



Expressions

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

Winter 2007

from the dentists

Thanks for your positive comments about the inaugural issue of Expressions. The big news in this issue is that Dr. Annone is back to work after maternity leave. We missed her! She is striking a nice balance between caring for your dental needs at the office and three little boys at home. She is raring to go and welcomes the referral of your friends and family.



Walk For Breast Cancer Awareness

I often think that life is one big paradox. The picture on the right shows all of us at the walk for Breast Cancer Awareness Month in October.

Most of the team participated, along with some past employees, spouses and kids. All three of the Annone boys were there, including five-week old Evan.

We never made an official decision to participate as a group, but when a sign-up sheet appeared the event took on a life of its own because all of us had personal reasons for being there. My wife and I lost a dear friend to the disease several years ago. A disturbing number of patients have been stricken over the years. And last spring one of our key employees lost a sister to breast cancer after a long and difficult struggle, leaving four children. Another employee is currently disabled due to side-effects from her second course of treatment for the disease. We have seen first-hand the devastating effect that serious illness has had on good people who are part of our lives every day.



Now here is the paradox, or perhaps the silver lining in the cloud. These folks have found themselves in unexpected and difficult circumstances, yet have chosen to respond with extraordinary courage. They have accepted that which they cannot change and are coping with it gracefully. They have given me a lesson in the amazing resilience of the human spirit.

Someone once said that there are no heroes anymore. I think there are plenty of heroes out there, but maybe we are looking in the wrong place. The real heroes are not in the headlines. They are the regular people in our lives who face the worst life gives them and deal with it with grace and dignity. It's a privilege to have them as part of my life.



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Serendipity And Your Smile



D E N T A L I M P L A N T S

This could be one of the most serendipitous articles you've ever read. That is, you are about to discover something delightful where you least expected to find it. What is it? Dental implants are more than restorative... They can help you to look great!

Teeth that are lost to gum disease, cavities, or trauma from an accident can be permanently

replaced by dental implants – artificial teeth permanently anchored in the jawbone. This is important. Bone loss will *always* follow the loss of a tooth. And if bone is lost even from only

one tooth, the surrounding teeth will shift. This can affect your appearance, speech, ability to enjoy food, and your self-esteem.

Let us help you decide whether dental implants are for you. Like any other cosmetic restoration, we'll take into account your health, where the implant is needed, the best implant design, and its suitability for your lifestyle.

HOW CAN IMPLANTS HELP?

- Placing dental implants soon after tooth loss can save bone, teeth, and the look of your smile.
- For people with good overall health and healthy gums and bone, implants can be an attractive alternative to a denture or bridge.
- Implants really do look and feel just like real teeth.
- Implants help to keep gums looking healthy and young.



Wine & chocolate... or rather grapes & cocoa beans...



...develop distinct personalities from a geographical factor known as *terroir*: soil type, temperature, and other factors including weather conditions. Well, according to science, so do – of all things – oral bacteria.

In an international study of patients with chronic gum disease, scientists found clear geographical differences in the bacterial content of dental plaque, the biofilm that coats your teeth. Other research suggests that the microbial differences are *not* confined to disease. They appear in healthy individuals as well.

What differences? Brazilians and Americans have completely different kinds of bacteria in their mouths. In fact, one type of microbe might be more dominant in one group than another. This is exciting stuff! Instead of one-treatment-fits-all, there is potential to tailor treatments for patients from different

parts of the world ... no matter where their travels take them!

Probing Questions Smart Answers

Periodontal disease is an inflammatory disease of the gums and the tissues that support your teeth. It is caused by bacteria. Many adults know little if anything about it. Here are some answers to common questions.

How do I know if I have gum disease?

You may not know without visiting us. In early stages, it's asymptomatic which is why it's called the *Silent Disease*. Eventually, you'll develop a bad taste in your mouth, bad breath, and gums that bleed when brushed or flossed.

How can gum disease affect me?

If symptoms are ignored, they could progress and you could lose your teeth. Gum disease has also been linked with heart and stroke, diabetes, kidney disease, lung disease, Crohn's disease, premature deliveries, and pre-eclampsia.

What is being done about periodontal disease?

In the microscopic world of mouths, bacteria form ecological systems. Understanding this has led to scientific interference with bacterial and microbial nutrients, pH balance, oxygenating agents, communication systems, and ability to self defend.

How will this benefit me?

New understanding leads to new treatments and new diagnostic methods that are available at our dental practice. Prevention through good home care routines and keeping regular dental appointments are still your best defense against periodontal disease.

