Crows - Past, Present and Future

A crown is a dental restoration that covers a tooth to restore it to its normal shape, size and function. It strengthens or improves the appearance of a tooth.

Crowns can be all metal, porcelain fused to metal or all porcelain/ceramic. They each have advantages and drawbacks. Early crowns were all metal and are the strongest and longest lasting option, but do not have an attractive appearance. If gold is used, it can be the most expensive option. Porcelain fused to metal (PFM) is the most popular choice because they are strong and generally aesthetic.

The only drawback is if the gum recedes, sometimes a dark line is visible at the gumline. All porcelain/all ceramic crowns are aesthetic, but aren't as strong as PFM and are more prone to fracture. Generally, they have the greatest use for front teeth where aesthetics is a prime concern or if a patient has a metal sensitivity.

Dental research on all porcelain/ceramic has challenged PFM crowns over the 50+ years these restorations have been in use. There hasn't been a long term reliable replacement for them.

However, a promising alternative is a full zirconia crown. It has the advantage of less tooth preparation, less wear of opposing teeth and restorations and lower lab costs. Its' drawbacks are that there has been no long term data, color and translucency are marginally acceptable and adjustments and removal are difficult.

Although PFM crowns are still considered the best option, the impact of rising metal costs and patient aesthetic desires will propel research for a non PFM crown alternative.

Nail biting (Onychophagia) is fairly widespread, but varies widely with age and is seen as a stress-induced habit that peaks during teenage years and usually subsides as we age. About 45% of teens and 5% of older adults bite their nails. Aside from being unsightly, unsanitary and a source of infection, nail biting can chip and wear teeth and de-bond braces. It can be costly. According to the Academy of General Dentistry, nail biting can result in up to $4000 in dental bills over a lifetime. To stop the habit, be conscious of it, try to stop, ask others to remind you, keep your nails filed and/or polished and use a OCT product to stop nail biting.

Dental Insurance?
Take advantage of this years’ benefits by scheduling recommended treatment before the end of the year.
If you have reached your maximum this year, call in January so we can preauthorize your treatment to take advantage of your new benefit year.

Greetins of the Season

Perils of Nail Biting

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**TEEN TEETH**

Teenagers are often busy with school, sports, jobs and social activities that they neglect their teeth. Teens snack on junk food more frequently, wear braces, experiment with cigarette smoking or may have an eating disorder. The result can be an increase in dental problems including decayed, broken or stained teeth, bleeding gums and bad breath. The best way to have a beautiful smile and healthy teeth is:

1. Brush twice daily.
2. Floss daily.
3. Limit sugary snacks and soft drinks.
4. Wear a sports mouth guard.
5. Stop smoking or don’t start.
6. Talk to your physician about an eating disorder.
7. Visit the dentist for regular checkups and cleansings.

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**DADDY WENT TO THE DENTIST TO GET A CROWN. DO YOU THINK WE’LL HAVE TO START CALLING HIM “YOUR HIGHNESS”?**

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**Seasonal Appetizer Recipes**

**Cranberry-Crab Mini Phyllo Cups**
1. Preheat oven to 375˚F.
2. Combine ½ cup softened cream cheese, 2 Tbsp sliced green onion and ¼ cup flaked crab meat in a small bowl and mix.
3. Fill 15 thawed mini Phyllo cups with 1 tsp cream cheese mixture and ½ tsp whole cranberry sauce.
4. Bake for 10 minutes or until heated through.

**Spicy Pumpkin Soup Shooters**
- Saute ¼ chopped yellow onion and 1 minced clove garlic in 2 Tbsp olive oil until softened.
- Stir in ¼ tsp curry powder, ¼ tsp coriander powder, ¼ tsp cinnamon, ¼ tsp nutmeg, ¼ tsp cayenne pepper.
- Cook for another minute and add 1 cup chicken stock and 15 oz. pumpkin puree. Mix and bring to a boil. Reduce heat and simmer 10 minutes.
- Stir in ¼ cup milk and an individual sized container of apple sauce.
- Before serving, adjust cinnamon to taste and add extra broth to make a pourable consistency.
- Use funnel to pour into large shot glasses or tall shooter glasses. Top with roasted pumpkin seeds and serve.

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**OFFICE NEWS**

**Congrats to Danielle!**

Danielle Murnane celebrated her 5 year anniversary as a dental assistant in our office. We appreciate her can-do attitude and cheerful disposition.

**Women in Dentistry**

On Oct. 3, 2012 Dr. DiPietro, with fellow female colleagues, enjoyed an evening celebrating women in dentistry sponsored by the PA Dental Assoc. and Montgomery-Bucks Dental Society. In addition to an evening of camaraderie, the past, present and future of the profession was discussed.

**Survey/Suggestion Box**

Thanks to all of our patients who filled out our in office survey. We appreciate your feedback. We have placed a suggestion box in our reception room. At your dental visit, please let us know how we can continue to improve.