

DENTAL NEWS

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NEW OFFICE

Well, It finally has happened, I have moved the office to the new building. Come on by and check it out. The new place is very open, airy, classy, and not like your normal dental office, and nothing like the old office which many of you remember. Of course it is a dental office--as the dental chair will remind everyone. Soon I will be announcing the exact time and date of an open house so stay tuned. Also, another new addition to the office is a friendly, bright young lady--Lisa Bryant. She will wear many hats but her primary job will be to greet you, make your appointments, and handle most of your insurance paperwork.

Q & A

Q: I am worried about AIDS. What should I look for when I visit the Doctor.

A: The doctor should wear gloves during an exam, a mask if he will be working near you. All the instruments should be sterilized between patients. Most exposed surfaces that are above the working level should be disinfected, and any instrument that can not be sterilized should at a minimum be disinfected. If an area looks clean chances are it is and if it looks dirty then it probably is. Of course nothing should be shared from one patient to the next ie: gloves, masks, paper, and plastic goods.

Q: Are Tartar Control mouthwashes or Tartar control toothpastes helpful?

A: For the most part NO! Most of the advertising claims are inflated Madison Avenue hype. There is a kernel of truth in their boasts and in a few cases the products work as advertised. The best

way to treat your teeth and gums is to brush, floss, and spend some time doing it...not just one or two minutes. The toothpaste is there for flavoring and foaming action and nothing else--the teeth could be cleaned just as well with a wet tooth brush and fresh water. Most mouthwashes do nothing except refresh your breath.

Q: Can a Water Pick replace flossing?

A: No! The purpose of flossing is to get the plaque that adheres to the tooth off. The water pick will get any food stuffs stuck between the teeth out but it will not touch that thin sticky film that adheres to teeth (plaque). The only good way to get plaque off is by mechanically disturbing it ie: brushing and flossing. Brushing gets the outside and inside part of the tooth and flossing gets the area between the teeth and the tooth brush can't get at.

Q: What are fluoride tablets and who should use them?

A: Fluoride tablets is a little like vitamins. Most city water and natural water (well water), contains fluoride. The recommended amount to prevent decay is 5ppm. City water is adjusted to this level. If well water is below this level then a fluoride supplement should be given to young children to aid in the development and maintenance of strong teeth. If the child attends a school that has a fluoridated water supply then the need for a supplement should be carefully determined. If the area water supply contains too much fluoride then it should be adjusted down or else the

teeth may show discoloration.

Q: Who should look into teeth whitening?

A: People who are not happy with the color of their teeth. But, the goals must be realistic. White teeth are not natural. Most of us have slightly yellow teeth. Rarely is a persons teeth naturally paint white. If a person wants bright white hollywood style teeth then I have to use powerful, bleaching chemicals than may cause damage to the gums or to the tooth itself. I try to discourage this procedure due to cost, and risk of damage to the teeth or gums. But, if you depend on a fantastic smile for a living, ie: actor, commercials, public speaking, modeling, etc. Then I feel the benefits outweigh the risks. The other form of bleaching, called vital bleaching, will make the teeth several shades whiter but almost never paint white. Vital bleaching is very safe and has minimal to no risk, and reasonable cost. Usually this is the method I recommend to the rest of us. Of course the decision is up to you.

LASERS

This September I will be taking a course in the use of lasers in dentistry. I feel this is one of the directions that the profession will be heading in by the year 2000. I will keep you informed about what I learn.

On November fourth I will be attending an all day class on the specific surgical and restorative techniques involved in placing tooth implants. This course is sponsored by some local and regional oral surgeons whom I know. Hopefully, I can add this valuable service to the practice.

ODD FACTS

--oranges have a tasteless chemical called limonin glucoside that inhibits the development of certain animal oral cancers. Texas Dental Journal

--The longest human tooth ever recorded is a 41mm canine extracted from a 23-year-old woman in Korumburra, Australia. The woman was only slightly taller then 5ft. Oral Surgery, Oral Medicine, Oral Pathology

--Vitamin E lessens angina. Dental Products Report

--Annually 2,000,000 plastic milk jugs in the Chicago land area are transformed into plastic lumber for patio decks.

WORD SEARCH

E S T T E E P L M O N
M A X E Q C D I M R F
L V B E R C I S A L I
D O C T O R W A O M U
A Z R H V C E S L R O
N S Z A T A S T E J R
T M Z V L N J V E V I
I O B D C A V I T Y D
N L T R S L V B L M E
I A V B U D R I L L P
P R D M O S Q Z O L A
O F F I C E H W T M N

BRUSH	EXAM	CANAL	ORAL
DANTINI	MOLAR	CAVITY	DRILL
LISA	DOCTOR	FLUORIDE	TASTE
OFFICE	TEETH		