Think *Zinc!*

Think you have some peculiar food fixations? In one study, 20% of the participants didn't like their foods to touch on the plate. About the same percentage will eat only from a selection of the same ten (or fewer) foods. More than a third rejected slippery food like oysters ... something to reconsider?

Oysters contain more zinc per serving than any other food. It may help prevent oral and esophageal cancers, and help maintain smell and taste.

Other good sources of zinc include red meat, poultry, beans, nuts, seafoods, whole grains, breakfast cereals, and dairy.

No matter how distinctive your food preferences, everything tastes better with a clean mouth and tongue. Regularly brush, floss, and rinse!

Knowledge Is **POWER**

A British study has confirmed that smokers are six times more prone to gum disease than non-smokers. Gum disease can predispose you to oral cancer. Such knowledge is power. Why? Because quitting can improve periodontal (gum) health, prevent premature tooth loss, and diminish your chances for oral cancer.

Oral cancer, if caught early enough, has an extremely high cure rate. Science is expanding its knowledge by integrating *systems theory* to both cancer and periodontal disease research. Instead of only examining individual parts of disease and looking for weak links to cure, systems theory tackles biocomplexity and helps us understand how systems work.

Visit our office regularly. Gum disease and oral cancer can be spotted early, successfully treated, and prevented!



Baby's Firsts

Dental care for infants

It's hard to forget a child's first word or first step and their first tooth is no exception! Chances are it will be one of the lower two front teeth and it will likely happen sometime between six and ten



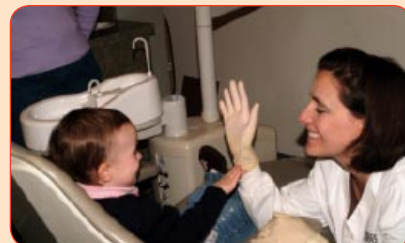
months of age. First teeth are a signal to start regular cleaning with a soft-bristled baby brush and a pea-sized amount of toothpaste.

Have your child lie comfortably on your lap or on the changing table and brush or wipe all around your baby's gums and teeth with a soft baby brush or with your finger in a damp washcloth. You can help your child get into the habit earlier by starting to wipe your child's gum with your finger or soft damp gauze, from birth.

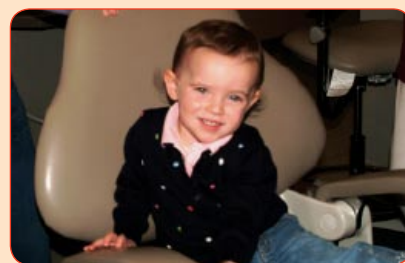
At about two years of age, your child may start squirming during brushing and you may find it easier to have them stand in front of you facing a mirror. At some point your youngster will want to take over, and even though it's probably easier for you to do the brushing, be encouraging and help to make sure the job is done right.

We recommend you bring your child along for a dental visit as early as their first birthday and no later than their

Calling All Preschoolers



February is National Children's Dental Health Month and we are offering fun, informative tours of our office to any preschool age groups. Come meet Mr. Slurpy, the Tooth Tickler, our Tooth Counter and take a ride in the magic chair! Call Pam for more info and to schedule a tour for your group.



third. It will help introduce them to the dental office and to kick off a cavity-free childhood.

officeinformation

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.....Dental Hygienists
Kat, Wendy, MaggyDental Assistants
Pam.....Marketing



Delighted With You That's a fact

On average, during the day, your mouth swallows 2,000 times, which helps flush out bacteria. At night, it swallows only 20 times, allowing bacteria to build up. That's why it's so important to brush before sleeping...

We just love sharing these factoids with you. And we appreciate it when you share our delight and commitment with your friends, family, and colleagues.

Your enthusiasm is contagious and encourages your friends and family to come and see us. We know that feeling comfortable with your dental team makes visits more enjoyable and less anxiety-filled. And that a personal recommendation from a friend is the most credible form of advertising.

So, we are thankful for the great compliment of your continuing referrals.

A New Year, A New Smile

Make procrastination a thing of the past

If you answer "yes" to any of these questions, call and arrange a smile consultation. There's no need to procrastinate.

- ☐ Would you like your smile to look ten years younger?
- ☐ Do you smoke?
- ☐ Do you drink coffee, hot or iced tea, or colas?
- ☐ Do you have stained teeth?
- ☐ Do you want to brighten your teeth?
- ☐ Do you have any spaces between your teeth?
- ☐ Do your teeth have any white spots?
- ☐ Do you have any chips or cracks in your teeth?
- ☐ Do you have any crowded or crooked teeth?
- ☐ Do you want to change the shape of your teeth?

