



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

Preventative, restorative,
cosmetic dentistry.
Because with the right care,
your teeth *can* last a lifetime.

From the Soapbox

Exciting times! Dentistry is enjoying a technical revolution these days. It is both fascinating and intimidating.

The ability to remove teeth and place an implant the same day is becoming common place. Materials for manufacturing restorations are more lifelike and stronger than ever. And, we are now on the road to being a “paperless” office as our computer systems become able to store more and varied information.

Exciting times indeed!

– Dave De Rosier

De Briefs

— A newsletter for our quality-conscious patients.

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It's that time of year!

The end of the year will be upon us before we know it! If there is any treatment you would like to do, now is the time to call! Insurance benefits typically renew on the calendar year, meaning that unused benefits are lost. If you have a Medical Savings Account, now is a good time to take advantage of your savings. Call us soon to schedule planned treatment or to have an exam and professional cleaning.

Xylitol gum and newborns

Dentists for gum chewing? Some of you have heard me rant that gum chewing is unneeded exercise for your jaws, but recent research has found some advantages for pregnant woman chewing a certain type of gum.

Infants whose moms chewed gum containing Xylitol during pregnancy have a significant decrease in the amount of bacteria that causes tooth decay. This study had expectant mothers chewing the gum for approximately five minutes, three to five times per day during pregnancy and for two years after.

The control group, which only had fluoride applications had, on average, five times the level of cavity causing bacteria (*Streptococci mutans*). With far less “bad” bacteria, we can expect fewer cavities. While I am not generally a proponent of gum chewing, this regimen is not very taxing to the jaw joints and I think it is well worth it.

What may be lurking under those silver fillings

When patients who don't like their silver amalgam fillings ask me to remove them, I always x-ray and examine the fillings first. In most cases, I don't find any problems. However, I've found that when I remove older amalgam fillings, there is sometimes hidden decay or fractured teeth under fillings that “looked fine” in the x-ray and exam.

As a result, I'm looking at silver amalgam fillings with a more critical eye. If your silver amalgams are over 20 years old, we should discuss replacing them. This would be done on an individual basis, as no two situations are the same. I am having my own amalgams removed, even though they “look fine.” I don't want to lose a tooth!



Chlorhexadine? Fluoride? Which one??

We all have heard about fluoride – and some of you have tried using Chlorhexadine (Peridex) as well. Traditionally, I suggest using fluoride to prevent decay and Chlorhexadine to help reduce gum inflammation. Some recent research has shown that alternating rinsing with fluoride and Chlorhexadine can reduce decay and periodontal disease. Your rinsing regimen may vary based on your susceptibility to disease. The next time you're in for an examination and cleaning, ask us about how this might benefit you.

Lasers

The use of lasers in the medical field has exploded over the past few years – and applications in dentistry are abundant. In the dentist's office, using lasers allows us to comfortably contour tissue to improve esthetics, access decay and make your teeth easier to clean – often without anesthesia. Lasers are also ideal for preparing the tissue around implants for crown placement. In hygiene, a laser can sterilize deep gum pockets that are difficult to reach.

Our office has been evaluating the various dental lasers available, and we're ready to join the laser generation. Adding laser therapy allows us to treat several soft tissue problems very comfortably, particularly with implants and periodontal disease. We are excited about this new opportunity to improve your care.

Welcome, Van!

Van Trinh recently joined our office in July. She replaced Joan Ziebell, who left San Diego to join her daughter in Bend, Oregon. We wish Joan good luck and welcome Van!

Here are a few words from Van:

Hello, my name is Van Trinh. I am a registered dental assistant with eight years of experience. I love my job! I am a perfectionist and I love taking care of people. I can't wait to meet you.

Keeping current . . .

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

- ♦ January 16, Strauman Corp. – *Bone Level Implants*: An introduction to a new implant to improve esthetics and tissue health.
- ♦ February 1 - 2, L. D. Pankey Study Club – *Laboratory Communication*: Two days of exercises for communicating with our dental lab partners to make more beautiful and lifelike restorations.
- ♦ February 15, Academy of General Dentistry – *Dental Photography*: A full-day dental photography workshop for improving documentation and communication with dental labs.
- ♦ February 29, *CPR*: Our entire team renewed our biannual certificates and reviewed emergency procedures.
- ♦ March 28, *Everything You Need to Know about Practice Management*: A full day of techniques for running the office more efficiently.
- ♦ July 10, Astra Tech Dental – *Custom Implant Abutments*: Updates on computer engineered implant parts to improve health, longevity and esthetics.
- ♦ August 29, Scottsdale Center for Dentistry – *CADCAM Dentistry*: An introduction to computer milling porcelain restorations in the office.
- ♦ September 12 - 13, Academy of General Dentistry – *Oral Surgery Updates*: Two days of hands-on exercises in oral surgery techniques.
- ♦ October 3, L. D. Pankey Study Club, a quarterly study club.

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