



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

Sugar and Caffeine: The Evil Twins

Having Starbucks and 7/11s on every corner is making it easier for Americans to consume more caffeine and sugar than ever before.

All of you know my concerns about the perils of tooth grinding. With coffee becoming a large part of the social fabric, especially among young people, I am seeing more tooth damage related to grinding. Add sugar, and the worry is multiplied by tooth decay.

Caffeine is a muscle and nervous system stimulant. When you drink coffee, your muscles begin to contract. When you drink a lot of coffee, they contract with a lot more force, causing increased wear, breaking, or loosening of the teeth, pain in the jaws, and/or damage to the jaw joints.

When I question patients about their diets, I am continually amazed at how much coffee many of them are drinking.

The other peril is soda. We know about the caffeine and sugar in non-diet sodas, but a lot of people forget about the huge amount of acid in these drinks - diet or no diet. The acid is the by-product of carbonation. So in drinking soda, you run the risk of decay, grinding, and enamel loss from the acid rinsing over the teeth.

"Everything in moderation" is the old saying. Apply this rule to coffee and soda - it could save your teeth!

—Dr. Dave De Rosier

De Briefs

- A newsletter for our quality-conscious patients.

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Use it or lose it!

Now is a good time to review your remaining dental benefits, because the maximum amount of insurance that you can use each year does not carry over to the next year.

If you currently have any dental needs, or if Dr. De Rosier has diagnosed dental care that you haven't completed, now is the time to schedule a visit so you can maximize your insurance benefits.

To take advantage of your remaining benefits, you only have to *begin* treatment by December 31.

If you've been putting off dental care because of financial concerns, we want you to know that we are dedicated to working with you to ensure that financial concerns don't prevent you from receiving the care you deserve. We have several payment options available.

We value you as our patient, and know that you have many choices in dental professionals. We appreciate the confidence and trust you have placed in us.

To show our appreciation, we're again offering complimentary teeth whitening to patients who refer a friend or family member for a routine dental exam, x-rays, and cleaning. The new patient will also receive complimentary teeth whitening. We have enclosed two referral cards for you to share.

She's almost due!

We offer our congratulations to Ashley, our hygienist, on the upcoming birth of her baby daughter. She's due on January 1st, and she and her husband, Manuel, are very excited! We'll keep you posted!

We CAN cure what we can't see

We recently added a new piece of equipment to our arsenal of cavity-fighting tools. It's called the DIAGNOdent, a small laser instrument that scans your teeth for hidden decay.

As you know, Dr. De Rosier is an advocate for fluoride in our water supply, and for fluoride toothpaste. Fluoride is great because it makes our tooth surfaces harder and more resistant to decay. However, because fluoride makes our teeth so strong, finding decay in the softer tooth structure *beneath* the hard enamel is sometimes challenging.

X-rays and probing with an explorer are still effective tools for finding tooth decay, but they can't find sub surface decay - especially when the cavity is in its early stages. The DIAGNOdent allows Dr. De Rosier to find hidden decay so he can stop the spread of decay before it destroys the tooth - from the inside out.

Here's how it works: As Dr. De Rosier glides the DIAGNOdent wand over your tooth's surfaces, the laser light checks the health of each tooth. When it finds signs of hidden decay, it displays a number indicating the severity of decay, and beeps.

It's completely safe - and pain free!

Implants

Dr. De Rosier recently attended a lecture given by one of the leading clinicians in the world on dental implants. As many of you know, he's a big proponent of this amazing technology.

We have known for many years that implants are safe and have a very high success rate for providing a stable anchor for full or partial dentures or replacing or preventing bridgework. Recent research has shown another large benefit: maintaining bone.

Everyone is familiar with the terrible condition of osteoporosis, the loss of bone density. Jaws can lose bone, too, but unlike osteoporosis, in which the bone basically retains its shape but becomes less dense and brittle, jaw bones can actually shrink. Losing just one tooth can cause a loss of bone.

Researchers have discovered that in the first year a denture is placed, patients lose five millimeters of bone height. This becomes significant years after the teeth are lost, as the bone continues to thin and dentures become more difficult to wear. No amount of expertise can stabilize a denture that has little or no bone to sit on. Adding

bone after it is lost is a difficult procedure that often requires grafting from the hip, something everyone would want to avoid.

On the other hand, if implants are placed immediately after a tooth is lost or removed, less than one millimeter of bone is lost over the same period of time. An alarming difference!

If you have missing teeth, we encourage you to talk to us about how implants might help you stabilize your teeth and save bone. There are also many people with full dentures that never see a dentist. If you have a friend or relative in this situation, please encourage them to give us a call: we would be happy to see them for a complimentary evaluation.

We've got e-mail!

And a web site! You can send us an e-mail to ask questions, or let us know how you're doing! Our e-mail address is info@drderosier.com.

If you would like to receive appointment confirmations and our newsletter via e-mail, please send us your e-mail address.

We do not accept appointment cancellations via e-mail.

Our web site recently went online. There, you can find everything you need to know about the office. The web address is www.drderosier.com.

It looks great! Check it out!



Our office is participating in the San Diego County Dental Society's Food Baskets for Military Families food drive.

We will accept donations of non-perishable food, toys, and household items at the office now through December 9.

Thanks for your support!

Keeping current . . .

March 2004 Newport Harbor Academy of Dentistry--Update on TMJ and facial pain; Pankey Institute-Masters Week. A full week of esthetics (how your teeth look), implants, facial pain and excellence in dental practice.

April 2004 Newport Harbor Academy

of Dentistry--The relationship between overall health and periodontal disease.

May 2004 Newport Harbor-Implant Dentistry.

June 2004 L.D. Pankey Study Club--Case Presentations: Learning with our peers

August 2004 L.D. Pankey Study Club--

Esthetics and function of front teeth.

Sept. 2004 Newport Harbor--Update on current dental materials.

October 2004 Newport Harbor--Implant treatment for patients who have lost all of their teeth.

November 2004 L. D. Pankey Study club--Diagnosis, treatment and communication in the dental office.