST'S

L E T T E R

Winter 2012/13

Greetings!

I pray that our newsletter finds each of you blessed and doing well. We have had quite a year! Even though we've seen our share of challenging weather and have also experienced tough financial and political times, we at Blue Diamond Dental are feeling hopeful for the future. To that end, we wish each of you a happy holiday and a healthy and blessed new year!

Thank you for allowing us the privilege of serving your dental needs. Thank you to each one of you for trusting my team and me with your husbands, wives, children, extended family, neighbors, friends, and coworkers. Our mission continues to be one of service and serving your dental needs.

We are actively practicing gratefulness, joy, and hope here in the office, and of course it starts with being thankful for all that we have. Thank you for your commitment and loyalty to our dental practice. You have many dental offices to choose from, so we are honored that you continue to allow us to be part of your healthcare team. We take this time of year to embrace the opportunity to be renewed, recharged, and reinvigorated for the coming year. In doing so, I invite and encourage each of you to join me in taking time daily to appreciate all that we have and not worry about what we don't have. Give your spouse, significant other, children, friends, and neighbors a big hug, and also tell them how much you love and appreciate them.

We do want to update you on a very exciting and important change that will affect us here at Blue Diamond Dental. **Dr. Wanda G. Smith** has decided to join our dental team instead of

continuing in solo practice. She will be bringing her patients along with her, and we look forward to serving them with the same level of excellence that we practice daily with each of you. Please join us in giving Dr. Smith and her patients a warm welcome to Blue Diamond Dental.

Thank you again for being a part of our Blue Diamond Dental family.

*From our family to yours,
we wish you a very
healthy, blessed, and
wonderful 2013.*

Thank you for all your referrals. We appreciate them!

You can floss!

For some people, flossing may seem too cumbersome to be done effectively. For those who have arthritis in their hands or teeth that are very close together, flossing may be challenging.

Flosser with handle



Choosing an interdental cleaning aid to make cleaning between your teeth easier can change all that. The decision to utilize something other than standard floss should be made by you and your dentist together.

A variety of implements are available to make flossing more comfortable and effective. Among these are the popular flossers with handles. Some of these are small and flat for an easy grasp. Others have a long handle to help patients reach back teeth.

Rubber-tipped stimulators are often attached to a handle like a toothbrush. Stimulators are sometimes recommended by dental specialists to help strengthen the area of the gum located between teeth.

A tiny toothbrush that is shaped to fit between teeth is an alternative for patients who have gaps between teeth. Single-tuft toothbrushes are somewhat similar, but they are usually recommended for patients who have crowns or bridges to care for.

Oral irrigators, which are commonly used by patients with braces, employ a steady stream of water to effectively clean areas between teeth. These can work well when used in conjunction with, but not instead of, regular brushing.

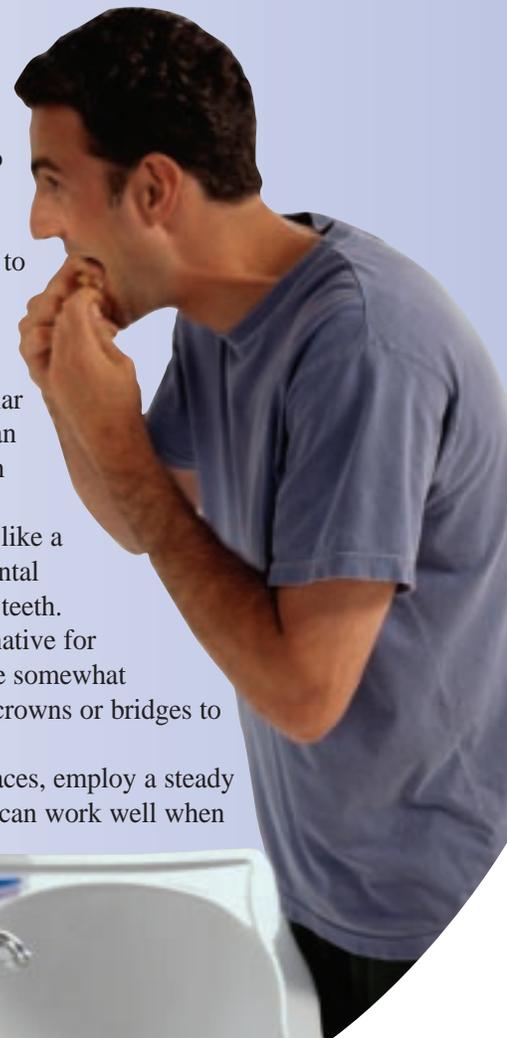
If you struggle with flossing, ask us about alternative methods to help you clean those hard-to-reach areas between teeth.



Rubber-tipped stimulator



Oral irrigator



Divide and conquer

The ravages of gum disease, which can include bleeding gums, bad breath, and eventually lost teeth, begin with bacteria that form plaque on teeth.

