



## fromthedentists

### A New Look, A New Name

Many of you have asked about our newsletter, SPEEDBUMPS. We're embarrassed to say it has been over two years since the last issue. Producing it ourselves was gratifying but very time intensive, and we simply ran out of time. So we are taking a new approach. We'll do much of the writing but an outside company will put it together and mail it for us.

Each issue will be a mix of articles about happenings in the office and up-to-the-minute information about dentistry in general. You'll notice more photos, a wider selection of graphics, and a brighter, more colorful look.

Our new name is EXPRESSIONS! Thanks for your continued interest and we hope you'll like our new format.

*Yours in good dental health,*

*Dr. David Nibouar &  
Dr. Anne Annone*

## turnthepage

The "numbers" reveal all the answers

Find the solution to information overload!

How can you benefit from positive thinking?



Thanks to all of you who participated in our patient survey last fall. Although we try our best to provide a top-notch experience at all times, we thought it was time to find out how YOU thought we were doing.

### Here's what you liked:

- We get high marks for the overall atmosphere in the office and the friendliness and professionalism of doctors and staff.
- You like our attractive décor, modern equipment and the cleanliness and attention to safety in the facility.
- Telephone calls are handled by a courteous human being, not a machine. 100% said calls are returned promptly and 92% received a courtesy call to remind them of their appointment.
- We are almost always on time.

### Here is what could be improved:

- You would like more detailed discussion of fees and more payment options.
- More information about treatment procedures would help you understand the value of dental treatment.
- It would be nice to have a shorter interval between making an appointment and being seen, especially for cleanings.
- A few (19%) feel that some procedures are more uncomfortable than they would like.

Based on what we learned from you, we have undertaken some changes. There will be some job shifts and new faces, as well as equipment and scheduling updates. For details, see *What's New* on page 4.



# Cause For Concern

## Why should you be concerned about periodontal (gum) disease?

Periodontal disease is so common that estimates of those affected range from between 75% to more than 90%. It is an insidious bacterial infection that begins with no symptoms and can progressively affect the appearance of your gums, cause bad breath, and eventually lead to tooth loss which can affect your ability to chew, speak, and socialize. It causes progressive bone loss which can alter the proportions of your face. Periodontal disease has also been linked to cardiovascular diseases, diabetes, osteoarthritis, premature births, kidney disease, oral cancer, lung disease, and Alzheimer's.

## What causes it?

Plaque, the soft thin film you may feel on your teeth, is a natural *biofilm* with its own ecosystem of bacterial environments. If this film is allowed to build up, it hardens into *calculus* (or *tartar*) which can cause gum inflammation and bleeding. Calculus can damage the natural seal formed by your gums against the migration of oral bacteria into your bloodstream. The earliest and most common stage of gum disease is called *gingivitis*. As it progresses, it is called *periodontitis*.

## How can you prevent or manage gum disease?

It's very important that you maintain a home care routine to prevent plaque from becoming calculus. Maintaining adequate nutrition and avoiding stress, teeth grinding and clenching, and tobacco can help. Keep your regular appointments so we can keep on top of things, because once calculus is formed, only your dental team can remove it. Thanks to modern dentistry, periodontal disease can be managed – and even reversed!

## Go Pro-Active!

### Prevent cavities and gum disease

We know that bacteria has been linked to cavities *and* gum disease. A pro-active approach to your home care routine will go a long way to preventing oral health problems that can affect your appearance and overall health.

- Brush to prevent the buildup of the bacterial biofilm that can contribute to cavities and harden into the tartar that causes gum disease.
- Floss to reach below your gumline and in-between teeth where your brush can't reach.
- Rinse with antibacterial mouthrinse. We can recommend alcohol-free products.
- Remineralize enamel that has weakened and become porous. We can help here in the office, and can recommend and prescribe fluoride gels, mouthrinses, drops, or tablets that will keep your teeth strong and resistant to decay.

## Think Positive!

### Benefit from a whole new point of view!

Can't you just *see* yourself tripping on your way across the stage? That kind of thinking can become a self-fulfilling prophecy – you just might *make* yourself fall down. Negative thinking happens to many people who are afraid to visit the dentist. We'd like to help you benefit from a *positive* self-fulfilling prophecy.

If someone you care about is prone to worrisome visions, they don't need to avoid or delay dental appointments. Encourage them to imagine a caring dental team that is trained to help ... modern dental technology that maximizes their comfort ...improved appearance and oral health. Good oral health benefits overall health! Encourage them to call us!

We can help replace

outdated fears and

imagery with

positive experiences.

Have you booked your

recare appointment?



# It's In The Numbers!

## **One Tip You Might Not Know**

● Cosmetic dentistry can plump out lines on the lower third of your face – without surgery!

## **Two Things You May Not Know About Facial Ageing**

● The pull of gravity on facial tissues is *not* a significant component of facial ageing. Loss of fat beneath the skin and sun exposure play a bigger role.

● Your smile, dulled by age, can add years to your appearance.

## **Three Smile Spoiler Facts**

● A smile that reveals discolored or cracked teeth, a receding gumline, or just a generally dull look has a subtle but profound effect on how old you look.

● Coffee, tea, smoking, red wines, and certain antibiotics are all contributors to a dimmed, stained smile which suggest ageing.

● Time and gum disease can shrink the underlying bone and gum tissue that hold your teeth in place, collapsing the proportions of your face, exposing teeth roots ... and adding years to your appearance.

