

# THE DENTIST'S L E T T E R

*Happy Holidays to you and yours  
and a healthy and blessed new year!*

**Thank you, thank you, thank you!**

Many thanks to each of you for allowing me the opportunity to serve your dental needs. I am forever grateful for being given such a privilege. 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.

In order to do that, it requires a staff that is willing and able to meet the challenge. It has been a blessing to have successfully assembled a wonderful group of women who have helped make that possible. The staff, who meet, greet, receive, and answer questions, has changed over the last year, but they truly are the ones who make things happen. They are a group of dedicated ladies, and I certainly must thank them for serving your needs!

**Melanie Daniels**—Office Business Manager **Adalyn Pretlow**—Front Desk and Clinical Coordinator  
**Shonda Garrett**—Registered Dental Hygienist **Michelle Lamonica**—Certified Dental Assistant  
**Nancy Moxley**—Registered Dental Hygienist **Lauren Hurtado**—Howard High School co-op  
*Thank you, ladies, for everything.*

It is at this time that I share with you some exciting yet sad news...**Shonda Garrett**, our stellar dental hygienist, has been given the opportunity to pursue her dream of becoming a Registered Nurse. Shonda will begin nursing school full-time in January and as such will no longer be working with us here at Blue Diamond Dental. I hope that you will join me in praying God's best for Shonda as she continues her education and changes her vocation/occupation. Her last day with us will be December 20, 2006, so please feel free to call or mail in your congratulations to an incredible lady. It will be very difficult to replace Shonda, but we promise you no decrease in our excellent service. Thank you, Shonda, for all you have been to our dental family and all the patients you have served. To that end, **Nancy Moxley** will take over as head of our Hygiene Department and is excited about the challenge.

As we bring another great year to a close, I'd like to start with our commitment to you that we will always try our absolute best to give you quality, evidence-based dentistry in a caring family environment—we owe that to you.

In closing, I am excited about what is happening in dentistry and the commitment we've made to treat and eliminate oral disease and decay, incorporating up-to-date information and technology to give each of you a high-tech, high-touch dental experience. I am glad to be on this journey with you and your family, for it is with pleasure we serve you. Our entire dental family joins together in saluting each of you for believing in us and supporting us. We so appreciate you for continuing to refer your family members, friends, and coworkers. May God richly bless you this holiday season and throughout the coming new year.

**Thank you for all your referrals. We appreciate them!**



## WHOA, THAT'S HOT!

Spicy foods can affect the inside of your mouth. Often, this occurs when you're eating something that you don't expect to be especially spicy, only to discover your tongue and other soft oral tissues are on fire. Reaching for the ice water is generally a reflex response, but you may find that cold H<sub>2</sub>O just doesn't quite cool your whistle.

The reason for that is because many very hot spices contain oil, and they won't effectively mix with water and wash away. Instead, when you suffer from a mouth that feels like it's on fire, reach for some bread or milk. Bread can sop up the oil, taking the spices with it and effectively relieving your pain. Milk contains a substance that will connect itself to the spices and wash them out of your mouth. Afterward, be sure to brush and rinse with water to remove the lactic acid from your teeth.

## When your teeth get "all sensitive" on you

Tooth sensitivity isn't an uncommon problem, but it can be a very distressing one. When teeth become sensitive, the pain can be sudden and sharp or only a tingly feeling. If the pain is consistent, though, don't hesitate to call us. It may be sensitivity or it may be something else.

### What causes sensitivity?

A number of factors contribute to tooth sensitivity. Among them:

- ◆ *Gum recession*—This may be related to aging, gum disease, or brushing too vigorously, which wears enamel and exposes the dentin underneath.
- ◆ *Bruxism*—Grinding the teeth or clenching them can lead to enamel reduction.
- ◆ *Whitening too often*—Working too hard to keep teeth dazzlingly white may result in increased sensitivity as a side effect.
- ◆ *Too much plaque*—Plaque buildup on the roots of the teeth can make them more sensitive.
- ◆ *Acids from mouthwashes or some foods*—Exposing your teeth to certain acids can erode enamel and further damage the exposed dentin, increasing sensitivity.



The roots of the teeth don't have the kind of enamel the exposed surfaces do. Their protection comes from the gums that hug them tightly. When factors such as those mentioned above cause the gums to recede, the sensitive dentin is exposed.

Dentin is different from enamel. It is porous, containing many tiny holes, called tubules. Tubules act like tunnels, allowing heat and cold to reach the tender nerve of the tooth and cause pain. That's why the discomfort is most likely to occur when eating ice cream or drinking a hot liquid.

### Fending off sensitivity

You may treat a person you know to be very sensitive with a little extra care; sensitive teeth deserve the same tenderness. Home care should be thorough. Brushing the teeth completely doesn't mean brushing them harder; it means brushing carefully and making sure to reach all the surfaces with a soft-bristled brush. Toothpastes for sensitive teeth can help block the route to the nerve. These usually need to be used for at least a few weeks before patients notice relief. Special rinses containing fluoride are sometimes recommended as well.

