



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

Changes

It is said the only thing that stays the same is change. Well, we have had a lot of change on Emerson Street.

Ashley, our hygienist, has had her baby, Daphne, and is back after a three and a half month stay at home. We are thrilled to have her back and wish Ashley and her husband Manuel a wonderful trip down "parenting lane."

Lisa, our patient coordinator, made the difficult decision to leave the practice and care for an ailing family member. We miss her and wish her well with that difficult and honorable duty.

Joyce, my assistant of eight years, has decided she has sat across from me for long enough and has moved up front to handle the phones and paperwork. She is exceling there and is quite happy with her new challenge.

After a long search, we found a replacement for Joyce, and we welcome Kris Shelley to our practice as a Registered Dental Assistant. She is enjoying the challenge of our high-quality restorative dental practice after years in high volume practices.

We look forward to growing together as a new team and serving you with excellence!

--Dr. Dave De Rosier

Pneumonia and dental plaque

It seems like soon we'll be able to trace all ailments to dental health or the lack thereof!

You have read here and in the mainstream media about the relationship between oral health and overall health. Remember our article about the relationship between gum disease and strokes? We also know that heart disease and low birth weight babies are influenced by dental disease. Now, we can add pneumonia to that list.

In a recent study of nursing home residents who required respirators after being admitted to the hospital, more than half of them had bacteria related to their respiratory problem in their dental plaque. A third of them developed pneumonia. The exact strain of the bacteria was found in the lungs and the mouth, leading researchers to conclude that the mouth acts as a reservoir of pneumonia-causing bacteria.

This finding confirms the importance of maintaining our dental health - but it also brings another consideration: many of us have parents and grandparents in facilities where they are dependent on others for their basic needs. Good oral hygiene for them not only helps their mouths, but may keep them out of the emergency room!

Notes from the staff...

Daphne Ashley Adum arrived on December 29th at 12:56 p.m., weighing in at 8 pounds 8.2 ounces and measuring 20 inches long. Yes - the tax break was fabulous!

Now at five months, she continues to bring me and my husband Manuel joy as she explores her world, smiling. Be sure to ask to see photos the next time you're in!

—Ashley

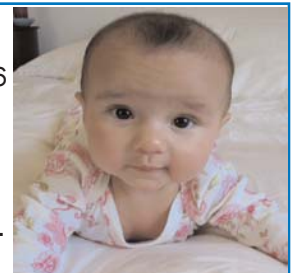
Hello, my name is Kris, Dr. De Rosier's new assistant. I'm very happy to be a new addition to the staff. I am a native Californian, and have lived in San Diego since 1979.

All of my schooling, including my dental education, took place throughout San Diego County. I have been in the dental field since 1993, and I love the career I have chosen.

Along with working and helping people, I love animals, outdoor activities and exercising. My goal is to develop a long-lasting relationship with this practice.

I look forward to meeting all of you!

—Kris



Dealing with Dry Mouth

The technical name for dry mouth, or the lack of saliva, is Xerostomia. While it's a source of irritation for many people, not having enough saliva can cause problems, dental and otherwise.

This is because saliva does many things. Saliva:

- Contains enzymes that help us break down food, making it easier to swallow
- Washes food away from the teeth and gums
- Prevents decay by breaking down damaging acids
- Enhances our ability to taste food
- Contains minerals that help repair microscopic tooth decay
- Maintains the balance of "good" and "bad" bacteria.

You can see that without enough saliva, tooth decay is almost inevitable. The decay we see with dry mouth is typically on the roots of the teeth, a very difficult place to treat.

Unfortunately, dry mouth is a potential side effect of over 400 medications - common ones like blood pressure medications, antihistamines, and antidepressants.

There are also a number of diseases that cause dry mouth, such as Parkinson's, Alzheimer's, and diabetes.

If you have dry mouth, there are some things you can do to combat tooth decay:

- Increase your fluid intake by taking frequent sips of water during the day
- Be meticulous about your oral hygiene
- Try "artificial saliva," which is available at pharmacies
- Talk to your physician about alternative medications that are less likely to cause dry mouth
- Avoid tobacco, caffeine, alcohol, and carbonated beverages

Most importantly, let us know so we can talk over some potential solutions! And, stay on your recommended check-up schedule and report any medication changes to us. We're here to help!

Results

For the next few issues, we're going to highlight some of the restorative work we've done for our patients.



These crowns were "state of the art" in the 70s, but now show dark metal at the gumline, and are opaque and blocky.



These all porcelain crowns are "state of the art" now and have a natural look - with no metal.

We're online!

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.

At our web site, you can find everything you need to know about the office. The web address is www.drderosier.com.

Keeping current . . .

November, 2004

Newport Harbor Academy of Dentistry: Functional Occlusion – Science driven mechanics of the jaw movements and the effects on teeth.

February, 2005

L.D. Pankey Study Club: Temporomandibular joint (TMJ) therapy and esthetics.

April, 2005

L.D. Pankey Study Club: Diagnosis, treatment planning and communication skills. Our entire team attended.