



Expressions

An Occasional Communication for the Friends and Patients of Dr. Nibouar and Dr. Annone

Winter 2008

fromthedentists

We started off the year without our fearless leader while he enjoyed a trip to New Zealand. Once again, amazing team work allowed everything to run smoothly. Don't worry Dr. Dave, we did miss you, even if you didn't miss us!

With the wild success of our Halloween Candy Buy Back Program, we decided to expand on another one of our community events, office preschool tours for Children's Dental Health Month. The staff has created a wonderful presentation that introduces the little ones to our office and encourages good oral hygiene habits. We enjoy our young patients and would love to see more little smiling faces in our office.

We also have some new faces in our office. Barb will be covering our expanded evening hygiene hours on Monday and Linda will be assisting during your visits with the doctors. Each of them has over 20 years experience...Welcome Ladies!

Dr. Anne

turnthepage

How to boost your smile wattage!

Crown your confidence!

What color do you smile?

The Amazing 2007 Halloween Candy Buy-Back



Dr. Anne, Pam and Forest Oak students

As we announced in our last newsletter, this year we offered to buy Halloween candy and send it to our troops in Iraq. Since we had never done anything like this before, we really had no idea what would happen. The event turned out to be successful beyond our wildest expectations. The response from our patients and the community at large was overwhelming. We thought we might get one or two hundred pounds of candy, but when the dust had settled we had bought back 1306½ pounds!

There were a lot of pleasant surprises in this experience. First, people were not motivated by the money they got for

the candy. They were motivated by the opportunity to support the troops in Iraq. I was draft-eligible during the Vietnam War and remember the disturbing news footage of returning soldiers being reviled for their participation. Thankfully, that is not the case now. Regardless of how people feel about the war, they support the troops wholeheartedly. Second, everybody wanted to help in any way they could. People offered to help us sort the candy and haul it around. They donated money to help with shipping and to send phone cards to the troops. We actually got far more candy than we were able to ship, so the excess went to

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Visit us at www.limestone dental.com

Goodbye "Type A" Stress

Hello DERPS!

Ambitious, stressed-out Type A personalities are probably grinding their teeth at being overshadowed by stressed-out Type D's ... anxious gloomy worriers, ERs ... the emotional responders, and Type P pessimists. All of these personality types are at risk for stress-related illness!

The majority of us will occasionally clench or grind our teeth during stressful times, but out-of-control teeth grinding can wear down enamel and weaken fillings and crowns. That's costly for your dental and overall health – and your appearance.

Relax! We can help rebuild your worn smile by bonding a composite resin that is strong and attractive. We can also place ceramic crowns or overlays to save and protect your natural tooth ... without metal ...so your smile looks completely natural!

Fabulous Lips!

Now that you have the dazzling smile you've always wanted, we know that you'll want to keep it that way! When you perform your home care routine, don't forget to protect your lips – the perfect frame for your perfect new look.

We need sunlight to synthesize vitamin D, but too much sunlight can burn our skin, prematurely age, and cause skin cancers. Moisturizing chapped lips is always a good idea, but remember – winter or summer – when you apply sunscreen to your face, include those lips!

And women, why not benefit from all of the technology that lipstick manufacturers have invested in so you can wear special sunscreen lipsticks? You can still enjoy the great outdoors... and wonderful textures and colors that can enhance your glorious smile!

Glorious smile!



Crown Your Day!

Light up your beautiful smile – discretely!

Are you afraid you'll be noticed if you change your smile? Well, when you see how great your new smile looks, you'll probably want to be noticed! Modern restorations that use crowns – like dental implants and crowns and bridges – look discretely natural and can light up your smile ... like nobody's business! Here's how...

1 A **crown** will cover your damaged tooth so that it will appear completely normal again and likely be even stronger than the original. Fabulous materials like porcelains and ceramics are not only strong enough to withstand natural biting pressure and resist chipping, staining, and cracks, but they are truly beautiful and translucent like natural enamel.

2 When there is an actual gap that needs closing, a **bridge** that combines crowns on your supporting teeth to strengthen them, and artificial teeth to span the gap, is an excellent alternative.

3 A crown can also be integrated into a dental **implant** which is an artificial tooth implanted right into your jawbone. Because it is anchored into your bone, it helps to prevent the bone deficiency that can accompany the loss of a tooth. An implant can be an alternative to, or used with, a denture or bridge.

We can help to restore your beautiful smile for a lifetime. Please see us soon for a consultation ... you will really notice a difference!

Don't Pout!

Stay stylish with sculptured veneers!

Just like you, cosmetic dentistry keeps on moving forward. We know that the last thing you want is a smile that looks older and less stylish than the rest of you. Whether fashionably full lips are on your agenda or not, you'll be satisfyingly surprised to see how cosmetic veneers disguise teeth flaws and brighten your smile!

Materials and techniques continue to improve to look more naturally beautiful so that your natural beauty can shine through. Today's ultra thin veneers can be sculpted to meet different needs and can even be bonded to your existing bridgework!

Here are some of the ways that cosmetic veneers can boost your smile wattage:

Lighten and brighten teeth that have become stained from coffee, tea, red wine, or even tetracycline.

Conceal chips, gaps, and uneven teeth.

Revitalize tired-looking crowns and bridgework.

Enhance a lovely smile by brightening and re-proportioning until it's downright gorgeous!

Believe it ... both men and women today are gorgeous ... healthy, physically fit, and knowledgeable about what they need and what they want.

Let us help you to make good decisions about the best type of veneer to suit your goals and your lifestyle!

