

# smile highlights

by Dr. Warren F. Renneisen

Produced to improve your dental health and awareness

Fall 2008

## from the dentist

We celebrated our second anniversary in our new office in June. I am delighted with the office and feel confident that the new facility provides the most current dental technology. We recently added the *DIAGNOdent*<sup>™</sup>, which utilizes a laser beam to penetrate the enamel and detect cavities at an early stage. Identifying cavities early means restoring the tooth with minimal loss of structure.

We welcome Mary Phil Trio, our new treatment coordinator and insurance manager, who brings 30 years of dental experience.

Mary Piergiovanni, our hygienist, and I attended a seminar sponsored by the Pennsylvania Dental Association on periodontal control and prevention. I am fortunate to work with such a dedicated staff.

Lately, I have become concerned with the increase of new tooth decay in my older patients. Several factors cause increased decay. Saliva has protective qualities, and as we age, the amount produced decreases. Also, foods high in refined and processed sugars produce acid, which decays the teeth. The best solution is to brush and floss frequently, and **avoid snacks after the last brushing at night.** I recommend using fluoride toothpastes and a topical fluoride application to re-mineralize the enamel at your re-care visit.

Thanks to everyone who completed the survey for *Delaware Valley Consumers' Checkbook*. Once again, we were listed in the *Top-Rated Dentists*. I appreciate your confidence and will continue offering the best in dentistry.

Sincerely,

Warren F. Renneisen, DMD

Always magnificent...  
Fall.



Top left: Mary Phil – Treatment Coordinator, Dr. Renneisen  
Bottom left: Kara – DA, Marilyn – Hygiene Coordinator, Mary – Hygienist

We welcome new smiles!





## First Things First It's worth it!

Study after study shows that a nice smile is important to how others perceive you. So we're totally on board when you want cosmetic dentistry. We'd like to remind you though, that whether you're considering whitening, veneers, or restorations like crowns or implants, you need strong teeth or bones and healthy gums to get your most attractive – and *lasting* – outcome.

Brush, floss, and rinse to banish gum disease!

### *Early disease includes gums that...*

- are red, swollen, and tender
- bleed when you brush and floss
- generate bad breath.

### *If left untreated gum disease can...*

- progress to inflammation and chronic infections.

### *That can lead to...*

- the loss of teeth, gum, connective tissues, and the underlying jawbone.

Let's optimize your oral health and maximize your cosmetic results!

# Manage It!



Your  
environment  
can hurt  
your smile!

Smoking is the single  
major preventable risk  
factor for gum disease

You don't have to assume that chronological ageing will dramatically alter your smile. After all, as your dental team, we're committed to helping you maintain your oral health and most attractive appearance. But you can help by becoming aware of and managing factors in your own environment.

■ Toothbrush abrasion from brushing incorrectly or with too much pressure is common and can lead to receding gums, exposed roots, and exposed yellow dentin due to thinning enamel, plus sensitive teeth, cavities, and tooth loss.

■ Substituting unsafe objects like earrings, forks, and needles for dental floss can damage your gums. Frankly, toothpicks are also potentially hazardous.

■ Sugary acidic drinks and sports beverages can erode enamel and create an incubating environment for the bacteria that cause tooth decay and gum disease.

■ Teeth grinding and clenching can crack and wear teeth and restorations and damage gums and cheeks.

■ Smoking is the single major preventable risk factor for gum disease. It also depletes Vitamin C which is preventive. Even exposure to secondhand smoke is associated with a 50-60% increased risk for developing disease.

■ Untreated periodontal diseases which are infections of the gums, periodontal ligament, and alveolar (jaw) bone can destroy the appearance and health of the gums and bone and lead to tooth loss.

We can't stop the ageing process, and maintaining your beautiful and youthful smile is really a lifetime commitment. But with good care, you can keep a healthy, younger-looking smile ... for decades.



# How Do They Do That?



## ...Naturally!

Do you think they inject Omega-3 fatty acids into *every* one of those eggs? Surprise! Actually, they alter the chickens' feed – often with pleasant-tasting ground flaxseed which is higher in Omega-3 fatty acids and lower in saturated fatty acids than other grains.

Cold water fish like herring, mackerel, and salmon are superior sources of Omega-3, but all sources, according to research, can be beneficial to your health. One caveat, though – if you opt for supplements, Omega-3s have blood-thinning potential and can interact with medications.

Did you know that Omega-3s may prevent soft tissue and bone loss associated with gum disease? Not only that, but research also suggests they may...

