



GENERATIONS of SMILES FROM SOMERDALE DENTAL

Produced for the Patients of Somerdale Family Dental

Spring 2009

fromthedentists



Dear Patients:

We are busy again with our community service programs for Children's Dental Health Month. This year we had the privilege to be featured on Channel 6 ABC TV. The story aired on February 17. To view go to 6abc.com and search *Tooth Fairy on a Mission* or the link to the video is: Abclocal.go.com/wpvi/video?id=6662391 Please take a look and see what it's like to floss 4 kindergarteners and to treat them to a visit with Sparkle, the Tooth Fairy.

We take pride in educating you to be our partners in your dental health. The more you know, the easier it is for us to assist you in keeping a healthy mouth for life. At a recent course on Periodontal Disease in Boston, we learned that the bacteria within the biofilm (plaque) on your teeth double every 5 hours. That is why it's critical to brush twice a day and floss once a day. Periodontal disease is a chronic infection that can affect your entire wellbeing. The link between diabetes, heart disease, and the bacteria in the mouth has been established. There is no substitute for regular dental care to remove the hardened deposits on your teeth and roots.

We look forward to seeing you for your exam and cleaning appointments.

Keep on Brushing!

Drs. Rebhun, Trager, and Braunstein

Oh, The Magic Of Spring

...Celebrate your smile!



Mother Nature in all her glory casts the greatest magic of all... spring! The blossoming of trees and flowers ... the return of bird songs, sweet to our ears. It's also a time of personal renewal, and celebrations - weddings, graduations, sports, and social events - wonderful, memory-making times. You will want to make sure you look great, feel great, and get your smile in photo-op shape!

After all, during the winter holidays, it's hard to say no to sweet foods and drinks - a natural part of socializing. Grandma's chocolate covered ginger and candied yams, and Aunt Lily's peanut brittle carrot cake. You can almost feel a cavity coming on just

thinking about it! Now is a great time to make sure those *off-diet* times weren't also teeth-damaging times. Come in to us so we can nip any tooth decay in the bud - whiten and brighten your teeth, mask stains, fill gaps, and cover cracks quickly and painlessly.

Yes, it's time to clear out the old, bring in the new. And, while you're at it - give your teeth a spring cleaning to invigorate your smile. And if needed, we'll even give you a refresher on how best to care for your teeth at home, so you can avoid repairs.

Get ready for outdoor activities you want to share, and social gatherings you're sure to remember. Spring is a magical time. Make sure *your smile* is magical too!

Ask us about our whitening specials for Spring

Mix It Up

Find out how to make a real difference!



Dairy Or Non-Dairy You get to pick!

A study published in the *Journal of Periodontology* shows that those who regularly consume dairy products such as milk, cheese, and yogurt had a lower instance of gum disease. But even if you can't tolerate dairy products, science has plenty of good news about nutrition and oral health.

- Linked with longevity, cell growth, and boosting the immune system, vitamin D consumption can:
- **inhibit gingivitis**, the earliest stage of gum disease;
 - **fight inflammation** which has been linked to gum disease;
 - **help prevent tooth loss** by inhibiting bone loss around the tooth roots caused by gum disease.

Healthy gums are an important part of maintaining a healthy body. Calcium- and vitamin D-fortified beverages, and vitamin D-rich foods like salmon, sardines, and egg yolks can lead to better oral and overall health!



Just as what you wear can express your innermost self, your smile speaks silently to others about who you are and what you anticipate from life. A friendly open smile projects self-assurance and positive expectations, and attractive white teeth communicate cleanliness and health. Everyone in the family can benefit from a smile that's their sparkling best - but even better if you're of a certain age - your vivacious smile can help take years off!

Here's some more great news...

You can eliminate darkened or yellowing enamel stains created by everyday smoking, eating, and drinking. Even enamel that has become discolored due to illness, medication, or heredity can be brightened.

How? We can provide two very popular options that can dramatically improve your smile - supervised teeth whitening and cosmetic bonding.

Whitening has become the most-demanded cosmetic procedure for good reason - *it works*. Your teeth can be whitened by up to eight shades ... *very quickly* - and there's no upper age limit!

Bonding tooth-colored materials that match your own enamel to the surface of your teeth masks discoloration while adding strength. These same long-lasting materials can be used to replace old silver-colored (amalgam) fillings and to correct minor chips or gaps between teeth.

In fact, we can mix 'n' match these procedures to enhance your unique smile and incorporate white composite fillings, inlays, onlays, and sophisticated cosmetic veneers to keep you smiling ... whatever your age!



A Right Way And A Wrong Way

Brushing your teeth using the proper technique is essential for cleaning teeth and gums effectively, yet many patients are unaware of just what exactly the "proper methods" are. Correct brushing takes a little patience and a little more time than you might think. It's just not enough to slap on the toothpaste and scrub away in a haphazard and random fashion. You can easily miss whole areas of your mouth and actually do some damage at the same time. Here are some helpful toothbrushing tips to get the job done properly.

Brushing tips...



7 Smile Savers

See how you can count on us!

Everyone wants to keep their natural teeth for life. But it isn't all about the teeth, you know. When your gums are pink and healthy, they harmonize beautifully with your lovely white teeth enamel and truly make your smile sing. But their real job is to provide protection and support for your teeth. You can see why preventive care is the key to a great-looking smile.

