



De Briefs

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

---A newsletter for the quality-conscious patients of Dr. David P. De Rosier

Preventative, restorative, cosmetic dentistry for the quality conscious. Because your teeth *can* last a lifetime.

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From the soapbox

The End of the Beginning

I am once again on a plane coming home from another great week of learning at the Pankey Institute in Florida. Most of you know of my passion for the Institute and how I feel it has helped me grow as a dentist and, in turn, has helped you, my patients, achieve optimal care. This was the final course in the continuum at the Institute. Seven full weeks over the last six years. About 350 hours of learning, in addition to the approximately 400 hours of other continuing education I have done during that time.

“Graduation” felt somewhat like graduation from college or dental school, an end – but also a new beginning. In these past six years, I have gained a broadened understanding of how the dental “system” works. I’ve studied how the teeth affect the muscles and joints, how the gums affect the

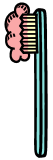
bones, how the shape and position of the teeth and jaws affect facial shape and esthetics – and much more.

I have learned from many of the great “masters” in dentistry, as well as from the peers that I attended with. My mentor, whom I met through the institute, has nurtured, prodded, and challenged me as I took important steps to apply what I’ve been learning to my every day practice. I hope to follow in his footsteps one day by teaching at the Institute.

What’s next? I’ll never stop learning. I’ll still attend more classes at the Pankey Institute (I signed up for March 2004 already!), and continue coursework through the Newport Harbor Academy of Dentistry, the Academy of General Dentistry, the American Academy of Cosmetic Dentistry, and other quality-based institutions. As they say, “the trifles make perfection, but perfection is no trifle.”

—Dr. Dave De Rosier

- 1) soft, medium, or hard (gasp!) bristles,
- 2) a small or large head.
- 3) a half dozen colors.



Now, you have more choices than anyone can imagine. Dozens of different handle shapes, head shapes, “wear indicator bristles,” a rainbow of colors (and the cartoon character of the week for the kids), and now, a plethora of electric brushes.

Do you really need all of these options? How do you decide?

I tend toward keeping things simple. If you use a manual toothbrush, use soft or extra soft bristles and a small head.

I suggest soft bristles because there is less of an opportunity to hurt the gums with a soft brush, and your teeth get just as clean as with medium or hard bristles. Plaque really isn’t a hard substance – you don’t need hard bristles or vigorous brushing to remove it.

I suggest using a small head because it provides better access to the back teeth. I have seen toothbrushes better suited for elephants than people due to the very large head!

What about electric toothbrushes?

Too many toothbrushes!



Just a few years ago, when you shopped for a toothbrush, you had a few choices:

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(619) 222-7018 Facsimile

I have seen toothbrushes better suited for elephants than people. . .

You can spend from \$6.00 to \$140.00 and get the same dizzying array of features as manual toothbrushes. Deciding which is best can be hard because there have been some conflicting studies about which electric toothbrush is more effective. Let me try to clear this up for you.

If you use a manual toothbrush with the features I recommend—and brush thoroughly for at least two minutes per brushing, an electric toothbrush won't give you much added benefit. But if you're like most people, you may not always be so meticulous (toothbrush in one hand; cell phone in the other). Electric toothbrushes allow you to "slide" a little because their oscillating bristles reach places you might miss with a manual toothbrush—allowing you to get your teeth thoroughly clean with less effort (but not less time!).



Which electric brush "action" is considered best?

It depends on who funds the study, but my favorite is the Sonicare®. I have been using the Sonicare to brush my teeth since 1992, right after it was introduced. I like the rapid oscillation action, the two-minute timer with thirty second interval beeps, and the large size of the handle, which makes it easy to hold on to (a good thing for people with arthritis or other challenges). I feel so strongly about Sonicare's effectiveness that I sell it in the office. We sell it at cost, which is currently \$65.00. So next time you're in, ask us about it.

Now, let's talk about flossing . . .

Welcome, Ashley!

As we alluded to in the last *De Briefs*, our long search for a high-quality Registered Dental Hygienist is now over. We were fortunate to have Ashley Graham join our practice in October, 2002. We asked Ashley to tell her "story."

I was born and raised in Mission Hills, and attended Point Loma High School. After high school, I headed to the University of Southern California. Starting out in Pre-Med/Pre-Dent, I soon was coaxed by a couple of friends to consider Dental Hygiene. The three of us started USC's Dental Hygiene program as Juniors.

After graduation, the next stop was San Francisco, where I practiced for about four years. While in SF, I spent many a winter weekend in Lake Tahoe, which became my next destination. After enjoying the High Sierra life-style, I found the opportunity to practice Dental Hygiene in Switzerland. I couldn't pass it up! After five years full of adventure and travel in Zurich, I have returned full circle to San Diego (Ocean Beach) to be closer to family, friends, and the Ocean.

Now I'm on the next part of my journey! On May 11, I'm getting married! Pretty exciting! Manuel and I plan to stay and settle here in San Diego.

Congratulations and welcome, Ashley!

Strokes and tooth loss

In our last issue, we discussed the relationship between poor dental health and higher mortality rates. Now, a report in the *Journal of the American Heart Association* suggests a link between tooth loss and strokes.

Harvard researchers followed over 41,000 men, aged 40-75, for twelve years. The researchers found that men that started the study with fewer than 25 teeth (a full set is 32, we consider 28 normal due to wisdom tooth removal) had a 57% higher risk of stroke than those with 25 or more teeth. While more studies are needed to definitively say that tooth loss will lead to a stroke, there is now a growing body of research that links dental health to cardiovascular health.

What can you do to keep your teeth? Have regular dental check-ups, practice good oral hygiene, and fix it before it hurts!

Keeping current . . .

Here's a list of recent courses taken by Dr. De Rosier:

October 25 – Newport Harbor Academy of Dentistry

How to choose the best restoration method for your patients – dentures, partial dentures, cemented bridges, implants.

November 25 – Newport Harbor

How to manage implant restorations before and after implant surgery.

January 12 - 17 –The Pankey Institute

Restoring patients with complex needs. An interdisciplinary approach using orthodontics,

orthognathic surgery, periodontics, implants, and restorative dentistry.

February 8 – Newport Harbor

How to achieve a natural look with implants.

March 14 – Newport Harbor

How orthodontists and restorative dentists can work together to achieve excellent results.

Did you know that Dr. De Rosier is a public speaker for the San Diego County Dental Society? He has spoken at preschools, senior centers, and everything in-between. If you belong to an organization that would like to invite Dr. De Rosier to speak about dentistry, let us know!