

AL DENTE

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Publisher's Note:

AL DENTE. Although this term is a culinary term describing the texture of pasta when it's done just right, this term literally means FIRM TO THE TOOTH! This isn't your typical news-letter purchased from an agency. This is all 'home cooking'—a little rough around the edges, more on the plate than is needed, but it's done from the heart!

Rocky Creek and the Armed Forces



Our 2010 summer community service project, *Whiten for Ronald*, was a great success. With your help, we collected over \$1200, and this money will provide 155 nights of lodging for the families of sick children. We also collected a five gallon bucket of pop tabs. The Ronald McDonald House uses the money from recycling the pop tabs to raise much needed funds. Thank you for your support of this project, and congratulations to the 25 winners of free whitening from our raffle drawing.

For our 2011 community service project, Rocky Creek Dental Care will work to benefit *Operation Military Support*. This organization brings together citizens with deployed military personnel and helps to keep our military men and women in good spirits while they are serving our country. Soldiers are provided the essentials by the military, but they must buy their own personal items and some of these items can be difficult to find in a combat zone. Our office will be collecting items throughout the summer as follows:

May: baby wipes (used in combat zone "showers")

June: AA or AAA batteries

July: sunscreen

August: deodorant (**no** aerosol, please)

We'll be shipping off the supplies every month. Please consider bringing in items when you come in for your appointments or drop them by one of our offices during business hours. Our doctors will match every donation with a tooth care kit. We are looking forward to this year's project, and thank you in advance for your continued support of our projects.



Did you Know?.... Sipping Green Tea might help you build a strong skeleton, say researchers in China, and help protect you from broken bones when you're older. And one study found that it helps fight bad breath, too!

Mission Statement:

- *To enthusiastically treat patients with a commitment to sound quality treatments and unyielding pursuit of patient comfort.*
- *To always ask ourselves how we can improve the care we can provide*
- *To use the Golden Rule as a means of professional integrity, honesty and patient advocacy*
- *To grow our family of patients without compromise to our mission*

CHILDREN, FLUORIDE and BOTTLED WATER...by Sarah Ropp, Dental Hygienist

As the amount of people drinking bottled water increases, dental offices are seeing a rise in tooth decay. What's the correlation? Fluoride is standard in tap water, but not in most of the bottled waters Americans are buying. For the families that are using bottled water exclusively for cooking and drinking, their children may not be getting enough systemic fluoride while the teeth are forming for them to come in strong and healthy. There are some bottled waters that do contain healthy amounts of fluoride such as Dannon Fluoride to Go or Crystal Springs with Fluoride.

Another important step in the prevention of cavities, especially for children, is regular dental visits with fluoride applied in-office. At Rocky Creek Dental Care we use a product called Vanish Varnish which is a topical, almost gel consistency that adheres to the teeth for hours after the visit. The high fluoride dose and effective delivery system makes this our choice for in-office application. Since it adheres right to the teeth, there is not a danger in the child ingesting it and getting too much in their system. Plus the kids love it because it takes less than a minute and doesn't have much flavor, as opposed to the foams and rinses of the past.

What about the concern of too much fluoride causing fluorosis or "splotchy" teeth? Most children get the right amount of fluoride through fluoridated water and fluoride toothpaste. Keep in mind when using fluoride toothpaste (recommended for children over 2 years old) the child only needs a pea sized amount, making sure the child spits it out instead of swallowing it. The dentist can recommend extra fluoride rinses when they feel it is necessary, but in most cases fluoridated water, topical in-office applications every six months and fluoride toothpaste are sufficient.

ASK THE DENTIST by Dr. Kathryn R. Freedman

When you come for your appointments, you may have many questions about your oral health or the oral health of a loved one. We strive to answer all your questions while you are in our office, but sometimes patients may have questions that they are either too scared to ask or that they might remember in between dental visits. We want you to know that we are here to help you reach your optimal oral health. Please ask if you have questions and never be afraid to pick up the phone and call us. **This month we will address some common issues patients have regarding their children's teeth.**

- **When should I take my child to the dentist for the first time?**

By your child's third birthday, he or she should have already had their first visit to the dentist. Some dentists recommend seeing children as early as 6 to 12 months, especially if you are concerned about their teeth. However, many children are not able to sit still in the dental chair for their cleaning until they are 2 or 3 years old. Sometimes it is advantageous for children to watch a parent or sibling get their teeth cleaned before they come for their first cleaning. If your child gets upset and will not cooperate, do not worry. We have seen it many times before, and in six months they will probably be ready to try again!

- **The dentist just told me that they need to fill a cavity in one of my child's baby teeth. It seems silly to put a filling in it when baby teeth fall out anyway.**

Taking care of decay is very important, even in baby teeth (primary teeth). A cavity in a primary tooth, if left untreated, can cause an infection which can damage the permanent tooth underneath or even lead to serious health problems. Catching cavities early in primary teeth can prevent dental infections and can ensure that your child remains healthy and happy. No child should miss school because of a toothache! We maintain the health of primary teeth because not only does it promote a healthy permanent dentition, but it is also important for the primary teeth to hold the spots for the permanent teeth. Many people do not realize that some of the "baby" molars may remain in their children's mouths until they are 12 or 13 years old. If we elect to remove these teeth before they are ready to come out, the teeth around them will shift to fill the empty space. This can lead to expensive orthodontic problems when your child is ready for braces.

