



David P. De Rosier D.D.S., Inc.

Preventative, restorative,
cosmetic dentistry.

Because with the right care,
your teeth *can* last a lifetime.

De Briefs

— A newsletter for our quality-conscious patients.

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From the Soapbox

I recently attended a continuing education meeting where we reviewed dental materials. It was a full day, to say the least. Like every industry that utilizes technology, dentistry is bombarded with new cements, filling materials, crown materials, widgets and gadgets. It is a full time job to try and keep up.

One aspect of the presentation really fed into something that I have been talking to everyone about for some time: the acids and sugars we are ingesting are at an all time high. The lecturer presented a slide that took my breath away. It was a compilation of the amount of sugar and the pH of popular drinks. pH is the acidity of a substance. Water is neutral at 7, and anything below that is acidic. I have included what he presented on the next page, as I think it is imperative that we all control our intake of sugars and acids. Please use this as a reference for you and your family.

Many of you have heard me say, "everything in moderation," so I am not advocating absolutely no sugar or acid; however, the damage I am seeing as we grow older is great. I will continue to have a Diet Coke for lunch, but I won't have a six pack!

— Dave De Rosier

The end of the year approaches!

2008 will be here before we know it! If you would like to utilize this year's insurance or medical savings account funds, please call us soon. If you wait too long, we may not be able to get you on the schedule! Don't worry about getting everything done this year: in most cases, you only need to start treatment in the calendar year to get this year's benefits. If there is treatment you are considering, call Joyce to get it scheduled at YOUR convenience.

Getting fluoride into your life

This is a scientifically proven fact about fluoride: it has played a major role in reducing tooth decay in our population.

There are two ways to use fluoride: you can put it ON the teeth or IN the teeth. Putting fluoride on the teeth is done with either in-office treatment or at home rinses, gels or pastes. We prescribe fluoride supplements to children, usually in the form of a chewable tablet, to incorporate the fluoride into the structure of the teeth, making the teeth more resistant to decay.

Currently, San Diego's water is not fluoridated. After many years of advocacy by the California Dental Association, that will change in December ... sort of. Not all areas will receive optimally fluoridated water at all times. The water authority is recommending that dentists not prescribe fluoride supplementation to children until all water can be tested after December. For more information, check the San Diego County Water Authority web site at www.sdcwa.org.

Our office strongly believes in the benefits of fluoride. If you don't get fluoridated water, consider ordering it from your bottled water provider. We recommend that children in non-fluoridated areas receive supplementation starting at three years of age. Fluoride tablets or vitamins with fluoride are only available by prescription. If you have fluoride in your tap water and use a water filter, be aware that some water filters remove the fluoride. Check with the manufacturer.

The in-office application of fluoride has taken a major step forward recently. Many of you remember the foam trays with the awful tasting fluoride gel that you had to keep in your mouth for what seemed like an hour while six gallons of saliva built up and you weren't allowed to spit. Well, no more. New research on an old technology has us using a more effective and MUCH friendlier fluoride varnish. We just paint it on the teeth at the end of an appointment. It tastes good, and the effects last longer. We are always striving to bring you the best treatment possible; it's great when it's better and easier!

Acid and Sugar in popular drinks

Substance	ACID	SUGAR tsp.
Water	7	0
Coffee	5	0
Barq's Root Beer	4.6	10.7
Diet 7 UP	4.55	0
Sprite	3.4	9
Diet Dr. Pepper	3.41	0
Diet Coke	3.4	0
Mountain Dew	3.22	11
Diet Pepsi	3.05	0
Nestea	3.04	5
Gatorade	2.95	3.3
Dr. Pepper	2.92	9.5
Coke Classic	2.53	9.3
Pepsi	2.49	9.8
Battery acid (for reference)	1	0
Stomach acid (for reference)	1.7	0

Welcome, Joan!

By now, many of you have met our new Registered Dental Assistant, Joan Ziebell. Joan moved to San Diego recently and enjoys quilting, making greeting cards, and other creative pursuits. Joan is also quite active in her church. Joan has been a dental assistant for some time, with a few years off to run her own businesses. If you haven't had a chance to meet her, you'll find her warm, caring smile a comfort.

I HAVE TO WAIT HOW LONG FOR A CLEANING?

Unfortunately, our hygiene schedule has been heavily impacted for some time, resulting in long waits if you don't preschedule appointments or miss your scheduled appointment. We are changing that by offering hygiene on Mondays. Some of you have met Stephanie Reusser and Paula Sanchez. These two wonderful ladies have helped us from time to time over the past year. They will be here more often so we can have more appointments available for you.

Starting out as dental assistants, both Paula and Stephanie decided to attend hygiene school. Stephanie is from Sacramento, but felt the call of the beach. She is now enjoying volleyball and her two cats, Hailey and Sasha here in San Diego. Paula, born in Chile, enjoys spending time with her beautiful daughter, Haily.

Keeping current . . .

Here's a list of recent courses taken by Dr. De Rosier and staff this year to stay ahead of the curve:

- ♦ February 2-3, L. D. Pankey Study Club – “Challenges with Anterior Guidance”: two days of exercises on restoring front teeth
- ♦ May 11-12, L.D. Pankey Study Club – Various topics in dentistry
- ♦ June 28-30, Academy of General Dentistry National Meeting – Our entire team attended a number of great courses on all topics in dentistry.
- ♦ September 9, McCormack Dental Imaging – “The Virtual Patient”, a full day of introduction to a new type of CAT scan that gives a 3-D image of the head.
- ♦ September 14-15, L. D. Pankey Study Club – “Financial Management”, two days of “number crunching” to help us run our practice more efficiently.
- ♦ September 19 – Astra Tech Dental: Introduction to a new implant line
- ♦ October 19 – A review of the latest dental materials: What works, and why
- November 2-3, L.D. Pankey Study Club – Communication Skills

This is an investment of over one hundred hours to improve what we love to do!