Here are 7 preventive smile-saving supports our team can provide...

- 1 **Cleaning and scaling** your teeth to remove plaque, yellowing tartar, and surface stains;
- 2 Protective **fluoride treatments** and pit and fissure **sealants**;
- 3 **Remineralization treatments** to restore thinning enamel;
- 4 **Polishing** for teeth and restorations;
- 5 Protective **mouthguards**, custom-made for children and adults;
- 6 Preventive **nightguards** to stop grinding, clenching, and sensitive worn-down teeth that can age your appearance;
- 7 **Rely on us** to help you with as many preventive measures as possible. All you have to do is keep your appointments!

Recycle Your Bicycle

Again & again!

Have you ever wondered why cycling is becoming so popular? Here are four reasons you'll want to consider this family-friendly sport. Cycling is...

FUN

- Pump up your mood, reduce depression and stress, and boost your self-esteem!

GOOD FOR YOU

- Improve your overall and oral health.
- Shrink your waistline. Burn extra calories.
- Reduce your risk of serious conditions such as heart disease, high blood pressure, obesity, and diabetes.

SOCIABLE

- Enjoy the great outdoors with friends and family of all ages. People of most fitness levels can cycle, slowly and gently if necessary.

SUSTAINABLE

- Focus on the moment and on your environment. Join your family in reducing its carbon footprint with reduced vehicle usage.

No wonder cycling is one of the fastest-growing leisure activities in North America.

1

Place bristles along the gumline at a 45° angle so that they contact both the tooth surface and the gumline.

2

Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush up and down using a rolling motion.

3

Tilt the brush vertically behind the front teeth. Brush up and down using the front tip of the brush.

4

For the biting surface of the teeth, brush gently with a back and forth motion. Don't forget to softly brush the tongue to remove odor-producing bacteria.

Here To Help You Our Registered Dental Assistants



Stephanie Haley

You may only see her on Mondays now, but Stephanie has been a part of *Somerdale Family Dental* since 1985, starting her career at the same time as Dr. Rebhun. For 12 years as a full time dental assistant she enjoyed getting to know all the patients of the practice. Now, as a full time mom to 2 girls and a boy, Stephanie looks forward to catching up with all of you. When not at work she enjoys taking her children to their activities, working out and spending time with her husband.



Susan Byck

After staying home to raise her 3 children, Susan went back to school to become a dental assistant. She joined *Somerdale Family Dental* right after graduation and has been here for more than a year. She enjoys getting to know all the patients and making them feel comfortable while they are in the office. In her spare time, Susan loves spending time with her family and friends.



Stephanie King

The newest addition to our office, Stephanie, grew up in Magnolia and has a twin sister named Alexis. She graduated from the Camden County College Dental Assisting Program in 2008. Stephanie is also known as "Sparkle the Tooth Fairy" when *Somerdale Family Dental* travels to different schools to educate young children. She is getting married in May and is excited to move into her new house with her future husband, Mark, and chocolate Lab, Buddy.

officeinformation

Somerdale Family Dental Associates, P.A.
Dr. Susan Trager
Dr. Francine Rebhun
 205 N White Horse Pike
 Somerdale, NJ 08083-1646

Office Hours

Monday	8:30 am	–	5:30 pm
Tuesday	8:30 am	–	5:00 pm
Wednesday	1:00 pm	–	8:30 pm
Thursday	8:00 am	–	4:00 pm
Friday	8:00 am	–	4:00 pm

Contact Information

Office	(856) 783-3499
Fax	(856) 783-9582
Emergency	(856) 427-8508
Email	info@somerdalefamilydental.com

Office Staff

Ellen, Shery.....
 Schedule and Business Coordinators
 Susan, Stephanie H, Stephanie K.....
 Registered Dental Assistants
 Ruth, Shari, JaneDental Hygienists



Devastating Root Decay

Never too young

Most people over 50 have tooth-root decay associated with receding gums. This is not unexpected since many older adults did not have access to fluoride or preventive dental care in their youth. Even so, we are seeing an alarming number of younger adult patients with root cavities.

One of the most respected dental researchers in the world said that once you get a cavity on the root surface, it's just like the beginning of the end of your tooth. Since all adults are susceptible, it is critical to understand that fluoride can help control gum disease and gum recession, and decrease accompanying tooth sensitivity.

Whether you are experiencing root cavities or wish to prevent them, we would be pleased to recommend fluoride options including products for home use.

We Can Help

In uncertain times

These are difficult times filled with much uncertainty about the future. But there are a few certainties that you can count on. Winters will come and springtimes will follow, and we will be here for you. We are willing to work together with you to ensure that your good oral health continues uninterrupted.

As you know, it is also a certainty that oral health is linked to our overall health and wellbeing, so regular recare and follow-up visits are very important. Let us explore creative ways to finance your dental care, including Care-Credit, the "no interest" plan that works just like a credit card, and monthly payment options tailored to your circumstances.

The tonic for difficult times is confidence, and you can be confident in our continued commitment to your good oral health. We welcome your call to set up a convenient appointment for you.