



The joy of a beautiful smile...

let us create one for you!

SHORELINE
DENTAL CARE LLC

369 Main Street • West Haven, CT 06516 • (203) 931-3050
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Summer 2010

from the dentists

Your Opinion Matters

Share it with us

The decisions we make regarding our team, this newsletter, and the services offered at our practice are based on one thing – you. We carefully weigh our options and choose what we feel would provide a more comfortable, more efficient, and better overall dental experience for you.

Because we can't know how you feel about these decisions unless you tell us, we invite you to share your feedback on every aspect of our practice. That's the way we'll know for sure that our efforts are working to create a pleasant atmosphere and patient-friendly services.

So please speak up and let us know if there's something you'd like to learn about in this newsletter or if you'd like to share your thoughts about your overall experience at our practice. We always welcome your comments.

Yours in good dental health,

Dr. Joseph Tartagni & Dr. Scott Cohen

Congratulations to the winners of our February patient survey!

Lenaee Cooke, Ester Ruotolo,
Nancy Bua, Amy Horn and
Carole Cuzzo.

BACK TO SCHOOL?

It's recare time!

It's an exciting time of year for your children – a fresh start, new expectations and even a little trepidation. The summer nights get just a bit cooler and before you know it, your young scholars are back in school! This year, remember to schedule your child's back-to-school dental exam before the end of summer.

We'll take this opportunity to give your child's teeth a thorough cleaning and we'll closely inspect their teeth for decay, discoloration, chips, cracks, and periodontal and orthodontic problems.

Your teens may be more concerned with the look of their teeth and with the freshness of their breath. Some treatments may be as simple as a reminder



of the importance of good dental hygiene while others may be slightly more involved. Whatever the concern, we can help your teens to feel their most confident.

If your child is going to be involved in sports, we can fit them with a sports mouthguard to protect their teeth from injury. Remember, an ounce of prevention is worth a pound of cure!

We hope you enjoy the remainder of these glorious summer days. We look forward to seeing your teens and little ones before the back-to-school rush!

Thank you for all your referrals. We appreciate them!



Out Of The Woods

The value of paper

Did you know that the North American wood and paper industry plants millions of trees daily and today's forests are about the same size as they were 100 years ago? Not only that, but the carbon impact of paper mail for a typical household per year is only about equal to using a kitchen coffee maker for a year.

You can help make that footprint even smaller...

- Update your address when you move to reduce waste due to undelivered mail.
- Re-purpose retail and shipping boxes to send gifts.
- Send paper materials that can't be re-purposed to the recycling bin to reduce the demand on forests.
- Share this recyclable *Forest Stewardship Council*-certified newsletter and other publications with family and friends.

Sweet Enough For Nature

Healthy enough for you and your smile

For years consumer groups have actively lobbied for more foods that are lower in fat, salt, and sugar. So you'd expect to find more healthy choices in the grocery aisles. On the contrary - our sugar intake alone has doubled in the past thirty years. A sweet temptation - if only there were no obesity, insulin-release, or tooth decay!

The decay which causes *caries* (cavities) is progressive. Oral bacteria, which feed on sugars left in our mouths after eating, produce the acids which demineralize tooth enamel and destroy your teeth - often painfully. The progress of this all-too-common disease can be hastened by the amount of acid-causing sugar and starches in your diet.

Choosing processed foods and understanding labels designed to confuse can become a minefield, but if you want to avoid tooth decay, there is something you can control.

