

Center For Dental Excellence



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Produced to improve your dental health and awareness

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fromthedentists

We Can Help

In uncertain times

These are difficult times filled with much uncertainty about the future. But there *are* a few certainties that you can count on. Winters will come and springtimes will follow, and we will be here for you. We are willing to work together with you to ensure that your good oral health continues uninterrupted.

As you know, it is also a certainty that oral health is linked to our overall health and wellbeing, so regular recare and follow-up visits are very important. Let us explore creative ways to finance your dental care, including Care-Credit, the "no interest" plan that works just like a credit card, and monthly payment options tailored to your circumstances.

The tonic for difficult times is confidence, and you can be confident in our continued commitment to your good oral health.

Sincerely,

Drs. Pilon, Christian, and Nghiem

turnthepage

Fight bacteria now!

Oral tips for life!

Whitening that works!

Adverse Effects?

Double-edged meds: Bisphosphonates

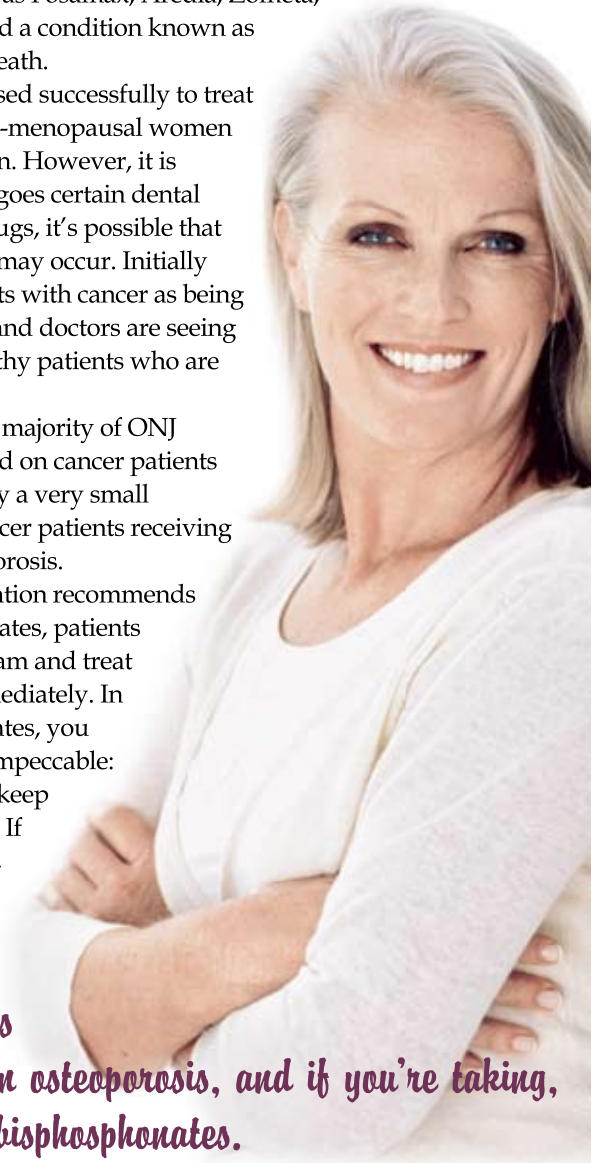
The next time you come in for a consultation, we may be asking you the following important question: are you taking any bone-building medications such as Fosamax? The reason for the question is simple: doctors suspect a link between the use of bisphosphonates such as Fosamax, Aredia, Zometa, Actonel, Aometa, and Boniva and a condition known as osteonecrosis, also called bone death.

These bisphosphonates are used successfully to treat and prevent osteoporosis in post-menopausal women and to increase bone mass in men. However, it is suspected that if a patient undergoes certain dental procedures while using these drugs, it's possible that bone loss, or even osteonecrosis may occur. Initially research pointed towards patients with cancer as being chiefly at risk, but now dentists and doctors are seeing cases in otherwise perfectly healthy patients who are being treated for bone loss.

It should be noted that a vast majority of ONJ complications have been reported on cancer patients having IV bisphosphonates. Only a very small percentage of cases were not cancer patients receiving oral bisphosphonates for osteoporosis.

