

# Smile Highlights

*By Dr. Warren F. Renneisen*

*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.



## office information

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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  
Gail.....Hygiene Coordinator

### **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.