

# Expressions

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

Summer 2008

## from the dentists

For once, there are no urgent dental issues that we feel compelled to write about in this issue of *Expressions*. There are, however, a lot of things going on at the office that fall into the category of "family gossip" and we want you, as members of our extended dental family, to know about them.

We are in the midst of designing a new website. As technology marches on, we are doing our best to keep up. One of our goals with this new site is to create an accurate reflection of the "personality" of our office. We're different from many other dental practices in that we believe that solid, trusting relationships are the cornerstone of long-term dental health. If we know and like each other, the whole dental experience is more comfortable and enjoyable for you and for us. We want to use the website to spread the word.

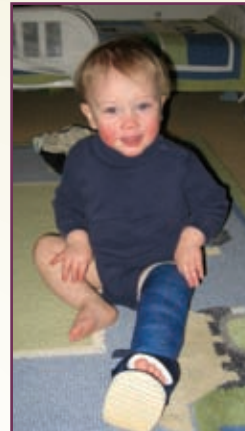
Another goal is to make the website an easy resource for information for you. We will include post operative instructions and various forms so that you can quickly look up information

that might be helpful before or after a procedure. We would also like you to see some of the remarkable cosmetic results that we are able to achieve with the latest in materials and techniques.

Please take a look at us at [www.limestonedental.com](http://www.limestonedental.com) It's easy for us to make changes to the site and we'd love to have your feedback and suggestions.

Speaking of high-tech, we are now confirming appointments and communicating with you by email if you wish. Although it's not as personal, it does minimize your time on the phone. If you would like us to use email, please call us with your email address, or better yet, email it to us at [info@limestonedental.com](mailto:info@limestonedental.com).

The office was buzzing with excitement this February as we hosted 13 preschool groups for our second annual Dental Office Tours. Over 250 children were able to ride in our Magic chair and have a fun, educational experience visiting the dentist.



progression as Dr. Anne's children get more self-sufficient. Being a Mom and a professional is a tall order and Dr. Anne is handling both roles gracefully.

Speaking of reduced hours, I have been asked several hundred times in the last couple of years about when I plan to retire. The answer is I have NO

definite retirement plans. I feel good and I enjoy being a dentist more than I ever have. I get a huge amount of enjoyment out of the relationships with my patients and my team, and like working with Dr. Anne. I plan to work, although at a slightly reduced pace, for as long as I am having fun and doing good dentistry.

And speaking of being a mom, the picture shows Dr. Anne's 22 month old, Evan, wearing a cast on his broken leg. He found out that the trip down a sliding board was fun, but the landing could be a little rough.

PS - Not to be outdone by little Evan, I did a nose-dive off my bicycle just as this issue of *Expressions* was going to press. I am typing this postscript with one hand because I have a broken collarbone. I may not be ready to retire yet, but it looks like I'm going to get a couple of weeks practice anyway. Apparently physical fitness can be hazardous to your health.

### WHO NEEDS FRONT TEETH, ANYWAY?

## Win \$100!

Visit our new website at [www.limestonedental.com](http://www.limestonedental.com) to enter our Who's Who photo contest. Match up the toothless baby photos with our team members and win \$100 Gift Card to The Christiana Mall!



Visit us at [www.limestonedental.com](http://www.limestonedental.com)



You'll like it!

### Look At That

Ugli fruits are named after their greenish-yellow appearance, odd shape, and lumpy, bumpy skin. Imagine a *really* ugly grapefruit.

### Tasty Treat

This mandarin hybrid has a very sweet citrus taste and is said to combine the best qualities of Seville oranges, tangerines, and grapefruit. Ugli fruits are sweetest from their native tropical West Indies and Asia, though they have been grown in the sub-tropical United States since the 1930s. Nearly seedless, uglis peel easily for quick snacks or as an unusual feature in salads, stir fries, or stews.