The American Dental Association recommends that before starting bisphosphonates, patients have a comprehensive dental exam and treat any tooth or gum problems immediately. In addition, while on bisphosphonates, you must ensure your home care is impeccable: brush regularly, floss daily, and keep your dental recall appointments. If invasive dental care is necessary, we will discuss the implications with you, and choose the most conservative treatment possible.

Please be sure to let us know if you suffer from osteoporosis, and if you're taking, or considering taking, bisphosphonates.



A healthy smile will last a lifetime!



You'll like it!

Look At That

Ugli fruits are named after their greenish-yellow appearance, odd shape, and lumpy, bumpy skin. Imagine a *really* ugly grapefruit.

Tasty Treat

This mandarin hybrid has a very sweet citrus taste and is said to combine the best qualities of Seville oranges, tangerines, and grapefruit. Ugli fruits are sweetest from their native tropical West Indies and Asia, though they have been grown in the sub-tropical United States since the 1930s. Nearly seedless, uglis peel easily for quick snacks or as an unusual feature in salads, stir fries, or stews.

For Your Oral And Overall Health

Ugli fruit is an excellent source of vitamin C, an antioxidant which promotes healthy gums and fights cardiovascular disease, plus it's a good source of fiber as well as folate which is an important B vitamin that promotes oral health.

Prevention Is Better

Two things you don't want to share!

We all host bacteria in our mouths so everyone is potentially vulnerable to decay and gum disease. Here are some facts you may not know...

■ **Bacterial Infections**

In **caries** (decay), *Streptococcus mutans*, is the major bacterium that uses sugar to produce acids that dissolve dental enamel, creating cavities.

In **gum disease**, plaque – the soft thin film you feel on your teeth – is a *biofilm* which hosts many different bacteria.

■ **Transmissible**

You can pass on **gum disease** and **caries** bacteria to the people you care about – even babies whose teeth have yet to erupt – by kissing, blowing on food, or sharing utensils.

■ **Preventable**

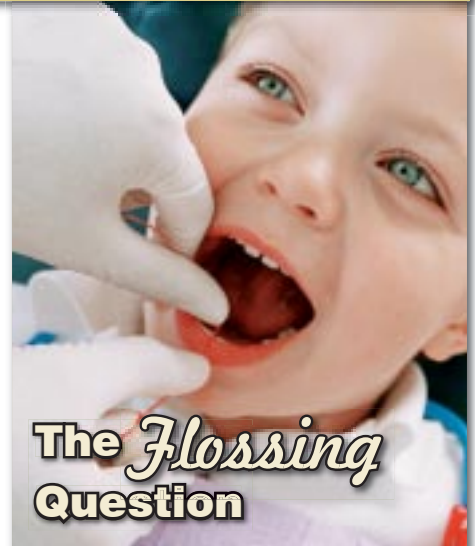
You can minimize your risk for **caries** by avoiding sugary carbohydrates and keeping saliva flowing. Saliva is your natural buffer against acid. Daily removal of soft plaque by brushing and flossing keeps it from building up then turning into hard tartar or calculus, promoting **gum disease**.

■ **Reversible**

In the earliest stages when **caries** are white patches, remineralization (assisted by our saliva) can reverse the process. As the caries progressively become darker in color, treatment becomes more complex and invasive.

Gum disease can appear silently and we can reverse it with prompt treatment before it progresses to produce swollen, tender, bleeding gums, and deep pockets of infection that can lead to tooth loss.

We have many effective strategies to prevent and treat these two diseases, so please – keep your regular appointments.



The Flossing Question

Ever too young?

As soon as two teeth touch, between six months and one year, kids need daily flossing to avoid gum disease. Only flossing can remove the biofilm and food particles that build up between their teeth and below the gumline where a toothbrush can't reach. Here's how to floss your child's teeth...

First, wrap an 18-inch strand of floss around your middle fingers just as you would for yourself, and hold a one-inch section tightly.

Then, gently ease floss between each of your child's teeth, unwinding clean floss as you proceed.

Too squirmy? Consider colorful, flavored, kid-friendly floss sticks that can change colors and come in favorite character shapes.

Between the ages of 5-10, most children can floss their own teeth. And thanks to your perseverance and great example, they'll want to!