—Cont'd on page 3, see Ask the Dentist

CALLING ALL CHEMISTS by Dr. Margaret Roth

Apparently those chemistry classes I needed to get into dental school were important after all! While we strive to stay on top of the latest research, I will admit to you that it can be a tough job to weed through the “junk” articles filled with hype and little solid research to back them, versus articles containing good, factual information. And while the internet makes information much more accessible, it certainly can muddy the waters with many “opinions” and questionable findings. It appears that amalgams and the controversy over mercury is being given momentary rest in order to discuss other findings more recently highlighted in an article published in Pediatrics last September. This article revisits a decade old discussion of dental materials and **Bisphenol A (BPA)**.

BPA is widely used in making many plastic products, such as food and beverage bottles, plastic tableware, and toys. Some laboratory testing has suggested that BPA may affect the reproduction and development of animals by mimicking the effects of the female hormone estrogen, causing concerns about its safety. This latest article focuses on certain dental composites (white) fillings and sealants, showing that some contain BPA. It is not known how much is absorbed into the body, but the findings show that enzymes from saliva are what release the BPA from the resin materials. This understandably is alarming...except that there was only one brand of sealants tested found to contain BPA (Delton), and we have never used it in our practice, nor have most other dentists.

There is far more chemistry to decipher, however. Many questions have also been raised about the presence of BPA as a starting ingredient in the formation of two monomers that *are* widely used in resin-based materials: bis-DMA and bis-GMA. Most commonly used is the bis-GMA, and research has shown that bis-GMA does not hydrolyze into BPA. (whereas, the bis-DMA can break down into BPA in saliva). The authors of the study have suggested that the more commonly used bis-GMA should be the preferred choice, as it is more stable. We have confirmed with our supplier of dental sealant material, Ultradent, who provided independent testing, that **NO BPA or Bis-DMA is in our sealant material** (nor was it ever). Dental sealants have greatly reduced the rate of dental decay and the amount of infections in patients worldwide and are a valuable tool in the maintaining our health. We will continue striving for our goal of providing safe and effective treatments for your family and ours!

...Ask the Dentist, from page 2

- **My child’s front teeth finally came in, but they have ridges in them, and they are so yellow. What is going on?**

When your child’s front teeth erupt, they will probably have ridges or bumps on the edges. This is a result of how the teeth form underneath the gums, and they are called mamelons. They are perfectly normal and will likely wear away in a short time. Permanent teeth always appear a little darker or more yellow than the primary teeth they replace. This is because permanent teeth have thicker enamel than the primary teeth. You want your child’s permanent teeth to have nice, pearly-white enamel. If you are concerned about the color of your child’s teeth, do not hesitate to ask us about it. Occasionally there are problems with how enamel forms, and this should be addressed and diagnosed quickly.



SUMMER HOURS at
both offices will be
7:30 AM-3 PM from
June 6 - August 26.

Meet Paula...again!

Patients at our Eastside office may have noticed a new smiling face assisting our dentists. This past summer we were excited to welcome Paula Holthaus to our staff. Paula was born in Colombia, South America, and her family moved to the United States when she was five years old. She grew up in Greenville and graduated from Hillcrest High School. Many of our patients may recognize Paula as she worked for Rocky Creek Dental Care from 2001 until 2005. Paula and her husband, Nick, stay extremely busy outside of work with their twin boys, Ashton and Jackson. Paula’s experience in the dental field has been a wonderful addition to our office, and we are delighted that she has joined our team. Who says you can’t come back home again?

Our doctors are accepting new patients! We invite you to tell your friends and family about our practice and to encourage them to “check us out!” And remember, the kindest compliment you can give us is the referral of your family and friends!

RECIPE CORNER
by Debra Tucker



NOTE: Recipes in this newsletter are merely a “sharing” of favorites from our staff!

TWO POINT PUMPKIN MUFFINS (Weight Watchers)

Ingredients

1 (18oz) box Spice Cake Mix
15 ounces canned pumpkin
1 cup water

Directions

1. Mix all ingredients with mixer
2. Bake for 20-25 minutes at 350 degrees.
(Makes 24 muffins - they will be very moist)

Nutritional Facts

Serving size: 1 (40g) muffin = 2 Weight Watcher Points—Servings per recipe: 24
(You can add chopped dark chocolate, nuts, raisins, or dried cranberries -- anything you like!)

Dr Piccione's Quirky Quiz

What would be a dentist's favorite verse?

- A. Open my eyes so I can see.
- B. They all wailed & gnashed their teeth.
- C. Crown him with many crowns.
- D. ... a time to laugh & a time to cry

Go to our website www.rockycreekdental.com and enter your answer in the contest section. We will be drawing extra winners (5 per week!!! for 3 weeks) for **free whitening** for our newsletter readers! (hint: any answer is correct for this quiz!)