

## ZOOM BLEACHING IS HERE

### STORK ARRIVES

Many of you on a regular re-care/cleaning schedule have had Beth clean your teeth. Well, it happened! Not only is Beth married to a great guy, but just recently they have had a beautiful baby girl.

We found a wonderful hygienist to fill in while Beth is away for the next 3 to 4 months. Her name is Adina. I am sure that you will find Adina pleasant and easy to work with.

In the meantime, don't forget your re-care appointments to help keep that periodontal disease at bay and maintain YOUR healthy smile for many years to come.

### WHITEN YOUR TEETH WITH STRAWBERRIES

"White teeth and strawberries may not sound like they go hand in hand, but it turns out the berries can actually lighten your smile. The secret: malic acid, which acts as an astringent to remove surface discolorations. Combined with baking soda, strawberries become a natural tooth cleanser, buffing away stains from coffee, red wine and dark colas. While it's no replacement for a bleaching treatment at your dentist's office, "this is a fast, cheap way to brighten your smile," says Adina Carrel, DMD, a dentist in private practice at Manhattan Dental Arts in New York. "Be careful not to

I have given in! We have just received our new ZOOM light. Beginning in mid April we will be offering the much talked about ZOOM tooth whitening as featured in many of the extreme makeover shows.

Zoom Bleaching is an in office power whitening device that can change tooth color up to 12 shades. Zoom does this by using a special UV lamp, combined with a special peroxide based bleaching gel. Of course I will put my spin on Zoom bleaching by using some key components of Dr. Ron Kurthy's technique. This involves a specially made take home mouth tray that seals in

the take home gel against the teeth and prevents saliva from diluting the peroxide's power.

Dr. Kurthy is a world renowned bleaching expert. His techniques are used by many of today's leading cosmetic dentists. If you would like to discuss ZOOM bleaching, please contact our office for a free consultation to determine if this is the right technique for you.



### IF LOOKS COULD FILL

#### Preventive measures that look great!

Sometimes it's the simple strategies--the ones you can't see--that send the strongest message. White filling materials match tooth enamel so perfectly, for example, that your smile will look healthy, attractive, and totally natural.

Enamel-colored sealants offer a cosmetic and preventive benefit. Sealants can be applied in just a few minutes and will protect your tooth enamel against the invasion of cavity-causing bacteria, working invisibly to keep your smile's sparkle bright. Strategies so simple....and so effective...that no one will know but you!

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#### OFFICE INFORMATION

**Dantini Dental of Stamford**  
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 Stamford, CT 06907

#### Office Hours

Monday 10am — 7pm  
 Tuesday 10am — 6pm  
 Wednesday Closed  
 Thursday 10am — 6pm  
 Friday 9am — 2pm  
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## Saliva May Predict Future Oral Bone Loss

*This research was supported by a grant from the National Institute of Dental and Craniofacial Research.*

*The University at Buffalo is a premier research-intensive public university, the largest and most comprehensive campus in the State University of New York.*

Researchers at the University at Buffalo have identified two components of saliva that may serve as the basis for novel tests to determine the risk for future loss of the bone that holds teeth in place.

By comparing dental X-rays of 100 patients with analyses of their saliva, the researchers found that higher-than-normal levels of a salivary protein called IL-1-beta were associated with increased bone loss.

The level of another protein, osteonectin, was inversely proportional to bone loss, suggesting this marker may serve as a measure of periodontal health.

Results of the research, a collaboration between the UB School of Dental Medicine and the UB School of Public Health and Health Professions, were presented today (March 10, 2006) at the annual meeting of the International Association of Dental

Research being held in Orlando, Fla.

"These results show that above-average levels of IL-1 beta in saliva may prove to help the dentist decide whether or not to treat the dental patient for periodontal disease," said lead researcher Frank Scannapieco, D.D.S., Ph.D., professor and chair of the Department of Oral Biology in the UB dental school.

"Currently there is no early warning test for bone-loss activity," Scannapieco added.

"We can measure gum pocket depth, or the amount of bone remaining on an X-ray, but these methods only tell us how much damage already has been done. If these findings hold up in future longitudinal studies, the dental practitioner might use a test to decide what interventions are needed for the patient, and perhaps the frequency for recall visits.

"This biomarker test also could provide a quick and easy way to monitor patients over the long-term and to determine if a particular treatment is working," he said.

Periodontal bone loss is a serious oral-health condition that can cause teeth to

loosen and fall out. The availability of a simple test would reduce the need to submit every patient to expensive, time-consuming and often uncomfortable X-rays and pocket-probing exams, which measure how much of the tooth-supporting bone already has been lost due to periodontal (gum) disease. Such a test also may help a dentist decide how often a patient needs tooth cleaning.

Previous studies had identified specific protein biomarkers of bone destruction in fluid collected from gum crevices in patients with active periodontal disease, but collecting enough of this fluid for analysis can be tedious and time consuming, whereas saliva is plentiful and easily collected.

The research team now is performing follow-up studies to determine the validity of their results.

*Additional UB researchers on the team were Patricia Yen Bee Ng, Maureen Donley, D.D.S., Ernest Hausmann, D.M.D., Ph.D., Alan Hutson, Ph.D., Jean Wactowski-Wende, Ph.D., and Paul Bronson. Edward Rossomando, Ph.D., from the University of Connecticut, also contributed to the study.*

### YOUR GUMS HAVE A FIGHTING CHANCE

The first step in having a beautiful smile is to maintain your periodontal health. That's why we use the ultimate in technology and treatment to fight periodontal disease. Our tools range from digital x-rays (expose you to less radiation and better see the bone) to The Florida Probe (accurately measure the amount and progression of periodontal disease.)

Once all the data is collected, the treatment can be as simple as scaling and root planning. Sometimes the use of systemic or local antibiotics, or the use of an Nd:Yag laser help in disinfecting and treating diseased areas. Of course, in advanced cases we will refer you to some of the top American clinicians that specialize in periodontal disease.

### Toothache? Chew a clove!

Cloves contain eugenol, an anti-inflammatory proven to reduce pain and swelling by 30%

### DOES YOUR JOINT REALLY HAVE TO BE A PAIN?

Do you suffer from mysterious headaches? Ear aches? Facial pain? Difficulty opening your jaw? Tender jaw muscles? Clicking or popping noises when your mouth opens and closes? Pain when yawning or chewing? You are not alone. Ten million Americans are believed to suffer from symptoms that both affect and arise from the jaw joint and surrounding tissues. These are collectively referred to as *temporomandibular joint disorders (TMD)*.

The problem often starts when the jaw joint and the muscles used for chewing don't work together properly, causing muscles to spasm. Re-

cent research indicates that about 80 percent of TMD cases are due to stress or tooth grinding (*bruxism*).

Tooth grinding often occurs while you sleep, so many people are totally unaware of the habit. We can treat TMD with muscle relaxants, anti-inflammatory drugs, and pain killers. Often, the drug therapy is combined with an intraoral device that relaxes the muscles such as a bite splint or an NTI.

Therapy is customized for each patient. Please call us if you have any questions or need a consultation.