Now, researchers may have discovered a key agent in plaque formation. By developing therapies that attack this agent, a molecule dubbed CTLP, researchers believe they may be able to slow the progression of gum disease and prevent tooth loss.

CTLP is the molecule that helps oral bacteria to clump together in colonies. The molecule allows new bacteria to enter the community. Once these bacteria have banded together, they can begin to destroy tissue and cause symptoms such as bleeding gums.

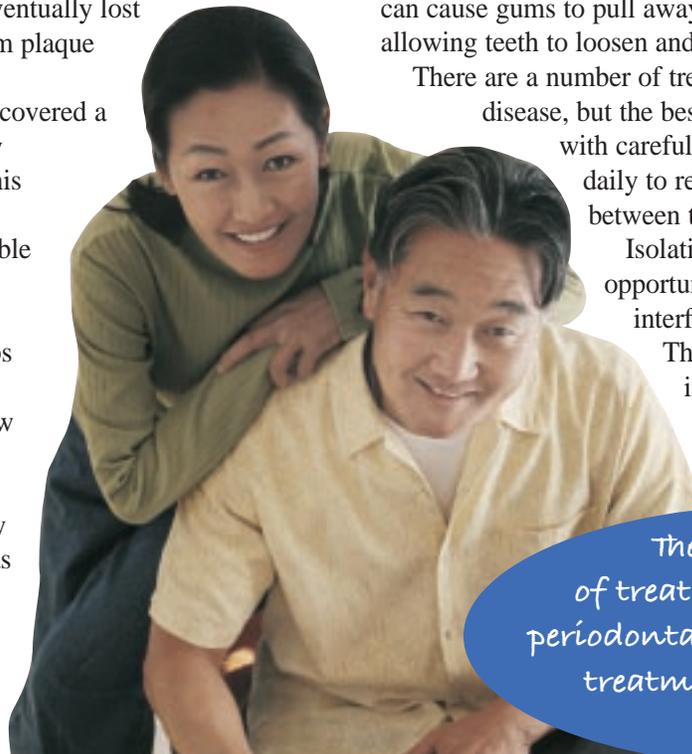
In its earliest stages, gum disease is called gingivitis. Gingivitis manifests itself in

puffy, red gums that bleed easily. As the disease progresses, it can cause gums to pull away from the supporting bone, thus allowing teeth to loosen and ultimately fall out.

There are a number of treatments available for periodontal disease, but the best treatment is to prevent gingivitis with careful brushing after meals and flossing daily to remove particles of food trapped between teeth.

Isolating CTLP may give researchers the opportunity to target the molecule and interfere with its ability to unite bacteria.

The idea would be to devise a way to inhibit CTLP from doing its job, thereby effectively dividing and conquering this threat to teeth.



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Great expectations

When a woman is pregnant, she is not just eating for two; she is sleeping and breathing for two as well. How she cares for herself can make a difference in the health of her baby, and that includes good oral care.

Pregnancy gingivitis is a condition related to the rise in hormones a pregnant woman experiences. The resulting gingivitis can cause gums to become tender, red, and inflamed. The gums may bleed when the patient brushes or during a professional cleaning.

Pregnancy gingivitis is to be expected, and some patients undergo extra dental cleanings during pregnancy to counteract this problem.

Periodontal disease that strikes during pregnancy is a different issue. Studies continue to find a link between periodontal disease and preterm birth. An association between low-birth-weight babies—those weighing less than 5 pounds 8 ounces—and periodontal disease has also been made.

These findings point to the importance of good oral care both at home and in the dental office beginning as soon as a woman is aware of her pregnancy. Brushing at least twice daily combined with once-daily flossing and professional checkups based on her dentist's recommendations could mean a healthier pregnancy and a better start in life for the new little one.



Breath gone bad

Technically, bad breath is known as “halitosis.” Had it any other name, would it smell as bad?

Bad breath isn't like periodontal disease. It won't cause your teeth to loosen or fall out. Bad breath will, however, wreak havoc with your relationships with loved ones, friends, and coworkers.

Bad breath can have a number of causes, but generally it is the result of food debris trapped in teeth. Other contributing factors include dry mouth, periodontal disease, use of tobacco products, and foods that linger in the bloodstream, such as garlic.

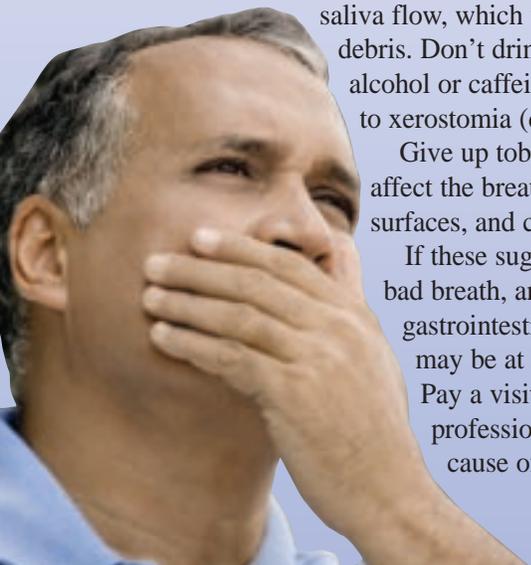
The first step in fighting breath that has gone bad is to brush well and rinse after each meal. Don't forget to brush the tongue as well to remove bacteria nestled there.