### For Your Oral And Overall Health

Ugli fruit is an excellent source of vitamin C, an antioxidant which promotes healthy gums and fights cardiovascular disease, plus it's a good source of fiber as well as folate which is an important B vitamin that promotes oral health.

## Prevention Is Better

### Two things you don't want to share!

We all host bacteria in our mouths so everyone is potentially vulnerable to decay and gum disease. Here are some facts you may not know...

#### ■ Bacterial Infections

In **caries** (decay), *Streptococcus mutans*, is the major bacterium that uses sugar to produce acids that dissolve dental enamel, creating cavities.

In **gum disease**, plaque – the soft thin film you feel on your teeth – is a *biofilm* which hosts many different bacteria.

#### ■ Transmissible

You can pass on **gum disease** and **caries** bacteria to the people you care about – even babies whose teeth have yet to erupt – by kissing, blowing on food, or sharing utensils.

#### ■ Preventable

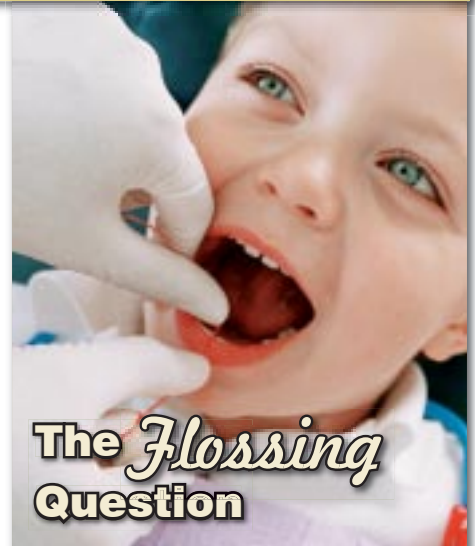
You can minimize your risk for **caries** by avoiding sugary carbohydrates and keeping saliva flowing. Saliva is your natural buffer against acid. Daily removal of soft plaque by brushing and flossing keeps it from building up then turning into hard tartar or calculus, promoting **gum disease**.

#### ■ Reversible

In the earliest stages when **caries** are white patches, remineralization (assisted by our saliva) can reverse the process. As the caries progressively become darker in color, treatment becomes more complex and invasive.

**Gum disease** can appear silently and we can reverse it with prompt treatment before it progresses to produce swollen, tender, bleeding gums, and deep pockets of infection that can lead to tooth loss.

We have many effective strategies to prevent and treat these two diseases, so please – keep your regular appointments.



## The Flossing Question

### Ever too young?

As soon as two teeth touch, between six months and one year, kids need daily flossing to avoid gum disease. Only flossing can remove the biofilm and food particles that build up between their teeth and below the gumline where a toothbrush can't reach. Here's how to floss your child's teeth...

First, wrap an 18-inch strand of floss around your middle fingers just as you would for yourself, and hold a one-inch section tightly.

Then, gently ease floss between each of your child's teeth, unwinding clean floss as you proceed.

Too squirmy? Consider colorful, flavored, kid-friendly floss sticks that can change colors and come in favorite character shapes.

Between the ages of 5-10, most children can floss their own teeth. And thanks to your perseverance and great example, they'll want to!



# Evaluate Your Family Dental Values

At every stage of life, your oral health and attractive smile are invaluable assets

## LIFE STAGE

## FOCUS

## HOW WE CAN HELP

Infants & Children



- Healthy gums and teeth
- Proper spacing and bite alignment
- Protection against sports and play injuries

- Prevention and monitoring with regular dental visits starting when teeth erupt
- Early orthodontic assessment
- Oral hygiene instruction
- Custom-fitted mouthguard
- Emergency care

Teenagers



- Greater awareness of social value of nice smile and fresh breath
- Greater susceptibility to gum disease, enamel erosion

- Positively reinforce importance of nutrition, regular oral care routines, and professional oral care for an attractive smile
- Provide strategies for fresh breath and a whiter, brighter, straighter smile

Young Adults  
20s & 30s



- Greater maturity and awareness of mouth-body link
- Continued interest in appearance and lifestyle issues like teeth staining from coffee, wine, and tobacco