Don't ignore pain in your mouth. It may be root sensitivity, or it could have another cause. We're here to help you keep your mouth healthy and relieve discomfort. Contact us whenever things don't feel quite right, and we'll help to get you back on track again.



# Plaque really is the enemy!

*“Let’s all unite against plaque!”*

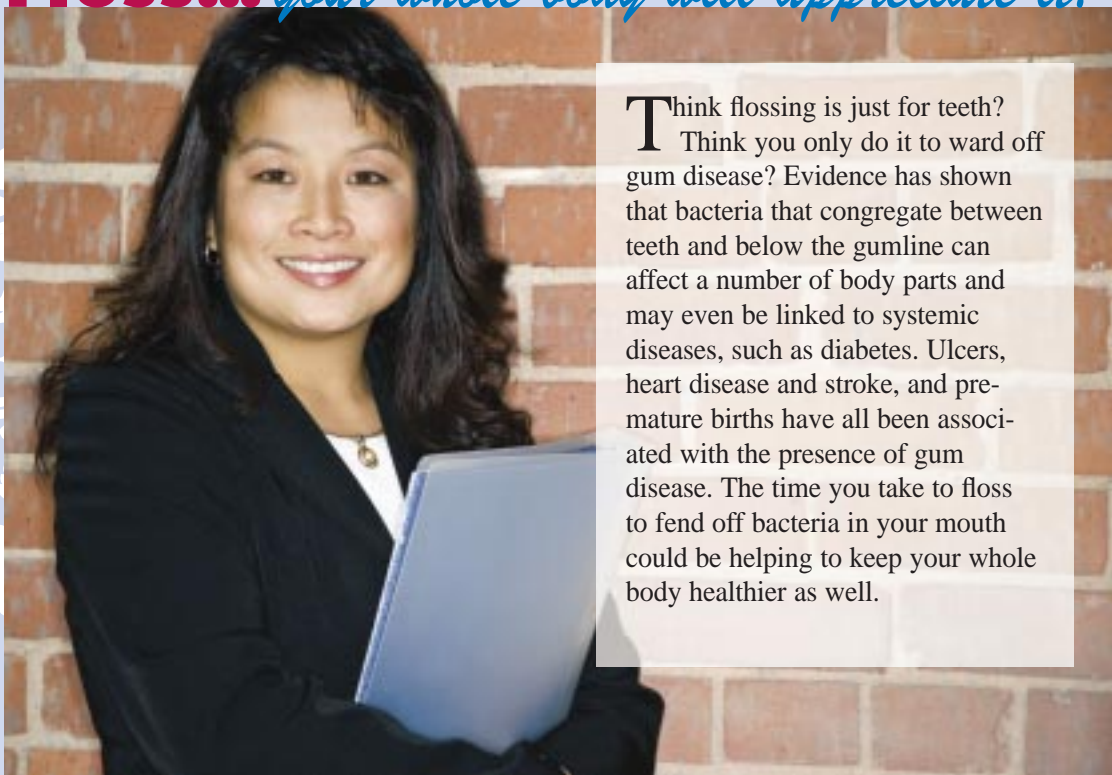
Sounds a little silly, doesn’t it? Yet, plaque really is the enemy of a healthy mouth.

Think about it. Plaque is sneaky. It’s nearly invisible, and although it sticks to teeth, most times it’s hardly noticeable. Inside this clingy film are millions of tiny bacteria. Plaque tends to accumulate around gums, where it’s harder to remove. The bacteria in it live on the food debris found in your mouth. They are most active about 20 minutes after a meal or snack.

If we simply had a symbiotic relationship (where the bacteria enjoyed the leftover food and cleaned our teeth in the process), it would be grand. However, it doesn’t work that way. Instead, these bacteria excrete acid that actually penetrates the enamel of our teeth and causes decay. Other bacteria destroy gum tissue, causing teeth to become loose and even fall out.

The best ways to fight this enemy are with preemptive strikes. Focus on preventing their attacks by drinking lots of plain water to rinse away debris, brushing after each meal, and flossing daily. This type of care wages daily war against the enemy and keeps it at bay. Use a fluoride toothpaste and soft-bristled brush to clean thoroughly. If you aren’t sure about your brushing technique, ask us for pointers. Daily flossing can be accomplished with old-fashioned floss or with a flosser that works well for you. See us regularly (as often as we recommend) for professional cleanings and other treatments that will help prevent decay and gum disease. Together, we can defeat this scourge of healthy mouths and help you keep your beautiful smile. You know, that doesn’t sound so silly after all.

**Floss...** *your whole body will appreciate it!*



Think flossing is just for teeth? Think you only do it to ward off gum disease? Evidence has shown that bacteria that congregate between teeth and below the gumline can affect a number of body parts and may even be linked to systemic diseases, such as diabetes. Ulcers, heart disease and stroke, and premature births have all been associated with the presence of gum disease. The time you take to floss to fend off bacteria in your mouth could be helping to keep your whole body healthier as well.