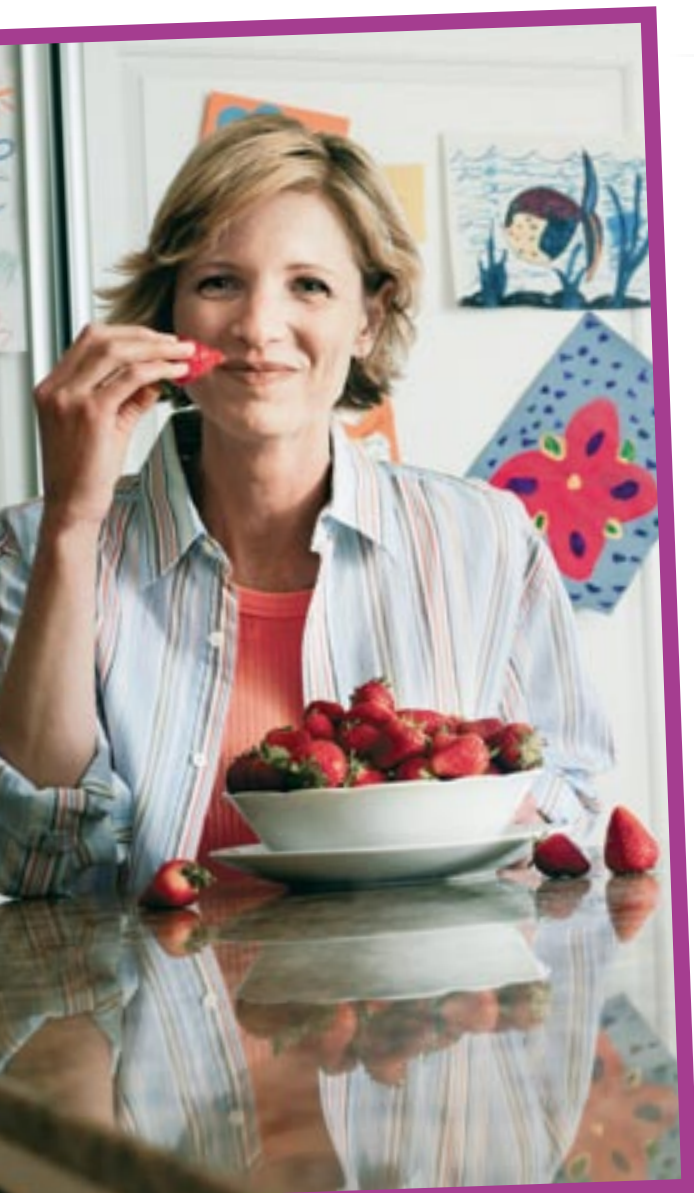
Eat five servings a day of fruits and vegetables.

Many fruits that are low in naturally occurring sugar are some of the highest in nutritional value, including antioxidants and other phytonutrients. These include **strawberries, papaya, watermelon, peaches, nectarines, blueberries, cantaloupes, honeydew melons, apples, guavas, and apricots.**

What vegetables are low in sugar?

Too many to list here - almost everything, really. You may also enjoy these good-for-you but naturally sugary **beets, carrots, corn, parsnips, peas, plantains, potatoes, and winter squashes.** But you might want to take an extra minute to brush and rinse.

Enjoy your 5-a-day the natural way!



