



Dentally Speaking

..... *with Dr. Robert T. Golia*

Our All-New Care Center Is Coming Soon!



Dr. Golia Will Soon Be Moving His Practice To Hamden

Dr. Golia: "We are pleased to announce the construction of our brand-new, state-of-the-art facility located in the center of Hamden. It has been a dream of mine for years to build an office my way, from the ground up ... one that caters to you, the patient, in every way possible. I'm proud to say the new facility will be the best in the area. From a routine check-up to the most complex procedure, the very latest in dental technology will be available to keep your smile as bright as ever. We plan to open in late fall or early winter.

Our new facility will be large, spacious and serene.

We are upgrading to digital x-rays, photographs and will have computers in every room. There is plenty of free parking. Looking forward to seeing you in Hamden.



Our New Dental Care Center will be located only a few miles away, just off the Merritt Parkway and I-91 on Whitney Avenue.

2319 Whitney Avenue, Hamden CT.
excellentdentistry.com 203-773-3400

We plan to open in Hamden by late fall or early winter.

Thank you for all your referrals. We appreciate them!



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

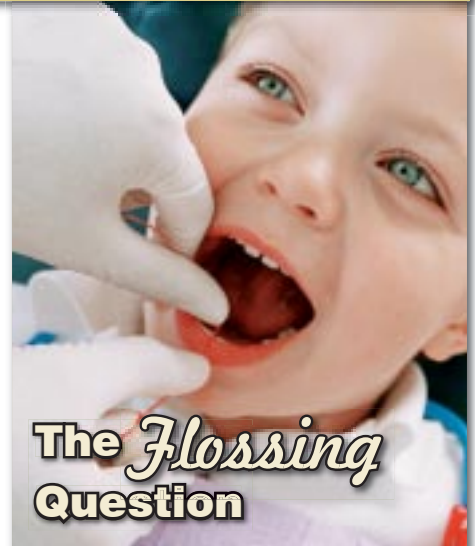
You can minimize your risk for **caries** by avoiding sugary carbohydrates and keeping saliva flowing. Saliva is your natural buffer against acid. Daily removal of soft plaque by brushing and flossing keeps it from building up then turning into hard tartar or calculus, promoting **gum disease**.

■ 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?



Patient Spotlight

"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."

For years, I had been asking my previous dentist to replace some unsightly crowns but was told, time after time, that since they were not broken, they were best left alone. I had to come to accept this discouraging dental fate and then I met Dr. Golia.

During my initial consultations with Dr. Golia, I found his enthusiasm to be contagious and was amazed by his relentless attention to detail. We discussed my dental history, which included failed

root canals, crowns that no longer matched the color of my other teeth, large mercury fillings in my molars, old bridge work and a front crown that left me with a lisp. I found my history to be overwhelming, filled with bad experiences and fast approaching hopeless. Dr. Golia, on the other hand, saw only opportunity for improvement. The turning point for me came when Dr. Golia asked me a question no other dentist had ever asked before... "How did I feel about my smile?" I was saddened by the sudden realization that I had not smiled without being self conscious for many,

many years. I had lost my smile and with it, I had lost a part of my personality. I was not as spontaneous or confident at social gatherings, talking and smiling less because of the state of my teeth. Dr. Golia understood that a smile is a terrible thing to lose and optimistically began a plan of treatment which would, ultimately, restore my smile to its rightful owner.

Dr. Golia seeks perfection in every procedure ... he won't accept less. His entire staff follows in his philosophy which creates an atmosphere of complete harmony. I can't say enough about his skill as a dentist; certainly his technique for administering Novocain should win a Nobel Prize! He has taught me that one is never too old to expect the best. As a matter of fact, I can honestly say that as his patient, I come to take "the best" quite for granted. As for my smile, I am happy to report that it is making its way home.

If You Don't See Gladys When You Come In For Your Next Visit...

After 15 years, Gladys Ferraro, our wonderful pick-up-the-slack, friendly-voice-on-the-phone, go-to-with-any-problem, office icon, has entered into a gleeful partial retirement!

Although she claims to miss us here at the office, Gladys is now contentedly spending time with her new grandson, "Hunter," and recovering nicely from knee surgery.

We will be seeing her now and then, as she has graciously agreed to come back and work occasionally, when we need an extra hand.

We all miss her, but wish her luck and much happiness in this next chapter!

office information

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Office Hours

Mon-Wed 8:00 am – 5:00 pm
Thursday 8:00 am – 12:00 pm
Friday 7:15 am – 2:00 pm

*Closed for lunch Monday - Wednesday
12:00pm - 1:00pm

Contact Information

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Office Staff

Claire..... Practice Manager
Rachel..... Receptionist
Brenda, Elizabeth, Gladys Assistants
Karen Hygienist

Visit our new website
www.excellentdentistry.com



Treat Yourself Or Someone You Love To A Whiter, Brighter Smile

Sometimes no matter how diligently you brush, or how deftly you handle your floss, you just can't seem to brighten that dullness in your smile. The Zoom!® Teeth Whitening System is a scientifically advanced whitening procedure. It's safe, effective and fast. In just one visit your teeth will become dramatically whiter. Zoom Teeth Whitening is ideal for anyone looking for immediate results. The convenience of Zoom in comparison to days of wearing trays or strips, makes it the perfect choice for the busy individual.



Feel good, look great and make a memorable impression every time you smile. Call today!

Offer is until October 1st, 2009

Mission Of Mercy

Congratulations to the volunteers from the Connecticut Dental Association, in association with Connecticut Mission of Mercy, (CTMOM), for a successful weekend providing top notch dental care to the dentally underserved in New Haven!

Dr. Golia and Claire donated a "gratifying" twelve hours on April 17 to the "Mission of Mercy," a program created by CTMOM (an organization formed to provide health services to Connecticut residents in need), in an effort to throw dental lifelines to people who would have otherwise continued to endure pain and suffering due to lack of dental insurance and finances.

An impressive 1,200 patients were helped by 800 generous volunteers. Caregivers and recipients alike were raving about their positive experiences.

"I felt like their only patient!" gushed one recipient, and another simply admitted "I feel much better now."

"I got a lot of hugs!" Dr. Golia said, stating that he was glad for the opportunity to help.