

Smile Highlights

By Dr. Warren F. Renneisen

2013

from the dentist

I find the practice of dentistry exciting and dynamic. Throughout my career there have been continuous new developments in procedures and restorative materials. The most impressive development for me is dental implants and the benefits they provide my patients. Implants are versatile as they can be used to replace a single tooth, an entire arch of teeth or serve as anchors to stabilize and retain a removable denture.

The current, highly successful implants result from technology initiated in 1952 by a Swedish orthopedic surgeon, Dr. Per-Ingvar Branemark. He discovered when he used titanium screws in bone; the bone and screw became so fused together during the healing process that the screw could not be removed. The U.S. Food and Drug Administration approved titanium implants to replace missing teeth in 1982. Today titanium implants are routine. Technology continues to evolve with special coatings placed on the titanium implants to increase bone adhesion and improved designs providing many options for implant supported restorations.

I find a special satisfaction seeing implants I restored twenty years ago serving my patients as well as the day they were restored. Most rewarding are my patients' expressions of appreciation for the improved quality of life provided by the implants.



Top left: Dr. Renneisen, Mary Phil-Treatment Coordinator, Bottom left: Michele-Administrator, Mia-Dental Assistant, Mary-Hygienist

Alligator Teeth Give Clues to Regenerating Teeth

How do human teeth compare with an alligator's? Humans have 32 adult teeth, alligators have 80. Humans replace their teeth once in a lifetime. Alligators replace each tooth up to 50 times in a lifetime. Alligators and humans do share a similar tooth form and structure and both contain a band of tissue called dental lamina. Because of these similarities scientist are studying alligators in hopes of understanding why their dental lamina contain stem cells from which new teeth develop. Scientists hope to isolate those cells from the dental lamina to see whether they can regenerate teeth in the lab. Alligators may help scientists learn how to stimulate tooth regeneration in people.

We welcome new smiles!



Protect Those Pearly Whites

A recent study found that an alarming increase in consumption of sports and energy drinks is causing irreversible tooth damage. The high acidity in the drinks erodes tooth enamel, the glossy outer layer of the tooth. Teeth become overly sensitive, prone to cavities, and more likely to decay.

Many people consume these drinks thinking they are “better” for them than soda and that they will enhance their energy levels and sports performance. These drinks are in fact like bathing your teeth in acid.

Researchers exposed teeth to these beverages in the same way that most people consume the drinks. Teeth were immersed in the beverages for 15 minute intervals four times a day for a period of five days. After only five days, damage to the enamel was evident from both sports and energy drinks.

What can you do to protect your teeth?

- Eliminate or minimize your intake of sports and energy drinks.
- Rinse your mouth with water after consuming one of these drinks.
- Chew sugar-free gums containing recalcant, “Trident Extra Care”.
- Floss with fluoride impregnated floss.
- Request fluoride varnish application at your hygiene visit
- Maintain regular dental exams to detect and monitor enamel damage

office information

Warren F. Renneisen, DMD
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Office Hours

Monday 9:00am—5:30pm
Tuesday 8:00am—5:30pm
Wednesday 8:00am—5:30pm
Thursday 8:00am—5:30pm
Friday 9:00am—12:00pm

Contact Information

Office (610)-566-5555

Office Staff

Mary Phil...Treatment Coordinator
Mia.....Dental Assistant
Mary.....Hygienist



Thanks

My staff and I extend our appreciation to everyone who completed the dental survey for *Delaware Valley Consumers' Checkbook*. The magazine evaluates the quality of service provided by service companies, professionals, and stores. They accept no donations and the magazine carries no advertising. More than 85,000 Delaware Valley area residents were surveyed about their experiences with dental care.

We feel honored to be listed in the top 1% of the “Top Rated Dentists” category. Thanks for your vote of confidence. We will continue to provide you the best in dentistry.

Dental Questions?

Go to www.drrenndentist.com.

Click on treatments. View videos and find answers to questions on hygiene, crowns, bridges, implants, root canals, veneers, whitening, orthodontics, TMJ and much more. Still have questions? Give us a call at 610-566-5555. Communication is important to us.

