



newsletter

Winter 2010



DiBona Dental Group
Implant, Cosmetic, and General Dentistry



New Year, New Newsletter!

January is a month for cultivating good habits, whether those are eating healthier, exercising more often or flossing daily! If you're like us, sometimes you can spend more time thinking about the lifestyle changes you want to make, rather than **doing** something differently. Which leads us to this newsletter . . . something that we've been meaning to create every weekend, and finally, here it is! We hope that you will find helpful dental information in these quarterly newsletters, as well as stay up to date with exciting and fun news from our office. As usual, we love to hear your feedback so let us know what you think!

— Dr. Elizabeth DiBona
Dr. Mark DiBona
Dr. Gregory Maddalena

www.DiBonaDentalGroup.com

Baby Talk

Lately, we've had a number of questions about the **appropriate age at which to bring your child to the dentist**. The Academy of General Dentistry advises parents to take their child to a dentist **by age 1** – or **within six months of the eruption of the first baby tooth**. Studies have shown that good oral and dental care during the first year of life can lead to a lifetime of good oral health. The Center for Disease Control recognizes dental decay (commonly known as cavities) as the most prevalent disease affecting our nation's children. They also state that more than 40% of kids have decay by the time they reach kindergarten.

The goal of this early first visit to the dentist is to educate the parent about oral hygiene in order to prevent decay at an early age. Let's face it, if we didn't have all those "really old silver fillings" when we were children, we wouldn't need crowns as adults! Another benefit of a toddler's first dental visit is to make the experience a **positive** one, which can encourage the child to think positively about future dental visits. Some of the issues that will be discussed during the first visit are nutrition, thumb sucking, growth, development, bottle feeding, and the use of fluoride.

During this appointment, which only takes about fifteen minutes, the child sits in the parent's lap while the parent is asked to demonstrate how they brush the child's teeth. If the child is comfortable, the dentist may do a quick and painless oral exam to get a closer look at the teeth and gums.



A quick look at some Do's and Don'ts according to the Academy of General Dentistry:

DO:

- * Take your child to the dentist within six months of the eruption of the first baby tooth, definitely by age 1.
- * Educate yourself as a parent about nutrition, hygiene routine, fluoride and dental-visit schedule for your child.
- * Teach your child how to brush around age 3, and brush your teeth with your children to model good technique and spot problems.

DON'T:

- * Think baby teeth don't matter "because they'll just fall out anyway."
- * Allow children to have continual access to a bottle or "sippy cup" filled with anything other than water.
- * Give your children the impression that visiting the dentist is unpleasant.

Say "Hello" to Heather



Heather, our **office manager**, is the newest addition to our team at the DiBona Dental Group. Heather, originally from upstate New York, migrated to NH for college at Colby Sawyer. During her free time she enjoys gardening and playing with her Chocolate Lab, Foley. She also likes peanut M&Ms but is always careful to brush and floss after indulging!

Office Buzz

Although hundreds of patients a week see her smile, only a few patients have caught on to the fact that **Karen F.** (our front desk patient coordinator) has braces! And those few patients were probably tipped off by Dr. Elizabeth DiBona who mentioned that Karen is **wearing her Invisalign trays**. Next time you're at the front desk, ask Karen to show you her Invisalign Braces!

Many of you have been rewarded with **\$50 account credits** by simply **referring a friend** to our practice. We are extremely grateful for your kind referrals, and encourage you to keep racking up the \$50 credits! It literally PAYS to have a lot of friends! Look for these coupons in your hygiene goody bag, give them to a friend, and you both will receive \$50 credits!

Where has **Laura** been? We are fortunate this month to have Laura, one of our wonderful hygienists, back treating patients. Laura has been dearly missed, and was out of work for surgery on her hand. She is back part-time, and we have a "regular" temporary hygienist Bob, who is helping keep Laura's patients' teeth clean!

We listen! We love receiving your emails giving feedback about your dental visit. We are literally here to put a smile on your face, and we read every single email that you send us. Not getting our surveys? Tell one of our patient coordinators your email address, and not only will you be asked to **"rate your visit"**, but you will receive email appointment reminders and the occasional dental newsletter! We respect your privacy, and your address will be hidden from other recipients, and you can ask to be removed from the email list at any time.