Evaluate Your Family Dental Values

At every stage of life, your oral health and attractive smile are invaluable assets

LIFE STAGE

FOCUS

HOW WE CAN HELP

Infants & Children



- Healthy gums and teeth
- Proper spacing and bite alignment
- Protection against sports and play injuries

- Prevention and monitoring with regular dental visits starting when teeth erupt
- Early orthodontic assessment
- Oral hygiene instruction
- Custom-fitted mouthguard
- Emergency care

Teenagers



- Greater awareness of social value of nice smile and fresh breath
- Greater susceptibility to gum disease, enamel erosion

- Positively reinforce importance of nutrition, regular oral care routines, and professional oral care for an attractive smile
- Provide strategies for fresh breath and a whiter, brighter, straighter smile

Young Adults
20s & 30s



- Greater maturity and awareness of mouth-body link
- Continued interest in appearance and lifestyle issues like teeth staining from coffee, wine, and tobacco

- Regular preventive and maintenance visits to maintain healthy teeth and gums
- Cosmetic consultations for teeth whitening and other procedures

Mid-life Adults
40s & 50s



- Continued interest in appearance
- Increased risk of oral cancer
- Risk of receding gums, root caries, and loose teeth as hormonal levels decline, bone mass decreases, and teeth become worn and stained

- Regular oral health exams
- Natural-looking restorative treatments including crowns, bridges, implants, and veneers, plus cosmetic whitening

8 Is Great!

Boost your smile!

A jolt of morning java might boost your day, but over time it could take supervised teeth whitening to jumpstart your smile again! Red wine, tobacco, dark fruits and juices, and some medicines can also trigger staining.

What can affect your whitening outcome?

Your Age

Whitening is the most in-demand cosmetic procedure and although we recommend teens wait 'til after age 14, there's no upper age limit. If thinning tooth enamel is a consideration, cosmetic bonding and veneers are excellent whitening alternatives.

Your Dental Team - That's Us!

We make absolutely certain that the whitening ingredients we prescribe for you are safe, reliable, and appropriate. Stains caused by illness or medications can only be removed by a dentist.

Your Foundation

Teeth may be whitened up to an average of eight shades lighter than the color you start with!

Where does your smile rate on our whiteness scale?



A Personal Reflection

As a prospective dental school candidate, I came to Dr. Nghiem with the intentions of learning more about the application process and profession. I have made a point over the last several months to shadow a wide range of dentists in varying practices and specialties. One thing I have learned throughout my experiences thus far is that there is a degree of comfort unique to each office I have walked into. The source of such comfort is not necessarily rooted in the paintings on the wall or the portraits of reconstructed smiles but rather stems from the personalities of the doctors and staff. Personally, I feel most comfortable learning about

dentistry from these three doctors.

The three doctors at the *Center for Dental Excellence* have taken the time to actively engage me in their interactions with patients. Upon entering the room they introduce me as a dental prospective and give a brief synopsis of my goals and aspirations. By doing so, I temporarily inherit the trust that they have already established with the patient and am able to briefly work on my own interpersonal skills. During procedures, the doctors invite me closer and are proactive in teaching as much as possible about the mechanics of the surgery, anatomy, and materials and equipment being used. Although most of the information is still a foreign language at this time, what remains obvious and clear is the meticulous and artistic nature of dentistry. I have seen the vision, confidence, work-ethic, and ultimately the personal reward involved in crafting an esthetically pleasing product

for a patient. Witnessing this positive environment has consequently encouraged my own pursuit of advanced training in dental medicine.

I jokingly once asked the office if they screen their patients because they all have seemed so pleasant, easygoing, and trusting. I answered my own question when realizing that their level of comfort reflects the patient-doctor relationship. Just as I feel comfortable shadowing Drs. Pilon, Christian, and Nghiem and bombarding them with questions pertaining to dental schools, admission requirements, and esthetics, patients feel comfortable in their presence and put their trust in their treatment. This I believe is the most important and fundamental element concerning dentistry that I have taken away from my experiences with this practice.

Matthew F. McCabe

UCONN First Year Dental Student

office information

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Mon-Fri 8:00 am – 5:00 pm

**Doctors are always on call Holidays and weekends.*

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Office Staff

Nancy, Rosa, Marie Hygienists
Heather, Hinda, Jennifer, Tatyana.....
..... Assistants
Karen, Lonnie Administration
Samantha Financial Coordinator



To Our Parents,

Please let our office know if your daycare, home-school, pre-school, library, or classroom would like a show and tell on homecare and hygiene by our experienced staff and doctors.