

DENTISTDDS.COM EXTRAS!

KEEP ON BOOMING

Keep on caring for your smile

Did you know that you can download common office forms and pay your bills on line at our website? Did you need a link to health care financing? Do you need to research a dental problem and don't know where to begin? What is TMJ? Are Implants for me? What are the different ways I can fill that gap from my missing tooth/teeth? Etc, etc....

On DENTISTDDS.COM there is a great deal of information about all those topics and much, much more. There is an extensive question and answer section, before and after smiles, links to many other good sites and information on nearly all phases of dentistry.

We have appeared in the Stamford Advocate, New Canaan Advertiser and other local publications and twice on WNLK as part of the Norwalk Hospital Health Hour. Those recordings and publications are now on the website with an archive of past

and present newsletters.

Recently, I added another useful feature, a google site search button. Instead of navigating a bunch of menus, just type in your search terms to quickly get the information you need.

Many people would love it if they could check their dental account balance on line, look up their next appointment or make a new appointment. Currently this capability does not exist with my current office management package. As soon as it does, I would like to make it available to you. In the meantime e-mail works well and MaryAnn's address is: front@dentistdds.com or my address: peter@dentistdds.com

I hope the New Year finds you well, and I hope to see you soon!

Today's baby boomers are looking great by taking good care of themselves. But boomers need to recognize the important role that proper dental care plays in their overall health and appearance.

Regular brushing and flossing can keep those ageing teeth happy and healthy into your golden years. Regular exams and cleanings allow us to recognize problems in the early stages, and avoid gum disease and tooth loss.

Keeping that radiant smile isn't the only reason to continue caring for your teeth. Research has shown a connection between gum disease and cardiovascular problems. Healthy gums may add up to a healthy heart as well

A wonderful smile, given proper care, can last you a lifetime, so make sure you maintain your investment in your teeth.

CALL TODAY
 (203) 322-5397

We will be more than happy to send any insurance claims out for you so that you can receive the proper reimbursement you are entitled.

As usual, if you have any questions, please call Mary Ann to discuss your concerns so we can work together to best meet your dental health needs.

Inside this issue:

DENTISTDDS.COM	1
BOOMING	1
MONEY	1
TURN OFF'S	2
CHOCOLATE	2
MERCURY	2
BLEACHING	2

INSURANCE EXPECTATIONS

The only two insurance plans our office participates in, Anthem Blue Cross & Blue Shield and Delta Dental of New Jersey.

In both cases we must accept assignment and an adjustment to our fees. In other words, we submit the paperwork for you, wait for the money from the insurance company, adjust our fees to the contracted guide-

lines. Then we send you a statement for any remaining balance and co-pays as specified by your carrier and within the guidelines of the contract we have signed.

If we do not participate with your insurance carrier payment will be expected at the time of service unless other arrangements have been made in advance with our office.

OFFICE INFORMATION

Dantini Dental of Stamford
 12 Camp Avenue
 Stamford, CT 06907

Office Hours

Monday 10am — 7pm
 Tuesday 10am — 6pm
 Wednesday Closed
 Thursday 10am — 6pm
 Friday 9am — 2pm
 Saturday 9am — 2pm
 Sunday closed

Contact Information

Office (203) 322-5397
 Fax (203) 968-1241
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CHOCOLATE'S NEW TRICK

On Valentine's Day, ensure that your lover's pulse quickens with the right gift: Dark, creamy chocolate. After 16 volunteers each munched a 3.5 ounce bar of extra-dark chocolate, ultrasound scans revealed better blood flow for the next 3 hours, a new study from Athens Medical School finds.

Experts have long known that dark chocolate contains substances, known as polyphenol flavonoids, that are heart health: this research reveals that the sweet actually improves the functioning of the endothelium, a layer of cells in arteries (including those in the heart) that prevent plaque buildup and protects against high blood pressure.

"Our research suggests that flavonoids can directly act on endothelial cells and stimulate the production of nitric oxide, a substance that dilates arteries," says researcher Charalambos Valachopoulos, MD, a cardiologist. Other research suggests that eating 3 ounces of dark chocolate per day could lower blood pressure.

Unfortunately, you still can't eat an entire box of Godiva guilt free. Chocolate's fat and high sugar content can lead to excess pounds--never a good thing for your heart.

Sari N. Harrar Prevention February 2005

BIG TURNOFF'S

Which lapses in hygiene drive us crazy? Here are the top four offenders.

Men and women say the biggest turnoffs in women are:

- Body odor
- Hairy underarms
- Bad breath
- Crooked/discolored teeth

Men and women say the biggest turnoffs in men are:

- Body odor
- Bad breath
- Crooked/discolored teeth

Nasal/ear hair

SOURCE: ELLE.COM

MERCURY RISING (ARE THOSE AMALGAMS SAFE?)

Mercury rising

Before you dig into that swordfish steak, consider this: One in five women of child-bearing age has unsafe mercury levels, finds a study from the University of North Carolina at Asheville. When moms-to-be get too much mercury, it can harm babies' neurological development, impairing memory and coordination.

Fish is the most common source, says study

author Richard Maas, PhD, whose team analyzed hair samples sent in by 1,449 volunteers nationwide. Mercury occurs naturally, but it's also released by coal-burning power plants. The element finds its way into streams and oceans, where it's absorbed by fish. Big fish, such as albacore tuna, swordfish, and tilefish--which all feed on smaller fish--have the highest

levels. The EPA and FDA currently recommend that women who might become pregnant, are pregnant, or are nursing, as well as young children, only eat fish that's lower in mercury--including shrimp, salmon, Pollock, and catfish--and limit consumption to two servings a week.

women devote an average of 5.8 hours a week to their appearance, while men only need 3.6 hours

TEETH BLEACHING: TALK TO YOUR DENTIST FIRST

Your local drugstore sells "tooth whitening systems" Late night television ads extoll the virtues of home bleaching systems for teeth. If your teeth aren't as bright and white as you'd like them to be, you may be asking yourself, "Should I try one of these products?"

What is the best advice for those considering a tooth bleaching treatment? Talk to your dentist first. The American Dental Association recommends that teeth bleaching be overseen by a dental health professional. Without supervision: you run the risk of burning or injuring delicate oral tissues.

Your dentist can help you decide if teeth bleaching is right for your particular tooth stain and can help you develop a sensible, supervised regimen. In-office teeth bleaching involves application of a peroxide solution to the teeth by a dental practitioner who takes care to protect sensitive tissues and gums. A special light is used on the teeth for several minutes to activate the bleaching solution. The process is a gradual one, so you may need several dental visits to achieve the degree of whiteness you desire. Your dentist may prescribe a home dental bleaching kit. The kit may contain a standard tray, similar to a mouthguard, or your dentist may choose to construct a custom-made tray for you

instead. Bleaching time varies from patient to patient, and the dentist chooses the concentration of bleaching solution that best suits individual needs.

When using a home dental bleaching kit, it is critical that you follow your dentist's instructions carefully. Adding more solution or wearing the tray longer than recommended won't necessarily make your teeth whiter any faster and could damage soft gum tissue.

To add a glow to your smile, enhance your appearance and boost your self-confidence, definitely consider teeth bleaching with the guidance of a dental health professional.