Exceeding Expectations

Our daily pledge

It’s a matter of great personal and professional pride to me and to my team that we provide you and your family with personal, customized attention and the highest quality of care. Do you know how we decide what constitutes excellence in care for you? Every time you return to our practice, give us your positive feedback, and refer someone you know to us, you’re telling us that we’re continually raising the bar.

Your support motivates us to work hard to provide the services you want ... and to keep them up to the superior standards you expect. In turn, our commitment to continuing education and leading-edge dentistry keeps our practice unique.

Thank you, from all of us, for your wonderful feedback, your loyalty, and your ongoing referrals.

Yours in good dental health,

Dr. Jodi Danna

Get Green!

Smile fitness from the inside out

Summer days are salad days. That’s a good thing – and for reasons that might just surprise you. In Hypertension magazine, there was a recent article about a study that proposed that the nitrates released by beets and green vegetables not only appear in your saliva but are converted orally into nitrite. Nitrite helps to lower blood pressure and improve circulation. Could a healthier diet and a healthier mouth help your overall wellbeing?

It seems obvious that your self-image and self-esteem can be affected by tooth decay, tooth loss, and gum disease, but science suggests there’s more at stake. Gum disease in particular may play a role in systemic diseases including diabetes. That’s why the salad study is so intriguing.

Think about it. A healthy diet and thirty minutes of daily exercise can help to protect you against cardiovascular diseases. Well, so could the few minutes a day it takes to brush, floss, and rinse – especially when combined with regular dental visits. If you’re not confident about your home care routines, we’ll be happy to give you a refresher.

And don’t you think it’s interesting that healthy food, fitness, and nice teeth and gums all make you look better too? That’s why you can always look forward to fun informative articles about these important subjects in my future newsletters.

Enjoy summer fun in the sun... munch some brunch ... and keep your smile healthy too!

Thank you for all your referrals – we appreciate them!
Set The Trend
Select your cosmetic veneer option

There’s a definite trend among men who choose to revitalize their appearance in the competitive workplace. They’re opting for non-surgical procedures that increase facial volume and require only minimal or no downtime. For many, veneers are the non-surgical cosmetic option of choice. Here’s why.

When veneers are bonded to your teeth, they can be matched to both the color and natural contours of the rest of your smile, and you can...

- **Look younger** by adding volume to the lower third of your face and minimizing fine wrinkles.
- **Camouflage** exposed roots and restore esthetic proportions to your smile.
- **Close gaps** between your teeth.
- **Repair** chips and cracks.
- **Straighten** slightly crowded or overlapping teeth without braces.
- **Brighten** your teeth and cover even severely stained teeth.

Veneers are hand sculpted from beautiful ceramics by trained technicians. Built-in translucence mimics natural enamel and allows some of the inner light to shine through.

Veneers really are *super* natural! Once applied, they act as a shield for your teeth. Porcelain material is highly resistant to oral bacteria and to permanent staining from smoking, coffee, tea, and food.

Men and women who want to look more successful and more energized in any environment can enjoy the advantages of even, straighter-looking, whiter teeth!

Please come and see us at our practice for a cosmetic veneer consultation.

Avoid Gum Disease

Here’s how...

Chances are you will be affected by gum disease at some point in your lifetime. Initially it often appears without symptoms, but it is progressive and is the leading cause of tooth loss in adults. Furthermore, without treatment, bone loss in your jaw is inevitable and can alter your facial appearance, speech, and diet over time.

**What We Can Do**

- **Perform** regular exams and cleanings to remove plaque, the disease-causing biofilm that builds up on your teeth and can harden into tartar.
- **Provide** brushing and flossing instruction and explanations about your oral health needs.

**What You Can Do**

- **Schedule and keep** regular dental examinations and cleanings to ensure the health of your smile! Remember, with early diagnosis, gum disease can be reversed!
- **Commit** to a smile-saving routine of proper brushing, flossing, and healthy eating at home.
You know, when even one of your teeth becomes severely damaged or is lost altogether, it can affect more than your appearance and self-confidence. With time, your speech can be affected and your food choices limited. That’s why restorations including fillings, crowns, bridges, and implants were invented. They can restore natural-looking form and function. Here’s how restorations work.