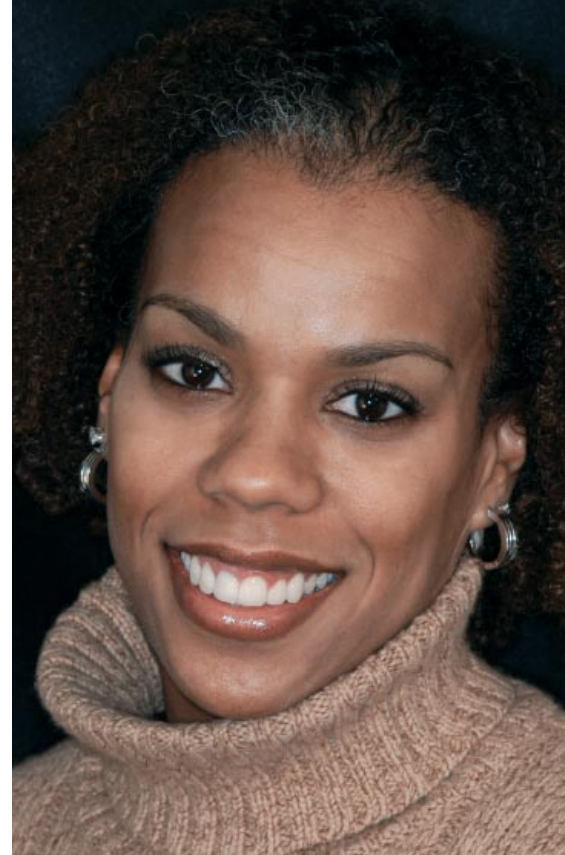
## **Four Beneficial Smile Solutions – Right Now!**

● Professional whitening can lighten and whiten stains – even after root canal therapy.

● Natural-looking tooth-colored materials can replace silver fillings and even fill in chips and cover cracks so no one will ever notice.

● Bonding or veneers can plump out fine wrinkles by building up tooth surfaces, restore normal shape to worn-down teeth, and fix widely spaced teeth and gaps in your smile.

● Crowns & bridges and implants with modern natural-looking materials can close very wide gaps and restore function, appearance, and the proportion of your smiling face!



**ONE**  
Beautiful  
Smile!

## **INFORMATION OVERLOAD?**

**Ask your personal smile-consulting team!**

As dental professionals, we find it ironic that in an era of unprecedented good health, people seem *more* anxious about illness. Could it be the overabundance and ease of access to information out there?

Self-directed research on the Internet or in health-reference texts can be very helpful ... but it can also be confusing and even seem contradictory without proper training. The media can also overwhelm by introducing statistics into everyday language or by presenting anecdotal accounts as factual.

How do you stay informed without feeling besieged by provocative headlines and unfiltered data? You can rely on us – your personal smile-

consulting team.

We will be happy to answer your questions and discuss your oral care options with you... accurately and concisely.



**ARE YOU INCLUDED?**  
8 out of 10 Internet users have looked online for health information on various topics.

# Passions Never Wane...

They just multiply!

Ever since I can remember, I've wanted to be a dentist. When my playmates suggested that we play house, I would have rather played dental office. And the few dolls I had, all got regular fluoride treatments.

My childhood dream never wavered. When I inevitably went to dental school, I became very involved in community dentistry and realized that I actually enjoyed reading dental journals. Dentistry was not only my job, but a hobby too. Certainly I planned that I would get married and have a family, but even on my honeymoon, my husband and I went to a dental convention.

But as they say, having a baby changes everything. With my first, I was quickly overwhelmed and disappointed that I couldn't continue with the same dedication to my career. My search for balance brought me to this practice.

As I welcome my third son, I am very grateful to have Dr. Nibouar, our staff members and patients who understand being a mom has to be my number one priority. But now, my passion for motherhood has intensified my commitment to patient



Joining brothers Benjamin and Henry.

**EVAN THOMAS  
ANNONE**  
August 22nd, 2006  
8lbs. 4oz.

care. Since my heart has now tripled in size, there seems to be more room for dentistry too. However, as I enjoy my short leave, I will let those dental journals pile up and go back to reading a favorite at our house: Goodnight Moon.

## Seasonal Tooth Tips

- Go for brushes with soft nylon bristles.
- Replace your brush about every three months.
- Never use your teeth to open things.
- Use a mouthguard if you play contact sports.
- Use a fluoride toothpaste.
- Floss every day.
- See your dentist regularly!

## officeinformation

### Limestone Dental Associates

Dr. David Nibouar  
Dr. Anne Annone

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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  
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#### Office Staff

Sharon.....Business Manager  
Andrea, Connie.....  
.....Patient Care Coordinators  
Pam, Stacey, Melissa, Julie, Nancy,  
Marcia.....Dental Hygienists  
Kat, Wendy, Maggy.....Dental Assistants  
Melody.....Financial Coordinator



## Our Door Is Open New Patients Welcome!

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients – the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.

## What's New?

❖ Revised computer software enables us to print out a detailed cost estimate of your treatment plan and often a rough estimate of insurance coverage. It only takes the touch of a button, so if you would like an estimate in advance and we don't provide one, just ask!

❖ New, long-term financing options are now available.

❖ Wireless intra-oral cameras and updated monitors are being installed in all treatment rooms so you can see an instant, wide-screen view of your teeth before and after treatment.

❖ Our hygiene schedule has been revised to allow us to schedule your cleaning appointment in a more timely manner. In addition, we can put you on a quick-call list so we can offer you an appointment on short notice when one becomes available.

❖ A new local anesthetic is available that greatly reduces the discomfort of routine cleanings, particularly for those with sensitive roots. Best of all, no injection is required.