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Summer 2012

fromthedentist

June marks our sixth anniversary at our new office. I continue to enjoy providing dental care with our state of the art dental technology. As technology improves, we upgrade to provide you with leading edge dental care. Patients gave rave reviews for the new, smaller and more comfortable Kodak sensor used when taking digital x-rays.

Mary Piergiovanni, our hygienist, and I attend many hours of continuing education each year. We recently attended a full day seminar on caries (cavity) detection and modern restorative procedures. You will be happy to know the non-metal, non-mercury resins we provide are considered the most current in restorative dentistry. Another new and amazing product is a material called TheraCal. Once we remove decay, we place a lining of TheraCal within the tooth, and then complete the restoration. TheraCal promotes healing within the tooth by stimulating new dentin formation. I am excited about implant dentistry and the positive impact on my patient's lives. Over the last six months I attended more than six days of continuing education on implant dentistry.

I remain concerned with the increase of new tooth decay in my older patients. Several factors cause increased decay. As we age, we produce less saliva and lose saliva's protective qualities. Also foods high in refined and processed sugars produce acid which decays teeth. The best solutions are to brush frequently and avoid snacks after the last brushing at night. I recommend using fluoride toothpastes and an application of topical fluoride at your recare visit to strengthen the enamel.

Our team would like to give you a heartfelt thanks for your loyalty and friendship.

Yours in good dental health,

Dr. Warren F. Renneisen



Top left: Mary -Hygienist, Dr. Renneisen, Mary Phil -Treatment Coordinator

Bottom left: Mia-Dental Assistant, Gail-Hygiene Coordinator

Bride & Groom Sparkle Session

Planning a wedding in the near future? Add a teeth cleaning, "Sparkle Session" to your to-do list. It is our gift to the bride and groom to assure you look your very best. Reserve your time with Mary, our hygienist, a month prior to your wedding date and avoid a last minute crunch. Best wishes for a day filled with smiles.

Share a Smile Promotion

When you refer a new patient and he/she completes an initial comprehensive visit, you will receive a \$50 credit toward your account and the new patient will receive \$50 toward their initial visit.

We welcome new smiles!

Vitamin D in the Sunlight

Researchers are finding that the use of sunscreens against harmful ultraviolet rays also prevents epidermal cells in your skin from making Vitamin D. Why do we need Vitamin D? It aids in the absorption of calcium and helps to form and maintain strong bones and teeth. Adequate amounts of calcium reduce the risk of gum disease and tooth decay.

Recent studies suggest vitamin D plays a protective benefit by moderating inflammatory responses, normalizing blood pressure and encouraging healthy cell division. Studies link vitamin D deficiency with cardiovascular disease, diabetes, rheumatoid arthritis and some cancers.

How much Vitamin D do we need? The RDA, recommended dietary allowance, suggests 600 IU/day. However other sources say as much as 2000 IU/ day. The best source of Vitamin D is sunlight. Ten minutes of sunlight on face, arms, and legs can yield as much as 10000 IU or more. The best food sources are fatty fish, mackerel, swordfish, salmon, sardines, and tuna. Fortified foods such as cereals, milk, milk substitutes, and yogurt may also contain vitamin D. Read the labels.



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Communication is important

**to us — don't be
afraid to ask questions**

Fight oral cancer with regular check ups

The incidence of oral cancer among young adults is dramatically increasing. This increase is due to a rise in exposure to the HPV-16 virus, human papilloma virus, the same virus responsible for most cervical cancer.

If you experience any of these warning sign, please give your dentist or M.D. a call:

- White or red spot anywhere in your mouth, lips, gum tissue, cheek lining, tongue, and palate
- A sore that does not heal within 2-3 weeks
- A color change of oral tissues
- Any lump, thickening, rough spot, crust or eroded spot
- Pain, tenderness, or numbness
- Difficulty chewing, swallowing, speaking or moving the jaw or tongue
- Chronic hoarseness

Early detection is important, so no concerns are ever trivial or insignificant. Harmful oral lesions can look identical to those that are harmless. Only testing can tell them apart.

Since oral cancer is most treatable in the earliest stages, we regularly perform an oral cancer screening as a part of your dental examination. Regular check ups including an exam of the entire mouth are essential in early detection.