Dry mouth can exacerbate bad breath. Stay lubricated with plenty of plain water, and use sugarless gum or lozenges to increase saliva flow, which washes away food debris. Don't drink beverages containing alcohol or caffeine, which can contribute to xerostomia (dry mouth).

Give up tobacco products, which can affect the breath, adhere to tooth surfaces, and contribute to dry mouth.

If these suggestions don't alleviate bad breath, another cause, such as gastrointestinal or pulmonary issues, may be at the root of the problem.

Pay a visit to our office for professional help to discover the cause of your bad breath.



Checking up on your dental health

If you are someone who prides yourself on taking exceptional care of your teeth, you certainly can give yourself a pat on the back. Don't forget, however, that good home care is only half the equation.

Regular checkups—at least every six months—are essential to an effective oral-hygiene routine. Checkups give us a chance to rid your teeth of tartar and plaque in areas you simply can't reach with your toothbrush and floss.

Checkups also provide an opportunity for a thorough examination. During this exam we check both hard and soft tissues, with the goal of spotting problems early, when they can be more easily remedied.

Your teeth will be checked for the first signs of decay. Restoring teeth early before decay has reached inner parts of the tooth can mean avoiding a root canal or losing a tooth.

We check your gums for periodontal disease, which may affect more than three-fourths of all Americans. Gum disease can often be successfully treated in its earliest stages. Untreated gum disease is associated with a number of health issues, including diabetes, along with tooth loss.

The soft tissues of the mouth should be checked periodically for signs of oral cancer. Oral cancer is serious business—killing as many as 5,000 yearly—so catching it early could save your life.

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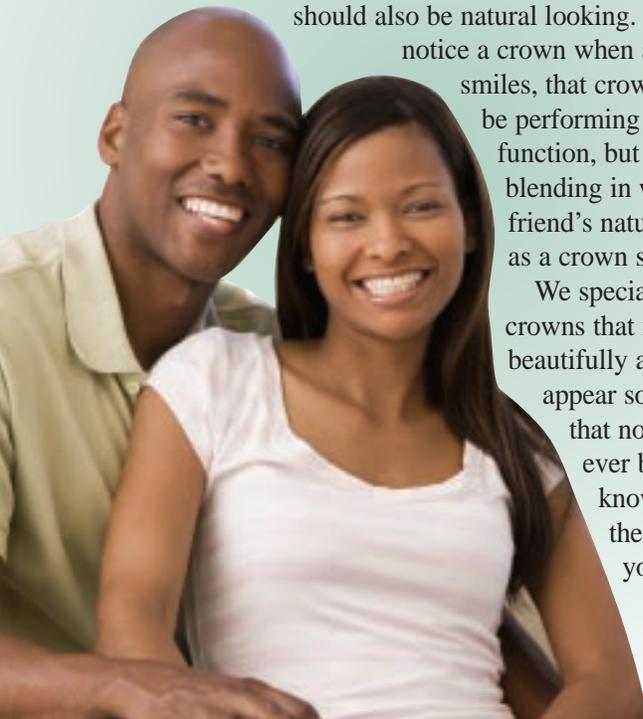
Beautiful crowns

Picture a crown. Perhaps the word brings to mind a beautiful, golden headpiece decked with bright gems. Or maybe you see a delicate tiara studded with tiny diamonds.

Crowns that are placed on teeth should be as much a work of art as those that are made for kings and queens, but instead of standing out, they should blend in beautifully with your own teeth.

Most importantly, crowns have functional purposes. Among these are replacing a tooth that's missing or supporting a bridge. Crowns can cover teeth that are heavily filled or broken, and they can be used to protect damaged or weakened teeth.

Although it's important for a crown to perform the function for which it was placed, crowns should also be natural looking. If you notice a crown when a friend smiles, that crown may be performing its function, but it's not blending in with your friend's natural teeth as a crown should. We specialize in crowns that function beautifully and appear so natural that no one will ever be able to know it's there when you smile.



Bottled isn't better for teeth

Cities and towns that fluoridate public water supplies have seen a marked decrease in the number of cavities exhibited by residents.

Unfortunately, in recent years, many dentists have noted an increase in dental decay in spite of the presence of fluoride.

The problem, dental professionals believe, can be traced to the use of bottled water that does not contain fluoride, and to tap water filtration systems that remove fluoride. Reverse osmosis systems may remove virtually all the fluoride that has been added to water.

Patients can help reverse this trend by filling nondisposable water bottles with fluoridated tap water to carry with them rather than purchasing water without fluoride. Fluoride supplements are available in areas where wells are common or the public water supply is not fluoridated.