## A pain in the mouth

The misery associated with canker sores or mouth ulcers is threefold. First, there’s the pain that assaults the mouth each time you try to speak. Second, there’s the additional discomfort associated with eating certain foods. Third, there’s even a bit of embarrassment that comes with explaining to others why you are grimacing whenever you speak or eat.

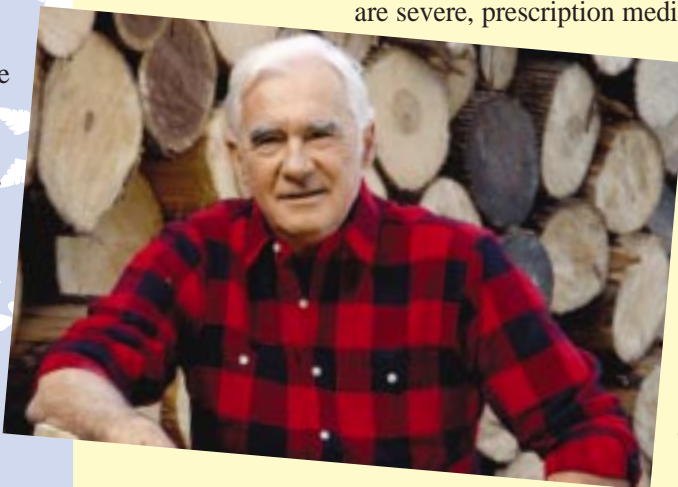
Ulcers may start as tiny red bumps on the tongue or the insides of the lips or cheeks. They quickly blossom into red-rimmed sores that may display a whitish or yellowish appearance. They may grow as large as an inch and can take up to two weeks to heal.

What causes cankers is still somewhat of a mystery. Women seem to get them more often than men, and some people may be genetically predisposed to them. Some theories suggest an allergy to certain bacterium or foods. Other research points to an immune-system problem. Injuries to the inside of the mouth, some systemic conditions (e.g., Crohn’s disease), smoking, and dentures may also be contributing factors.

For mild outbreaks of cankers, over-the-counter products are usually sufficient to relieve pain until the ulcer heals. However, if the problem recurs often or the outbreaks are severe, prescription medications may be necessary. These include

mouth rinses containing antibiotics, antifungal drugs, or steroids.

Avoiding canker sores can sometimes be accomplished by avoiding certain foods. Foods high in acid, such as tomatoes, have been linked to ulcers. Toothpastes containing sodium lauryl sulfate have been shown to cause ulcers in some users. If you are prone to ulcers, take care when eating acidic foods or brushing to be sure you don’t cause another one to form.



**Blue Diamond Dental, P.A.**  
**Vincent J. Daniels, D.M.D.**  
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*Here's your  
dental newsletter!*

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The information included in this newsletter is not intended as a substitute for dental advice. For your specific information, be sure to consult our office.

## *Home for the holidays?* **GET YOUR TEETH CHECKED!**

Whether it's college, the military, mission work, or a job that has taken you away from home, your holiday break is a great time to schedule a visit with us. Many people who live away from home for extended periods of time don't necessarily secure a new dentist at that place. We appreciate their loyalty, but we also want to be sure they're getting the dental care they need.

That's why the holiday break—whether it's a few days at home or a whole month—is an excellent time to schedule that care. We can give you a complete exam and cleaning, and discuss any other work that needs to be done and how it can be scheduled. That way, a small problem you may not even be aware of won't have the chance to become a much larger one.

Regular dental care that reduces plaque and the chances of developing decay and gum disease means both professional care and good home care. Be sure to include us in your holiday plans; we can help keep a healthy smile in your future.

## *A gift for you—*

Please find below a certificate for a **FREE hand massage** or **minifacial** redeemable in our Blue Diamond Dental Wellness Center. The Wellness Center has been developed for the benefit of our dental patients and provides a wonderful array of massages and facials. On your next visit to the office, feel free to ask any staff member about the Wellness Center and/or stop by Suite 1-D for a firsthand look at what's going on and how it can benefit you and your family members.

**BLUE DIAMOND WELLNESS CENTER**

*presents the bearer of this certificate with a*

**FREE hand massage or minifacial!**

This certificate expires on March 1, 2007.

**Blue Diamond Dental, P.A.**  
**Vincent J. Daniels, D.M.D.**  
2300 Pennsylvania Avenue  
Suite 2-C  
Wilmington, DE 19806

[www.bluediamonddental.com](http://www.bluediamonddental.com)

### **Office Hours**

Monday 7:30 a.m.-6:00 p.m.  
Tuesday 7:30 a.m.-6:00 p.m.  
Wednesday 7:30 a.m.-6:00 p.m.  
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**

**Office Business Manager**  
Melanie Daniels

**Front Desk  
& Clinical Coordinator:**  
Adalyn Pretlow

**Dental Hygienists:**  
Shonda Garrett  
Nancy Moxley

**Dental Assistant:**  
Michelle Lamonica

**Dental Cooperative Student:**  
Lauren Hurtado

**Wellness Center Director:**  
Melanie Daniels