

Dental News From *Dr. Harry Long's* **SMILE DESIGN STUDIO**

Produced to improve your dental health and awareness

Issue

fromthedentist

Change In Pre-Medication Protocol

The American Heart Association has revised their pre-medication regimen for certain patients. We urge you to check with your physician to see if you are affected by the change.

The guidelines say that patients who have taken prophylactic antibiotics routinely in the past but no longer need them include patients with:

- mitral valve prolapse
- rheumatic heart disease
- calcified aortic stenosis
- some congenital heart conditions*

Preventive antibiotics prior to dental procedures are still recommended for patients with:

- artificial heart valves
- a history of endocarditis
- a cardiac transplant that develops a problem in a heart valve*
- certain specific serious congenital heart conditions*

*Please check with your cardiologist to determine your requirements.



Tara & Laurie - Smiles by Dr. Harry Long


*Creating
beautiful
smiles,
creating
beautiful
memories*



Dr. Long & Staff Partner With WDHA

From December 14th through December 16th, our office participated in the sponsorship of the WDHA Classic Rock Art Show at the Morris Museum. The show featured over 100 collections of original art, drawings, photographs, handwritten lyrics and lithographs from some of the greatest musicians and songwriters of all time! It gave us an opportunity to meet many people, address many dental concerns in a non-threatening environment, and showcase our works of art - many beautiful smiles!

Safety First

For your health our office uses Dexis Digital X-rays. There is a 50-90% reduction in radiation using the Dexis system. A bonus is that we can share your radiographs (with your permission of course) with your insurance carriers and other health care providers via the Internet!



9

Risk Factors

Could *you* lose teeth to gum disease?

Periodontal disease is the leading cause of tooth loss and it has been linked to systemic diseases as well as toxemia and premature births. Gum disease develops gradually over time

if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria. If you or someone you love fits any of these nine risk

indicators identified by dental experts, you or your loved one could be susceptible to gum disease and the tooth loss associated with it.

1
Are you older than 35?

2
Are you male?

3
Have you never received – or avoided – dental care?



4
Have you never – or only irregularly – used dental floss?

5
Do you smoke? Have you ever?



6
Do you have diabetes?

7
Do you have high blood pressure?

8
Do you have rheumatoid arthritis?

9
Do you have gum disease around your front teeth?



These findings make perfect sense. We know that gum disease occurs when oral hygiene is neglected. We also know that men tend to be less conscientious about oral health care.

Gum disease has been linked in studies with diabetes, cardiovascular diseases, and arthritis. But if you don't fit these categories, don't be smug. No one is immune! In fact, teenagers can get

periodontal disease and virtually all adults will have some aspect of it at some point. What can you do? *A lot!* Brush, floss, and rinse, and maintain your regular dental visits!

flossing

Eschew This

Ask us how!

Which of these tools would be part of your "top ten" to use when dental floss just isn't handy?

- (1) screwdriver (2) earring (3) needle (4) key
- (5) paper clip (6) matchstick (7) nail file
- (8) pencil (9) card (10) none of the above

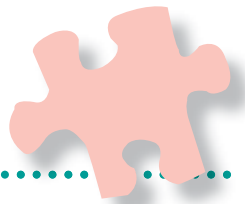
We hope you picked (10) *none of the above!* Believe it or not, over 60% of participants in one survey admitted to using at least one of these potentially gum-damaging methods to remove food from between their teeth. Another 23% just left the food there – increasing the risk of disease and bad breath!

Flossing once a day is essential to oral health, removing food and plaque buildup from between your teeth.

Ask us about flossing instructions and safe flossing alternatives.



Is Something Missing?



Crowns & bridges can bring back your beautiful smile!

A lot of life can happen to a person over the years, and some of it can definitely show up in your smile. Teeth can weaken due to cavities, root canal treatment, and unexpected trauma like a sports injury or accident, and even restorations can deteriorate or detract from your smile. The great news is that today's *crowns* and *bridges* can be very effective methods to prevent the shifting of teeth, bite problems, and altered appearance that accompanies damaged or missing teeth. Here's a rundown on crowns and bridges.

● A **crown** is a strong replica of a normal tooth, and it can be made of gold or other metals but is usually made from materials that look like your natural tooth enamel. It can be used to cover, strengthen, and