A filling is a restoration that repairs part of a damaged tooth. When modern composite or ceramic materials are combined with precision techniques, fillings can fit and fill most types of cavities without removing large amounts of healthy enamel. And they can be color-matched to look completely natural.

A restoration that strengthens and protects the tooth is called a crown and you may have heard it called a cap because it actually caps the entire tooth.

A bridge is a combination of crowns and artificial teeth that closes a gap left by a missing tooth (or teeth), restoring your smile and redistributing the workload.

An implant is an artificial crown and root which is permanently implanted right into your jawbone. Once placed, it acts like a natural tooth to avoid bone loss and prevent drifting of surrounding teeth. Different implant types and techniques are available to provide individual solutions, from replacing one tooth to anchoring dentures securely.

Whatever your need, restorative treatments can save time, money, and your smile!

IMPLANT & VENEERS

Suit Yourself!

Smile savers!
Brushing and flossing to remove yellowing plaque is an essential strategy to keep your brightest smile. But for at least some of the time, start dining white... and light!

Add low-fat milk to sugar-free coffee or substitute with skinny lattés.

Swap black tea for green which has beneficial antioxidant properties.

Switch from stain-producing desserts like blueberry or cherry pie to fresh or baked apples, pears, or gooseberries.

Rethink soy and Worcestershire sauces and consider yogurt or trans-fat-free oils flavored with white vinegars, herbs, or garlic.

Replace red wine with white, and dark berry juices with light.

Avoid...
- hot and cold liquids that expand and contract tooth structure, creating fine lines and cracks into which stains can penetrate;
- regular consumption of acidic foods and drinks that can soften enamel and encourage staining.

Whatever your need, restorative treatments can save time, money, and your smile!
Cracked Teeth?
A dentist can help

How Would I Know?
- Teeth hurt upon biting, and pain disappears right away;
- Cold or hot drinks cause sharp and immediate pain.

How Does It Happen?
- Years of biting down on hard objects;
- Teeth clenching and grinding;
- Accident that affects the mouth;
- Stress on heavily filled teeth.

How Are Cracked Teeth Treated?
- Craze lines, the tiny cracks that affect only the outer tooth enamel, cause no discomfort and require no treatment, but they can be hidden with cosmetic veneers.
- Deeply cracked teeth may require crowns to reinforce the tooth’s structure, or root canal treatment if dental pulp is affected.

Who Is Amazing?
Meet our CDA!

If you were to ask me what a Certified Dental Assistant does, I’d ask Ana to explain. She’d take a deep breath and say...

“I take radiographs, impressions, and photos. I help gather patient information, run the sterilization area to keep all instruments clean and ready for use, prepare the lab, take impressions for bite splints and mouthguards and then make them and ensure they fit our patients perfectly, set up whitening trays, create temporaries, answer patient questions, and get patients ready for treatment, make sure all patient needs are addressed, maintain the treatment room equipment and supplies, and assist Dr. Danna as she’s treating patients.”

Ana would probably be too modest to add, “And I keep Dr. Danna working, bell to bell.” And that she certainly does!

We are very excited to welcome Lana to our office as our Front Desk Coordinator and Tania as a Certified Dental Assistant. The ladies positive attitude and delightful manner make them a wonderful addition to our team. Please join us in welcoming them to our practice.

Hazy Days...
Aren’t lazy days any more!

As more and more people just like you are paying closer attention to their health and well being they’re becoming more active too. This is especially true in the summer months when playing outdoors is that much more enjoyable! Your children are out of school and they’re hiking and biking, swimming and rollerblading. You may be running and cycling, playing baseball or soccer. Whatever the sport, make sure you and your children play it safe and watch for hazards.

To avoid chipped or cracked teeth, or in the worst-case scenario, an unexpected visit from the tooth fairy, protect your child’s teeth and your own with a sports mouthguard. We can make and custom fit mouthguards right in our office! At the same time, we can clean your teeth to ensure your smile looks as healthy as you do! We can even recommend some simple procedures to help whiten and brighten your smile. If you have any concerns or questions about your smile we would be happy to set up a consultation. We’ll discuss the various treatment options available to you. So put your right foot forward this summer, followed by your left, and have a few laughs too… because hazy days aren’t lazy days any more!