Dental "School"

Stress + Tooth Grinding = Broken & Worn Down Teeth! A recent New York Times article sites how patients are wearing down and breaking their teeth the more stressed out they get! Breaking a tooth due to grinding may only add to your stress, so ask us about custom night guards to protect your teeth.



Have you heard **John** tell you to **floss your teeth more often**? Do you look at the floss and think, I'll do it tomorrow? You may want to consider that not flossing your teeth can be compared to not brushing 20% of the tooth surface. Eww...

Did you know **white wine can stain teeth**? According to a New York University study, **acid is the culprit!** Even though white wine alone doesn't have much color, the acids it contains were enough to rough up the tooth enamel and leave it exposed to the coloring from food and drinks like blueberries, black tea and red wine. (This may be a good time to mention there is a coupon for **Zoom Tooth Whitening** on our website! Yippee!)



Dental Implants in less than an hour! Did you know that the average patient receiving a dental implant to replace a tooth experiences little to no discomfort after the procedure? And that most dental implants are placed in under an hour with only local anesthetic? If you're missing one more tooth, dental implants might be a fantastic option for you! The DiBona Dental Group has placed and restored thousands of dental implants.

No Laughing Matter! In 1844, Horace Wells, a Connecticut dentist, discovers that **nitrous oxide** (aka **laughing gas**) can be used as anesthesia and successfully uses it to conduct several extractions in his private practice. That's right, you can thank a dentist for making all your visits to the DiBona Dental Group so comfortable!

DiBona Dental Group and the Community

We support NPR (National Public Radio), and YES! You might have heard us mentioned as a supporter on the radio!

Giving back is important to us, and the DiBona Dental Group participates in a number of programs to give back to those less fortunate in the community. Through the New Hampshire Dental Society, low income patients have access to new dentures, and we have been happy to help some of these patients smile again! We also participate in various state programs which provide emergency, comprehensive and preventive care to low income individuals.

We are proud to announce...

This past month, **Dr. Elizabeth DiBona** was recently awarded Fellowship status by the **International Congress of Oral Implantologists**. The ICOI Fellowship is only awarded after members have completed a minimum of 20 implant cases (surgery and restoration) and at least 75 hours of post graduate implant education. Dr. DiBona recently completed New York University's Implantology Maxicourse in which she participated in over 300 course hours of dental implants, science, surgery, and restoration.

Dr. Gregory Maddalena has completed training in order to be a certified **ClearCorrect** provider. ClearCorrect is a clear and simple alternative to braces. No wires. No brackets. An excellent option for adults who don't want to go back to the woes of middle school awkwardness! Just a series of clear, custom, removable aligners that gradually straighten your teeth as you wear them, each aligner moving your teeth just a little bit at a time. Ask our patient coordinators for a free consult with Dr. Maddalena!



DiBona Dental Group

Staff Corner:

Most of you know **Karen N**, one of our lovely dental assistants. She has been with the practice for over 10 years! In 2004, our daring assistant jumped off an airplane! In the office however, you will notice she is our Implant coordinator as well as a dental assistant. Recently Karen had an addition to her family, Ollie, a Bochi (Boston Terrier/Chihuahua)! After 2 years of badgering her husband, and after all their children left the house, they adopted their adorable, brown eyed puppy! Karen's Dental words of wisdom: "You use your teeth every single day... invest in them, take care of them, and enjoy them!"



Contest:

Win a \$50 Gift **Certificate to Coventry Cottage Gifts** in Exeter! To enter the contest, give us your name as well as the answers to the following questions (hint: look on our website for answers):

- Where did Dr. Maddalena go to Dental School?
- Where did Dr. E. DiBona go to Dental School?
- Where did Dr. M. DiBona go to Dental School?

Pretty easy, we know, but we had to give you at least a little challenge!

Please email your name and answer to:
Manager@DiBonaDentalGroup.com

No email access? Just ask our front desk staff to help you! Good Luck! (One winner will be drawn at random by April 2010. None of our employees or their families are eligible)

19 Hampton Road
Exeter, NH 03833

603-772-4352
www.DiBonaDentalGroup.com