

Thank you for all your referrals. We appreciate them!

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

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

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Wilmington, DE 19806

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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

Office Business Manager
Melanie Daniels

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

**Registered Dental
Hygienists:**
Nancy Moxley
Shonda Garrett

Dental Assistants:
Michelle Lamonica
Stacey Heggan

**THE
DENTIST'S
L E T T E R**

Winter 2011/12

**Happy Holidays to you and a
Healthy and Blessed New Year!**

Thank you, thank you, thank you!
I am forever grateful for having been
given 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. As we see another year ending
and a new one beginning, we here at
Blue Diamond Dental have been

blessed with the opportunity to serve and care for your and your
families' dental and oral-health needs. It is important to us to take
a few minutes to thank you for being a part of our dental family.

It is also at this time of year that we like to pause amidst the hustle
and bustle of the holidays to remember the importance of being
thankful for all that we have. At times, we take for granted the
precious treasures of our lives, only to find out how fragile life
can be when something unexpected or unwelcome comes along
to disrupt or take away part or all of these treasures. It is then,
and possibly only then, that we are reminded to be more
gracious, thankful, and appreciative.

This time of year encourages us to embrace the opportunity
to be renewed, recharged, and reinvigorated for the coming
year. In doing so, I invite 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.

Thank you for being a part of our Blue Diamond
Dental family. We appreciate you and are thankful you
have allowed us to partner with you in taking care of your
oral health care.

Dr. Daniels and the staff at Blue Diamond Dental

*From our family to yours,
we wish you a very healthy,
blessed, and wonderful 2012.*



BACTERIA— they're not all bad

It's easy to live with the notion that all germs are bad. After all, we spend a great deal of time trying to kill them, first with hand sanitizer and household disinfectants, and, if we become ill, with antibiotics designed to assure their demise. However, not all germs are bad, and some even work to interfere with the work of "bad" bacteria.

Recent research has shown that *Streptococcus salivarius*, a benign inhabitant of the mouth, may wear a white hat in the world of germs. The germ produces enzymes that have been shown to inhibit biofilm formation by bacteria that cause decay.

Researchers also found that salivarius enzymes are not alone in the mouth. Other species of bacteria that exhibit beneficial features were also discovered. Together, these bacteria help to keep the mouth healthy and prevent oral decay from running rampant.

Arthritis and your teeth

Arthritis doesn't affect dental health directly, but when it affects the hands it can make oral home care difficult. This issue takes on special importance, as a quarter of all senior citizens suffer from extreme gum disease.

Patients who have arthritis in their hands can often maintain good home care by using brushes and flossers designed for people with arthritis or disabilities. A rubber band can be used to attach a toothbrush to a tennis ball or ruler, making it easier to grip than a regular toothbrush handle. The same can be done with long-handled flossers. Electric toothbrushes with larger, easier-to-grip handles can also be used effectively.

Dry mouth, caused by medications prescribed for ailments that often affect older adults, such as high blood pressure, can affect the likelihood that a patient will develop cavities or gum disease.

Both gingivitis and dental decay can lead to tooth loss, which can mean difficulty eating and speaking, making communication difficult and compromising good nutrition. Patients and caregivers can work with the patient's personal dentist to develop a plan for good dental health.

Oral health for men

Every day, millions of people brush their teeth. But women brush a little more often than men. Women also are more likely to visit a dentist and more likely to keep all their teeth than men. What's up with that?

What's up is that men don't necessarily give their oral health the attention they should. According to some stats, the average man brushes his teeth less than twice a day. Most men lose more than five teeth by the time they hit their early 70s, and men who smoke lose up to a dozen teeth by that age.

Gum disease is the most common cause of tooth loss in adults. It results from bacteria that set up shop between the teeth and the gum line. These bacteria excrete acids that irritate the gums and interfere with the attachment between the gums and the teeth, resulting in tooth loss. Early gum disease can often be reversed with professional intervention and changes in home care.

Tooth loss in men doesn't just result from poor oral hygiene. There are contributing factors that can affect these statistics. For instance, because men are more likely to suffer from heart disease, they often take medications that can cause dry mouth, which increases the likelihood of developing cavities.

Men don't have to suffer from poor oral health. They can enhance their smiles with a little extra daily attention and professional care, and maybe keep all their teeth for life.



Tooth parts

You may think that a tooth is just a tooth. Sure, there's the side you chew with and the part that shows when you smile...oh, and there's the root underneath to anchor the tooth to the gum. But that's it, right?

To those of us who work in dentistry, teeth are much more. For instance, the side of the tooth that's closest to your tongue is called the palatal surface if it's located on your upper jaw, and the lingual surface if it's located on the lower jaw.

The surface of the tooth that shows when you smile is referred to as the labial surface, because it's close to the lips. The buccal surface is the area of the tooth closest to the cheek.

The areas that are used for chewing are called the occlusal surfaces. These are found on the molars that grind food. Cusps and grooves are found on the occlusal surfaces. The grooves, as the name implies, are indentations, and the cusps are the little hills.

The proximal surfaces are the areas of each tooth that actually touch the teeth next to them. The distal surfaces are the sides toward the throat, and the mesial surfaces are the sides toward the lips.

