



Expressions

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

Fall 2010

fromthedentists

Dentistry is a profession of contrasts. We spend all day doing demanding technical procedures on real, live human beings who have all the emotions associated with a dental visit added to everything else that is going on in their lives. It's a constant struggle to blend technical excellence with human emotion.

As we prepared this newsletter, an event occurred which made the technical stuff seem pretty insignificant. After you read the adjacent story about *Lumineers*®, a new technique we are excited about, go to the back page where we've grouped the stories that have a lot of meaning for us right now. Especially read about the untimely death of Tom Pitts and the impact it has had on us. It's a big world out there and teeth are just a small part of it.

Yours in good dental health,

Dr. Dave
Dr. Anne

turnthepage

What do you expect out of life?

Fruity fighters you want on your side!

Are you the *best* you can be?

Smile Makeover with Lumineers®

Dr. Dave and Dr. Anne have recently been certified to provide *Lumineers*® porcelain veneers.

We took the certification course because we think *Lumineers*® represent a significant cosmetic advancement. Unlike traditional porcelain veneers, they can be made as thin as a contact lens. Made exclusively from patented *Cerinate*® porcelain, these extremely durable, ultra-thin veneers have a clinically proven 20 year track record. Many of you have hesitated to have traditional veneers because you did not want us to remove healthy tooth structure, but Lumineers are so thin and made with such precision that in many cases, no tooth structure is lost and no anesthetic is needed.



before



after

The entire Lumineers procedure requires only two visits. After carefully designing your new smile on our computer, we make a precision mold of your teeth. This is delivered to the *Cerinate* Smile Design Studio where the Lumineers are crafted to our specifications. At the second visit, we check for accurate fit, make sure you like the color and appearance, and bond the Lumineers to the surface of your teeth. Just two visits to a new smile!

Here are before and after pictures of a case we recently completed. This gentleman had lots of wear, discoloration, and a space between his two front teeth. With six Lumineers, we closed the space, restored the worn edges and brightened his smile. If you would like a complimentary consultation to see if Lumineers are right for you, give us a call today.

Visit us at www.limestone dental.com

Something To Chew On

The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

Here are five fruit-friendly tips...

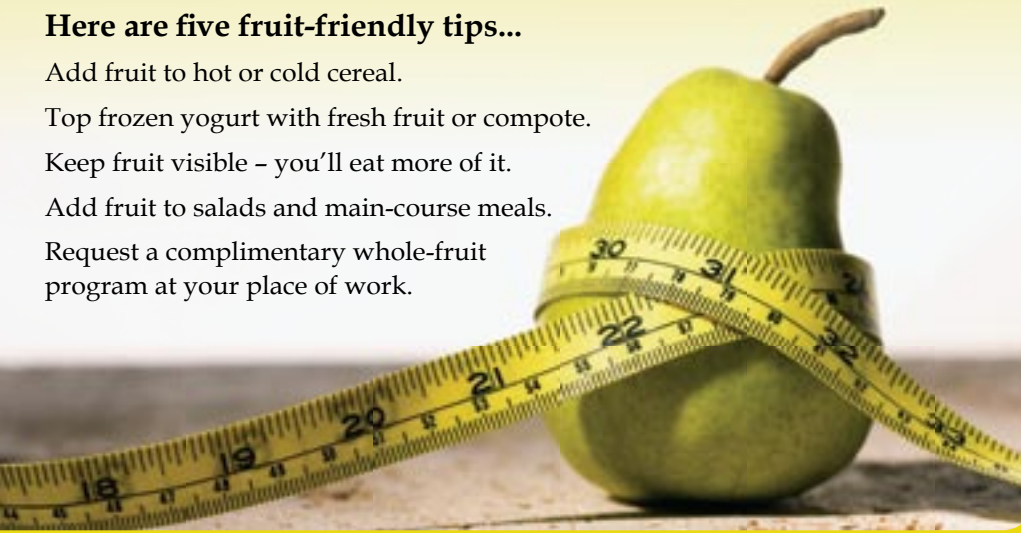
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



Strategies From H To O

You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO₂ than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

What's Precious To You?

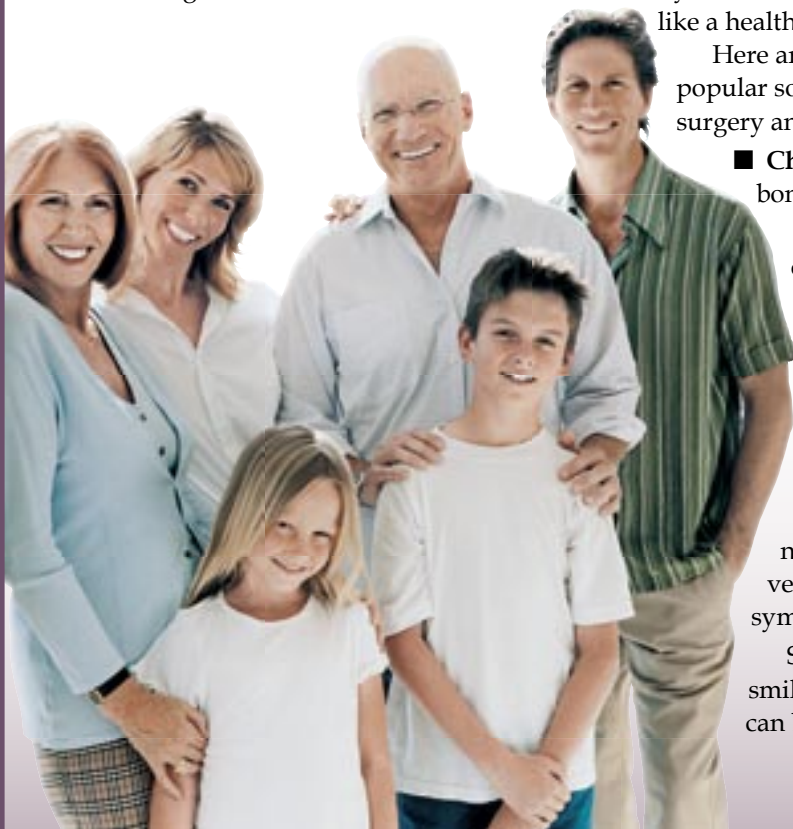
Tell the world... every day!