- improve cardiovascular health
- help brain function
- protect expectant mothers against post-partum depression
- diminish joint inflammation.

## Eggscellent!

## A Piece Of The Puzzle

### About oral cancer

Worldwide, close to 400,000 new cases of oral cancer are diagnosed each year. If diagnosed early, oral cancer can be highly curable, and now research has provided another clue. Chronic gum disease in men may increase their risk of tongue cancer!

Even after adjusting for smoking, age, and the number of teeth, each millimeter of bone loss due to gum disease was associated with more than five times the increase in the risk of tongue cancer.

This is interesting because today more than 25% of oral cancer victims are young adults who have none of the usual risk factors like tobacco use, alcohol use, diabetes, or HIV.

Viruses and bacteria in gum tissues could be toxic to surrounding cells, or could indirectly contribute to cancer through inflammation. Please have regular periodontal and oral cancer exams.

## Focus On You

### Your oral and overall health matter

Imagine if a wound in your forearm became increasingly swollen and inflamed, yet was left untreated. You might worry that it would eventually affect your health. Well, your oral tissue is equal to the amount of skin between your wrist and elbow ... and many scientists believe that gum diseases, like other infections, have the potential to influence the rest of your body.

This is not a new idea. In 1891, *The Human Mouth As A Focus of Infection* proposed that oral microbes affect overall health. However, in the absence of adequate science, focal theory gradually fell out of favor. Still, the mouth-body link regained credibility when newer research was emphasized in the *Surgeon General's Report on Oral Health in America* in 2001.

Associations have been made between gum disease and heart and stroke, some cancers, diabetes, kidney disease, lung disease, Crohn's disease, Alzheimer's, osteoporosis, premature deliveries, and toxemia. The strength and precise nature of these associations are unclear. However, long-term studies and improved research designs that consider factors like age and tobacco use are creating a more complete picture.

Your mouth is a complex ecosystem harboring many kinds of bacteria. Viruses and inflammation have also been suggested as possible factors. Thus it appears unlikely that a single "gorillacillin" superdrug will present the solution.

We urge you to maintain your home care routines and your regularly scheduled visits with us to help maintain your optimal oral health.





# Teeth For Life!

## Benefiting from fluoride therapy

Fluoride is a naturally occurring mineral that is found in many things we eat and drink. Since fluoride was introduced to communities as a public health measure, it has proved to be the greatest cavity fighter we have.

Most of us are familiar with fluoride as an additive to our water supply. Most of us have ingested these microscopic amounts of the mineral since we were children. But there are other fluoride applications that can be of great benefit to your oral and dental health.

Professional-strength fluoride (in-office fluorides) and low strength fluorides (home fluorides) play important roles in helping you keep your teeth for life. The fight against cavities is life-long, and both adults and children can benefit!

You are a candidate if you had no fluoride in your drinking water as a child, or have none now, if you drink filtered or bottled water regularly, if you have multiple fillings, receding gums, or a history of gum disease. Other indications that you could benefit include dry mouth, tooth temperature sensitivity, or teeth that just don't feel clean. If you have trouble with some aspects of home dental care such as flossing, or meeting the quota of brushing at least three times a day, if you snack frequently between meals, or use tobacco products of any type, then you too could benefit significantly from in-office and home fluoride treatment!



## officeinformation

**Warren F. Renneisen, DMD**

1223 North Providence Road  
Media, PA 19063-1613

### Office Hours

Monday 9:00 am – 5:00 pm  
Tuesday 8:00 am – 5:00 pm  
Wednesday 8:00 am – 5:00 pm  
Thursday 8:00 am – 5:00 pm

### Contact Information

Office (610) 566-5555

### Office Staff

Mary Phil..... Treatment Coordinator  
Kara .....Dental Assistant  
Mary ..... Hygienist  
Marilyn .....Hygiene Coordinator

**Communication is important  
to us – don't be  
afraid to ask questions!**



## Let **DIAGNOdent™** Shine

### Prevent problems

DIAGNOdent™ is a revolutionary dental laser tool that safely and effectively detects changes that might not be visible on a traditional x-ray, even below your tooth's surface.

When this light source is directed at your tooth, anything unusual about the tooth's surface – such as the start of a cavity – causes a different type of light to be bounced back to the instrument. This light is transferred into an acoustic signal which is evaluated by a control unit. DIAGNOdent allows us to quickly catch what could later become a problem.

We want to ensure that every tooth remains yours for life. DIAGNOdent will not only reduce your need for x-rays, it will catch problems before they even get started.

## Our Door Is Open New patients welcome!

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients – the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.