Trees are flaunting their leaves and flowers are bursting with color. We take our cue from nature’s renewal and tend to our houses and bodies. Recommit to your dental fitness by:

1. **Replacing a worn toothbrush.** Studies show that after 3 months of normal wear and tear, toothbrushes are less effective at removing plaque than new ones.

2. **Brushing carefully all teeth for 2 minutes twice a day.** The size and shape of your soft bristled brush should fit your mouth to easily reach all areas.

3. **Flossing daily to remove plaque from the sides of teeth that your brush can’t reach.** Gently slide the floss into the space between the gum and the tooth and use a rubbing up and down motion. Be careful not to snap the floss into your gums.

4. **Using an electric toothbrush.** If you have problems reaching all surfaces of each tooth, have gum recession, tooth abrasion or gums that bleed, consider using an electric toothbrush. Sonicare toothbrushes are available for purchase at our office.

5. **Scheduling a checkup and cleaning.** Regular recare visits are key to preventing gum disease and keeping your smile healthy and beautiful. Problems can be dealt with while they are still small. Take a look at your smile and let us know your concerns. Would you like teeth that are whiter, straighter or better? Many times tooth whitening, tooth recontouring, bonding, porcelain veneers or minor tooth movement can improve your smile.

6. **Eating foods to keep healthy.** Select foods from all 5 food groups: grains, dairy, fruits, vegetables and meats. Avoid sugary snacks and drinks such as candy, cookies, cake, sport drinks, soda and juices.

7. **Quitting tobacco use.** Smoking or smokeless tobacco can cause oral cancer, gum disease, tooth decay, bad breath and tooth erosion. Additional effects include delayed healing after extraction, stained teeth and tongue, diminished sense of taste and smell and fewer options for tooth replacements.

8. **Replacing missing teeth.** Cosmetic concerns, effects on speech & chewing ability, bone loss, changes in biting forces and shifting of other teeth are the most common reasons to correct the problem.

9. **Wearing a bruxism guard if you grind or clench your teeth.** Most people are unaware that they grind or clench while sleeping. Some people even grind their teeth with no sounds. If you wake up with a constant, dull headache or sore jaws, you might be clenching or grinding your teeth. Toothache like symptoms, sensitivity to biting and hot or cold foods can result from excessive clenching. If untreated, it can lead to tooth and root fractures, root canal treatment, tooth loss or joint problems.

10. **Wearing a mouthguard while playing sports.** If properly fitted, a mouthguard can prevent most sports related tooth or mouth injuries. It is recommended for football, hockey, boxing, basketball, soccer and wrestling.

“The world is always brighter from behind a smile” — author unknown. We’re happy to help you brighten your smile as you take steps to improve your dental fitness.
OFFICE NEWS

A Shout Out to Lynn!
Lynn Castignani retired after being a dental assistant in our office for over 21 years. We thank her for being an integral part of our dental team and wish her a happy retirement.

Welcome To Our Newest Teammate!
Lauren Ford joins us as a chairside assistant. Her cheerful disposition and smiling face will put you at ease.

Dental Outreach Program
Dr. DiPietro attended the PA Dental Association’s Philadelphia student outreach event in March along with 83 3rd and 4th year dental students from Temple University and University of Pennsylvania and 20 dentists. Check out her photo in the PDA’s Facebook page. (login required)

Teens Text To Quit Smoking
The CDC reports that 80% of smokers begin smoking before the age of 18, 25% of high school seniors smoke cigarettes and another 8% use smokeless tobacco. The younger one is when starting to smoke, the more problems it can cause including cancer, heart disease and emphysema. About 30% of young smokers will continue smoking and die early from smoking related disease. Teen smokers are more likely to use alcohol and illegal drugs and have more panic attacks and depression. Also smokers who start before age 21 have the hardest time quitting. Therefore the National Cancer Institute (NCI) is focusing on young people and using mobile technology to affect health awareness and behavior change among teens. NCI’s Smokeless TXT is a free mobile tool to help teens to stop smoking. It provides 24 hour encouragement, advice and tips to help teens stop smoking for good. Following their quit date, teens will continue to receive texts for up to 6 weeks. Research shows that cessation support continues to be important beyond the first few weeks of quitting. Teens can sign up by texting the word QUIT to IQUIT(47848) from their cell phones or at “teen.smokefree.gov/smokefreeTXT.aspx”

A New Improved Option For Denture Wearers
Implant retained dentures have huge benefits over traditional dentures. They are more stable and retentive since they are held in place by dental attachments rather than depending on suction alone. Implant dentures preserve bone unlike traditional dentures. Maintaining facial contours avoids premature aging and wrinkles. Studies indicate that implant overdentures improve chewing and speaking ability. Patients report greater comfort and confidence with implant supported dentures.

Just For Laughs

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