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



What Do You Expect?

Get the most out of life – and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away – like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

About The Mouth-Body Link – Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

About Progressive Discomfort – Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

About Appearance – Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



Secure & Versatile

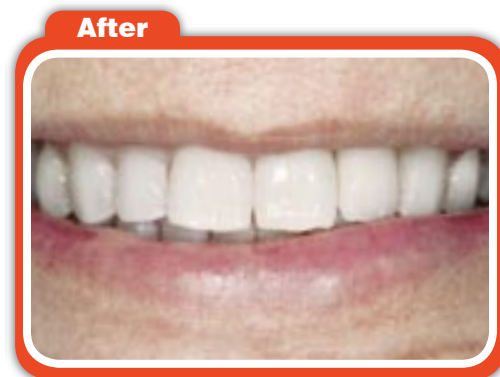
Smile with dental implants

Nobody wants to lose teeth, but let's face it – it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

As if safeguarding your oral health and appearance weren't astonishing enough...

- 1 Implants require only normal brushing and flossing – no special home-care routines.
- 2 There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3 There is no metal visible above your gumline.
- 4 Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!



Tom Pitts Good Guy

Tom Pitts, our patient and friend, died on July 12 when the airplane he was piloting crashed in North Carolina. We knew quite a few personal things about Tom as we do most of our patients, but it was only after we read his obituary that we found out about how he served others. Among many other things, he was a leader in his Veterans Post and very active in Toys for Tots and Autism Delaware. The terrible irony of his death was that he was on a volunteer mission, using his own plane to fly the brother of Nate Henn, a Delawarean who was killed in a terrorist bombing in Uganda, to be with his family.

Two things struck me about Tom's death. First, he was a hero. Unfortunately, it took his tragic death for us to find out about it. Second, we are not as isolated from the ugliness in the world as we would like to think. It's incredible that a terrorist attack on the other side of the world could result in the death of one of our own "good guys." Our condolences to Tom's family.

Spotlight On Pam Congratulations!!

We are pleased to announce that Pam Arzinger has been honored by the Delaware Dental Hygiene Association with their annual Community Service Award and nominated to receive the Sunstar/RDH National Award of Distinction.

Pam has been a member of our team for well over 20 years and, in addition to her dental hygiene duties, has led our marketing program for several years. She is the energy behind our yearly "Halloween Candy Buy Back" program for which we pay local trick-or-treaters one dollar per pound of candy. In the three years since its inception, the program has bought back more than 3000 pounds of candy. (That's nearly seven million cavity causing calories.) The candy, along with toothbrushes, toothpaste, dental floss, letters and telephone cards are sent to our troops overseas.

The innovative outreach doesn't stop there; last year Pam organized a partnership with Stockings for Soldiers. We helped to fill an astonishing 6,600 Christmas stockings for our troops. These simple joys from home can give our soldiers comfort on holidays away from their loved ones. None of this would have happened without Pam's imagination, commitment and organizational expertise. We are grateful to her and pleased that she has been recognized by her colleagues for her achievements.



officeinformation

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Office Hours

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Friday	7:20 am – 1:30 pm

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Kat, Sue, Linda.....	Dental Assistants
Pam	Marketing



Susan G. Komen 3 Day Walk For A Cure

Your support is appreciated

Everyone knows someone whose life has been affected by breast cancer, but how can we help? In a single year we lost two members of our extended office family, so we are more motivated than ever to raise funds to combat this devastating disease. We've instituted "Save the Ta Tas Tuesdays" where a five dollar contribution buys the right for us to wear jeans to work.

Later this year two of our team members will be taking an even bigger step, or rather many steps! On October 15-17, 2010 Kat Sterndale and Dr. Anne will take part in the 60 mile (that's right, 60 mile!) Susan G. Komen 3 Day Walk for a Cure. In order to participate, each person has to raise \$2500

in sponsorship money. Dr. Dave has pledged to sponsor one walker and we're looking for your help to support the second. If you'd like to contribute, please give us a call, stop in or visit www.the3day.org/goto/katsterndale.



Back Row: Andrea, Stacey, Dr. Dave, Becky, Marcia, Nancy, Donna
Front Row: Pam, Kat, Melissa, Linda