You may hear us use these words when you visit our office. If you have questions about your dental health, don't be afraid to ask. We're always happy to explain.

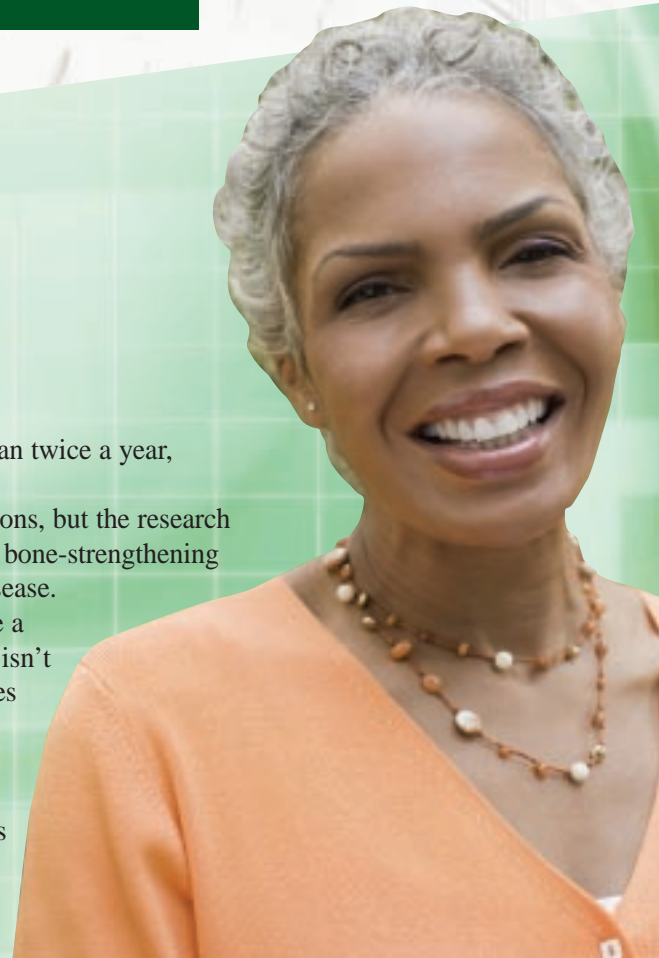
Menopause means more dental visits

Women who have gone through menopause should see their dentist more than twice a year, according to recent research.

Researchers set out to investigate the effects of bone-strengthening medications, but the research inadvertently discovered that both women with healthy bones and those taking bone-strengthening meds were at greater risk for increased dental plaque levels and periodontal disease.

Postmenopausal women who are at increased risk for osteoporosis also have a higher risk of periodontal disease, which can result in tooth loss. When plaque isn't removed regularly—as often as four times a year for older women—the chances of developing gum disease that can result in tooth loss increase significantly.

Although the study found that medication can help keep bones strong, only plaque removal can help ward off gum disease. A woman should discuss her particular situation with her dentist and increase the number of dental cleanings she has yearly, based on her dentist's recommendation.



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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 situation, please consult our office.

Denture adhesive dangers

A deficiency in zinc intake is a common problem affecting millions of people around the world. Unfortunately, some denture wearers may be getting too much zinc, and that can be dangerous.

The problem arises when denture wearers swallow too much adhesive, which often contains zinc. Symptoms of zinc poisoning can include pain in the stomach, nausea, and irritation in the mouth. In extreme cases, neurological damage may occur.

A growing number of lawsuits have been filed against manufacturers of dental creams for failing to warn users of potential risks. Two of the most popular denture adhesives, Super Poligrip and Fixodent, contain zinc. (The manufacturer of Super Poligrip, GlaxoSmithKline, is planning to reformulate their product without zinc; Fixodent (Procter & Gamble), as of now, is not planning any changes.)

Overuse of denture adhesive is often related to poorly fitting dentures. The instructions usually call for using only a thin layer or strategically placing dots of adhesive. However, when dentures aren't fitting properly, patients are often tempted to use more adhesive than necessary and may end up ingesting too much zinc.

As the mouth ages, it changes; a denture adjustment is often necessary to improve the fit. Rather than trying to cope with dentures that don't fit properly, patients should make an appointment to learn what can be done to improve the fit and effectiveness of their dentures.



That marvelous MI paste™

Imagine a paste that can help reduce tooth sensitivity, relieve dry mouth, reduce acid levels in the mouth to lessen the likelihood of decay, and help restore the natural gloss of your teeth. Well, such a paste does exist.

MI Paste™ is a product that contains Recaldent™, a protein derived from milk.* Applied twice daily, right after brushing or as recommended by your dentist, MI Paste binds to both teeth and mouth tissues to increase salivary levels. Saliva is essential to the mouth, as it removes bacteria and food debris and guards against enamel abrasion. Lack of saliva can lead to increased incidence of decay.

MI Paste is not a toothpaste, and it does not contain fluoride. Therefore, MI Paste should be used in conjunction with a fluoride toothpaste. MI Paste is especially effective when used before bed because it increases levels of saliva, which are often low during sleep.

MI Paste comes in several flavors, including mint and strawberry, so it's a tasty way to increase the health of your mouth. We'll be happy to answer any questions you have about this marvelous new product.

**MI Paste should not be used by those who are allergic to milk proteins.*