An **Inflammatory** Topic

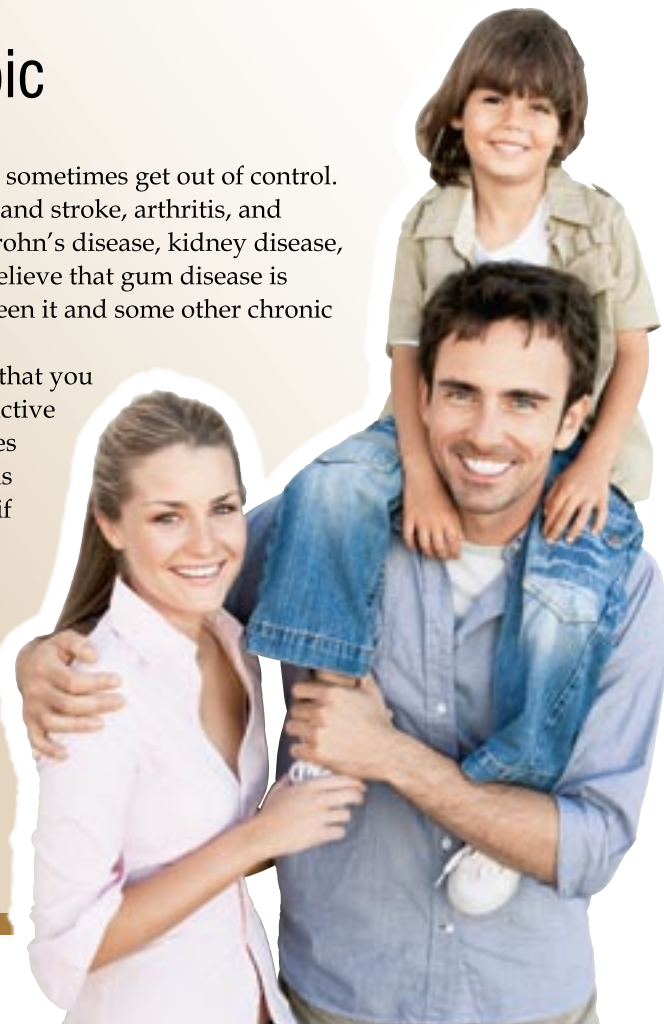
Your oral health could be the key

Inflammation, so essential in your body's fight against infection, can sometimes get out of control. When it does, it contributes to many chronic diseases like heart disease and stroke, arthritis, and diabetes ... and some which may surprise you. How about psoriasis, Crohn's disease, kidney disease, and cancers among others? One thing we do know is that researchers believe that gum disease is essentially inflammatory in nature and that there is a relationship between it and some other chronic inflammatory diseases.

Gum disease is caused when plaque, the soft invisible bacterial film that you can feel on your teeth, hardens into tartar, a hard yellowish and unattractive deposit. Also known as calculus, it causes gum inflammation and creates pockets in your gums where toxic bacteria can thrive. Once this happens it can only be removed by a professional dental cleaning. The outcome if it isn't removed? Infection and inflammation that scientists believe can negatively affect other parts of your body.

Molecular and systems biology, computational simulations, human and animal studies, and nano-technologies are all being applied by scientists who are designing novel ways to treat inflammation. But you can do your part too.

We recommend a low-tech solution - brush at least twice a day and floss daily to remove plaque from between your teeth, especially below the gumline. We are happy to contribute to your plaque- and tartar-fighting program during your regular checkups!



While They Sleep

3 kid facts

1. The rate of **bruxism** (the grinding or clenching of teeth) during sleep seems to be highest in children. About 15% of children brux and about one third continue to do so as adults.
2. About 10% of kids **snore** and although some think it's cute, it could be connected to more serious problems like sleep apnea.
3. 10% of children who snore have **obstructive sleep apnea** which can cause a pause in breathing, reducing oxygen intake.

Of course, just as the majority of children outgrow bruxing, most who snore are completely normal and don't show any signs of ill health. A child may normally and occasionally snore, for example, due to a bad sleeping position.

It's *your* experience that counts. If you're concerned, set your mind at ease - talk to us and your medical professional.

Invisible Strategies

Visible results

Can an invisible procedure improve your looks with results that everyone will notice? Absolutely....

White fillings can be matched precisely to your tooth enamel making your smile brighter and more naturally healthy looking. They won't discolor surrounding tooth enamel or neighboring teeth as silver-colored amalgam sometimes does.

Enamel-colored sealants offer an unsung cosmetic advantage. By preventing the invasion of cavity-causing bacteria, they work invisibly to keep your smile immaculate. They take only a few moments to apply, accommodating your family's busy schedule.

Invisible orthodontics are available in several types: clear aligners, lingual, and clear ceramic.

White bonding material is so strong and beautiful, it can be used as veneers to disguise flaws.

We can help you access these options which are available for every age and every budget!



Good Gums And Health

Oral health helps with overall health

As if good teeth are not a sufficient reason to keep your gums and mouth in peak condition, your overall good health is ample motivation.