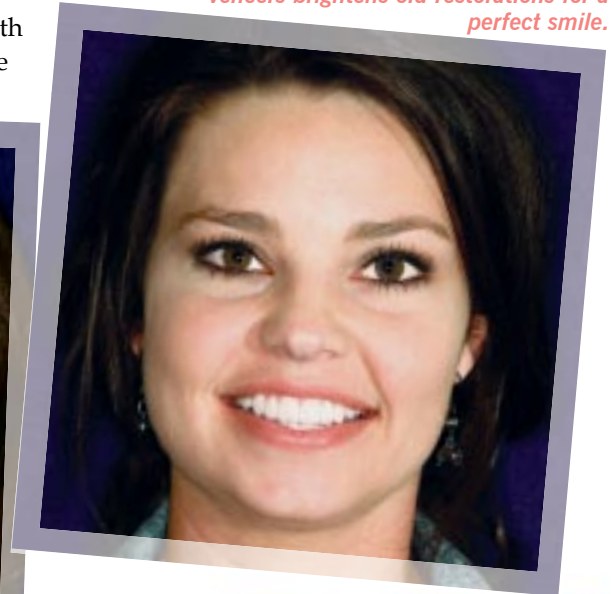
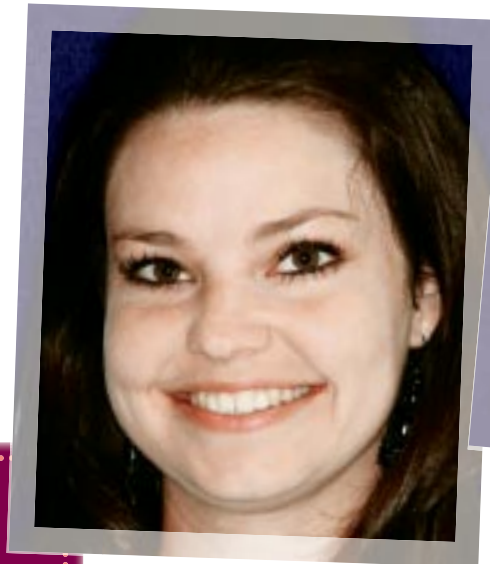
protect a damaged tooth.

● To fill in gaps, crowns are combined with an appliance called a **bridge**. Crowns are placed on the teeth on either side of the space and artificial teeth are attached to them, bridging the gap. They look and feel like your own teeth, and no one would know there were ever any teeth missing. A stable, fixed bridge

has no clasps that show, and is usually preferred to a removable bridge.

Whether your teeth are damaged or missing, crowns and bridges are accessible and attractive in a range of materials to suit your smile needs.

New crown & bridge technology plus veneers brightens old restorations for a perfect smile.



It Could Be Related!

Dental origins

Millions of people suffer from discomfort that only *seems* unrelated to dentistry. Do you have any of these symptoms? Tender jaw muscles... restricted jaw opening ... clicking or grinding jaw joints ... earaches... facial or head pain? Call us. Dental intervention may help.

Here are some discomforts that may be dental in origin...

● **Temporomandibular Disorder (TMD)** can create head, jaw, and ear pain when the jaw joints located just in front of your ears become misaligned or traumatized, or when surrounding muscles become strained.

● **Chronic Heavy Snoring** can interrupt breathing and usually occurs when your lower jaw and tongue drop back during sleep.

● **Headaches** can be related to TMD, interrupted nighttime breathing, and nighttime tooth grinding.

Don't Hold Your Breath!

Dine with friends

A yellow, sulphurish-smelling stain which has survived on an arctic glacier has been linked to extraterrestrial life. You've probably felt a little alien yourself if you've experienced yellow stained teeth or bad breath from volatile sulphur compounds (VSCs) in your mouth. We can help with oral hygiene but you're on your own with what you eat!

Volatile sulphur compounds are infamously present in some popular foods like onions and garlic. Both foods are low in calories and fat and have no cholesterol, but contain fiber, vitamins,



minerals, and antioxidants. Many people simply can't do without their intense and wonderful flavors.

What can you do about garlic or onion breath?

- Feed them to other people so no one will notice?
- Eat a bouquet of parsley?
- Your best bet is to brush, floss, and rinse!



Yessi satisfied the pumpkin cravings of our staff and scored a big hit with Doc, patients, and vendors when she found pumpkin spice coffee and brought it to our office for all to enjoy this holiday season. After mocha nut fudge and pumpkin spice we are all wondering what she will delight us with next. Happy Internet searching, Yessi!



office information

Aesthetic Dental Group of New Jersey

Dr. Harry A. Long, PA, FAGD

Dr. Christopher Cetta

330 Ratzler Road - Medical Park

Suite 24

Wayne, New Jersey 07470-7700

Office Hours

Monday 7:00 am – 3:00 pm

Tuesday 10:00 am – 6:00 pm

Wed & Thu 7:00 am – 3:00 pm

Contact Information

Office (973) 694-5101

Fax (973) 305-1355

Web site www.aestheticdentalgroupnj.com

Office Staff

Yessenia.....Patient Coordinator

Lisa, Tara Registered Dental Hygienists

Angy Registered Dental Assistant

Cindy.....Dental Assistant

GailOffice Administrator

*A Dental Practice
Dedicated To Excellence!*



A Busy Fall For Doc

Dr. Long spent several days this fall continuing his own education as well as that of other dentists.

Dr. Long has been so excited about the success of our *Invisalign*® cases that he decided to take it up a notch and completed the advanced Invisalign course. He has started Invisalign treatment for his wife Bobbie, completed his son Brian's care, and began wearing Invisalign himself to tweak up his own smile.

Harry continues to teach and enjoy the relationships he has made at the Rosenthal Aesthetic Advantage at NYU in NYC. He is scheduled to speak to the participants about integrating Invisalign in the Cosmetic Design Dental Practice.

Dr. Long continues to serve on the Peer Review Committee of the NJ Dental Society and participated in their annual Peer Review Workshop

Dr. Cetta has completed certification in Invisalign and, like Dr. Long, has been sprucing up smiles. In addition, he has completed Cerec training and joins the ranks of a very elite group of dentists who are trained to use this advanced technology.