- Regular preventive and maintenance visits to maintain healthy teeth and gums
- Cosmetic consultations for teeth whitening and other procedures

Mid-life Adults  
40s & 50s



- Continued interest in appearance
- Increased risk of oral cancer
- Risk of receding gums, root caries, and loose teeth as hormonal levels decline, bone mass decreases, and teeth become worn and stained

- Regular oral health exams
- Natural-looking restorative treatments including crowns, bridges, implants, and veneers, plus cosmetic whitening

## 8 Is Great!

### Boost your smile!

A jolt of morning java might boost your day, but over time it could take supervised teeth whitening to jumpstart your smile again! Red wine, tobacco, dark fruits and juices, and some medicines can also trigger staining.

### What can affect your whitening outcome?

#### Your Age

Whitening is the most in-demand cosmetic procedure and although we recommend teens wait 'til after age 14, there's no upper age limit. If thinning tooth enamel is a consideration, cosmetic bonding and veneers are excellent whitening alternatives.

#### Your Dental Team - That's Us!

We make absolutely certain that the whitening ingredients we prescribe for you are safe, reliable, and appropriate. Stains caused by illness or medications can only be removed by a dentist.

#### Your Foundation

Teeth may be whitened up to an average of eight shades lighter than the color you start with!

Where does your smile rate on our whiteness scale?





# Consumer Alerts

On Thursday, May 8, 2008, Good Morning America ran a news story about high lead levels in dental crowns and other appliances made in China. Apparently some dentists and dental laboratories, in an effort to minimize costs, have been sending lab work overseas. These "offshore" labs are not certified or regulated in any way and there is no way of knowing what materials are used in these crowns.

Here at Limestone Dental, all our lab work is produced by the highest quality, American dental laboratories. The metals and porcelains used are the best available and the composition of the materials and quality of the work is guaranteed by the lab and by us.

The fact of the matter is cutting corners on lab work is a false economy. Our philosophy about lab work is simple - It's LESS expensive for you and for us to use the best quality materials because doing it right the first time saves time and, therefore, money.

*If you have any question about our labs or the materials used in your restorations, please call us.*



Dr. Dave recently attended the Annual Scientific Session of the American Academy of Cosmetic Dentistry in New Orleans. AACD is an internationally respected organization dedicated to creating excellence in cosmetic dentistry. Dr. Dave had the opportunity to listen to lectures by the top people in cosmetic dentistry, learn about the newest materials and techniques and share experiences with colleagues who are also interested in providing the best cosmetic results for their patients.

## 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@limestone dental.com
Web site	www.limestone dental.com

### Office Staff

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



## The Safety Factor? Dental x-rays

It's been over 100 years since the "birth" of the dental x-ray, a major tool in the practice of dentistry. X-rays show us the condition of your teeth, their roots, jaw placement, and the overall composition and health of your facial bones. They reveal abscesses and abnormal growths such as cysts or tumors, and help us locate exactly impacted teeth, and pinpoint the location of cavities. They can also determine the presence and extent of periodontal disease.

Occasionally, patients raise concerns over the safety of x-rays. Dental radiograph units emit an extremely low-level radiation, very similar to the normal background radiation we all get from the sun, the earth's crust ... even the air we breathe!

## Welcome!

We are happy to welcome Linda Knight to our team. A dental assistant with over thirty five years of experience, Linda says "I immediately felt



welcomed into my new family and feel fortunate to work with such fun, caring team members." She is a delightful, personable woman with the skills to make you feel at home and comfortable. We're thrilled to have her with us.



An old friend has rejoined our team. Barbara Nead is a dental hygienist with more years of experience than she cares to talk about. In fact, she

was Dr. Dave's first hygienist when he went into practice in 1972. "I am so pleased to be back working with Dr. Dave and Dr. Anne! Their team is the best. I have become reacquainted with many patients that I saw 25+ years ago".