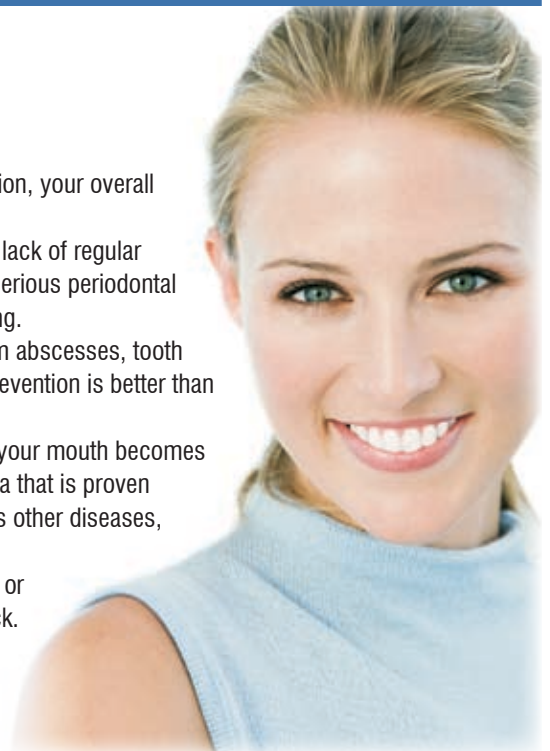
Gum disease – gingivitis – commonly caused by inadequate brushing and flossing, and lack of regular professional cleaning, is present in about 90% of the population; that in turn leads to more serious periodontal disease, which causes or exacerbates other bodily health issues, including holistic well-being.

Conditions caused directly by gingivitis and periodontal disease include: bad breath, gum abscesses, tooth loss, digestive disorders, and oral pain. Plus it results in greater health care costs to you. Prevention is better than the cure!

Because the micro-organisms and bacteria in your mouth travel into your bloodstream, your mouth becomes the gateway to your overall health. For example, there is a labor-inducing fluid in oral bacteria that is proven to cause premature and low-weight births. In diabetics, who are more susceptible to various other diseases, studies show that regular professional dental cleaning helps control their blood sugar levels.

Most of the oral bacteria that enter the bloodstream are harmless, but in a weakened heart or compromised immune system, opportunistic bacteria increase the risk of stroke or heart attack. Periodontal disease can also worsen respiratory problems and complicate osteoporosis.

Be sure to brush at least twice a day and floss daily, but there is no substitute for regular professional cleaning to prevent gum disease. Call today!



Brushing Tips

- 1 Place bristles along the gumline at a 45° angle so that they contact both the tooth surface and the gumline.
- 2 Maintaining the 45° angle, gently brush using a rolling motion.
- 3 Tilting the brush vertically behind the front teeth, brush up & down using the front tip of the brush.
- 4 For the biting surface of the teeth, brush gently with a back and forth motion.

Don't forget to softly brush the tongue and roof of your mouth to remove odor-producing bacteria.

officeinformation

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Your Referrals Matter

Thank you!

One of the things that our patients do – something that makes us feel great and confirms that you think we're doing a great job – is referring friends, family, and colleagues. A thriving practice allows us to re-invest in new technologies and continuing education.

If we don't ask for your referrals very often, it certainly doesn't mean that we don't care. It simply means that our team doesn't want you to think that we take your recommendations for granted. We consider it an honor every time you express your trust in us by sending someone to us for their oral care.

Thank you for all of your past referrals, and a special thank you in advance for your very welcome future referrals. We really do appreciate them!

Understanding Insurance

Are you covered?

Sometimes understanding exactly what your dental insurance covers can be confusing and frustrating. It also makes it difficult to plan how you would like to use the benefits you are entitled to. Please let us help!

We have years of experience dealing with insurance and can explain your benefits, and help you plan the best way to make the most of them ... like making sure you effectively use your allotted calendar-year coverage. Did you know that most insurance plans expire December 31st, making unspent benefit dollars disappear?

We're here for you and will do everything we can to help you achieve your smile goals – while taking full advantage of your insurance coverage. Call today to arrange an appointment to review your plan.