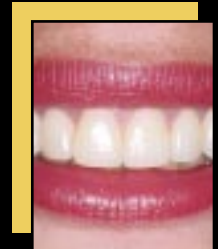


Smile Talk

Color has a lot to say!

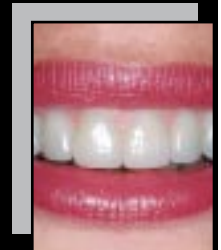
Healthy adult teeth naturally contain a mixture of yellow, red, and gray shades. Teeth whitening can work wonders – no matter how your teeth look on the color spectrum.

Yellow? The dentin is revealed when enamel is thinned, usually due to ageing or brushing too hard.



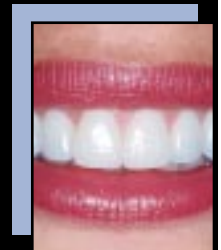
Yellow

Gray? It's likely that you have experienced tetracycline damage – probably sometime during your youth.



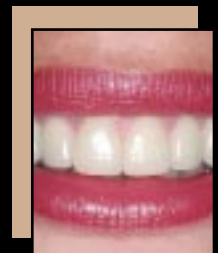
Gray

Blue? Some studies show that too much unsupervised whitening can give teeth a blue hue – boo hoo!



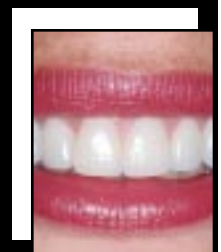
Blue

Beige? Could be too much coffee, tea, or red wine, or due to smoking or chewing tobacco.



Beige

White? You probably have a great home-care routine, keep regular checkups, and accept professional dental advice about tooth whitening.



White

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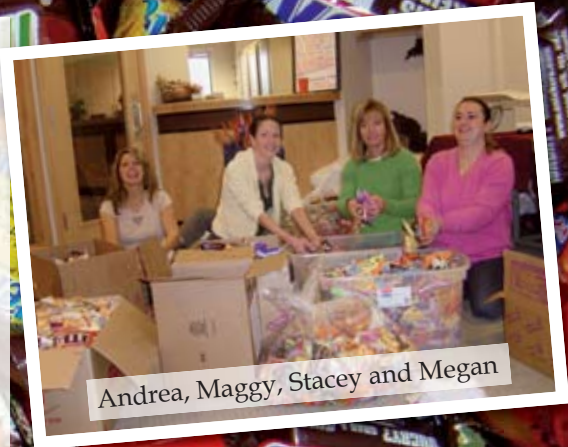
the USO, which was thrilled to get it. They sent some to Iraq and some to the families of troops serving overseas. The third thing we learned is that a ton of candy completely fills the back and most of the cab of a full size pickup truck.

Special mention must be made of the participation by Forest Oak Elementary School (see photo on front page) They made a school project out of it and brought us 607 pounds of candy! Instead of taking the \$607, they asked us to use the money to buy phone cards for the troops. In addition, many of the students wrote touching letters which were included in the "care packages."

One element of the experience seemed a bit hypocritical. Together, Dr. Anne and I have spent almost 50 years repairing the damage done to teeth by refined sugar and encouraging people to avoid it. In addition to tooth decay, it's harmful to the immune system and contributes to high blood sugar, diabetes and obesity. Right there, sitting in our office, was 1306 pounds of candy containing almost 3,000,000 calories and nearly a ton of sugar. The dentist in me wanted to send it to the dump rather than simply shifting it from one consumer to another. But the staff told me to lighten up and so we sent toothbrushes, dental floss and phone cards to the troops in Iraq along with the candy.

Thanks to Pam Arzinger for the great job she did in organizing and publicizing the buy-back and to all the staff members who helped. But most important, thanks to all of you who contributed to the amazing success of this event.

Dr. Dave



Andrea, Maggy, Stacey and Megan



Dr. Dave loading up!

office information

Limestone Dental Associates

Dr. David Nibouar

Dr. Anne Annone

5317 Limestone Road
Wilmington, DE 19808-1252

Office Hours

Monday 8:00 am – 8:00 pm
Tuesday 8:00 am – 8:00 pm
Wednesday 8:00 am – 5:00 pm
Thursday 7:20 am – 2:00 pm
Friday 7:20 am – 1:30 pm

Contact Information

Office (302) 239-0502
Fax (302) 239-0711
Toll free (877) 639-0502
Email info@limestonedental.com
Web site www.limestonedental.com

Office Staff

Sharon.....Business Manager
Andrea, Connie.....
.....Patient Care Coordinators
Pam, Stacey, Melissa, Julie, Nancy,
Marcia, BarbDental Hygienists
Kat, Megan, Sue, Linda
.....Dental Assistants
Pam Marketing



Tell Us...

What do you think?

When it comes to oral health, your teeth can tell us a lot about what's right and what wants more attention. But patient needs often have to do with matters that we can't detect on radiographs or during examinations.

Your visit starts the moment you walk in the door, so it matters to us that you feel welcome and that you are happy with our care. What do you think about our staff, office environment, treatment, pricing, educational information, referrals, and scheduling? What would you like us to change?

We're constantly trying to upgrade care and improve our services. Please let us know how we are doing. Next time you come in for a checkup and we ask you to open wide ... tell us what you think. When it comes to your mouth, we're all ears!

Dr. Nibouar



Attention Christiana Care Employees

In order to effectively optimize your benefits, please let us know which Delta Dental Coverage you have chosen.

We Want To Serve You Better!

With our busy lives, sometimes a phone call is not the ideal means of communication. We are pleased to offer an email appointment confirmation to our patients. We will also send you updates about the office. If you would like to take advantage of this service, please forward your email address to info@limestonedental.com.