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## GENERAL AND FAMILY DENTISTRY

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### OFFICE HOURS

Monday 8:00 a.m. - 9:00 p.m.  
Tuesday 1:00 p.m. - 9:00 p.m.  
Wednesday 8:30 a.m. - 9:00 p.m.  
Thursday 8:00 a.m. - 9:00 p.m.  
Friday 8:00 a.m. - 1:00 p.m.

website: [barthanddanner.com](http://barthanddanner.com)

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Newsletter #43 Summer 2015

## Welcome to Our Newsletter!

We have used our Newsletter to share dental health news and news of our practice for over 30 years. Our recent Newsletters along with other dental information can now be found on our website at [barthanddanner.com](http://barthanddanner.com). If you would like to suggest topics for future Newsletters, send us an email at [barthanddanner@verizon.net](mailto:barthanddanner@verizon.net).

## Staff News

Lisa, in our front office, celebrated a graduation in May as her middle son, Ryan, graduated from West Chester University.

Teena, one of our dental assistants, celebrated the graduation of her son, Corey, from Cumberland County College with a degree in horticulture.

We have one staff addition to announce in this newsletter. We are very pleased to have Rachel Malette join our experienced team of Registered Dental Hygienists (Julie, Jessica and Kathy). Rachel will be working primarily with Dr. Danner on Wednesdays and Fridays. She will also be covering for our other hygienists during their vacations and while Jessica has some wrist repairs done this summer.

## New Bear Contest

To follow up on the enthusiastic response to our contest in February, which we ran to announce the new design of our [barthanddanner.com](http://barthanddanner.com) website, we will give away three blue shirted bears each month for the rest of the year to anyone who has not already won a bear.



### Here is how to enter the New Bear Contest:

Simply go to [barthanddanner.com/contests](http://barthanddanner.com/contests) and find the three hidden bears on our website. No need to be a current patient to win. The first three correct answers submitted each month will win a bear!

While you are looking for bears, we invite you to look around our entire website to learn more about our practice and about your dental health.

## Confusion in the Dental Aisle - Part 3

The past two Newsletters provided help in meeting the challenge of selecting the right toothpaste, floss and toothbrush from an overwhelming variety of choices. This time we will add information about toothpaste abrasiveness and how to **select a fluoride rinse**.

### Preventing Tooth Abrasion Damage

Abrasion is the excessive wear of the tooth surface caused by mechanical actions other than normal chewing. Abrasion commonly appears as notching along the gumline.



The cause is usually a combination of aggressive brushing, not using a soft bristle brush, frequent consumption of acidic foods and beverages that soften the enamel, and a toothpaste that is high in abrasiveness. We have always recommended gentle brushing with a soft bristle brush but are still seeing an increase in patients with abrasion damage. We feel that some toothpastes may be part of the problem. Since there are too many toothpaste



varieties to list in this newsletter, we have posted a **Chart of Abrasiveness Levels of Common Toothpastes** on our website in the **Newsletter section**. Find your current toothpaste on the chart. If you have signs of tooth abrasion, we recommend changing to a less abrasive toothpaste.

**For low abrasion we recommend:** Arm and Hammer Dental Care, Tom's of Maine Sensitive, Colgate Regular, Sensodyne ProNamel, and Squiggle. The newest addition to our low abrasion list, and a favorite for reducing cold sensitivity and preventing decay, is **Enamelon** which is sold online at Amazon.



**Not Recommended:** In addition to concerns about highly abrasive toothpastes, there are two brands of toothpaste which we are not recommending. The **Crest 3D White** group of products contains blue polyethylene microbeads that can become lodged in the gum crevice around and between the teeth. The beads are inactive ingredients that provide no health benefits. Since Crest has said they will eliminate the microbeads from all of their products by March 2016, we suggest avoiding Crest 3D White toothpaste at least until then. Other varieties of Crest do not have microbeads. The **Colgate Total** brand of toothpastes has the ingredient triclosan, which has been a cause of concern in both toothpastes and hand soaps and was previously discussed in our Newsletter #41. Other types of Colgate do not have triclosan, and in fact, the original white Colgate toothpaste is one we recommend for its low abrasiveness.

## Fluoride Rinses – More Confusion!

After recommending fluoride rinses to prevent decay and reduce sensitivity for many years, we are concerned about the confusing number of choices available. At a local store we counted six brands with a total of 22 varieties! Fluoride levels vary. Those with lower levels recommend using twice daily; higher levels say once daily. Listerine sells mouth rinses that look and sound similar but many do not have any fluoride at all. Some fluoride rinses have high levels of alcohol, which tends to dry the mouth, so we do not recommend those. Read the labels carefully or go to our **list of fluoride rinse details on our website** in the Newsletter section. For a good quick choice, grab the original green ACT Fluoride Rinse.



**A note on our recommendations.** We do not sell any dental products and we may recommend different products for different people based on their dental needs. Our goal is to help you find a daily dental routine that leads to a healthy smile.

## Avoid DIY Dentistry!

Please resist the temptation to try to fix a dental problem with “Do It Yourself Dentistry”. We have seen the unsuccessful and sometimes disastrous results of home use of powertools, superglue, nail files, and rubber bands to fix broken dentures, sharp tooth edges, loose crowns and crooked teeth. If you have a problem, please call us to discuss a safe solution.

## Professional News

Dr. Danner and Dr. Barth have been recognized numerous times in recent years as **Top Dentists**. Most recently Dr. Danner was listed in the June 2015 issue of **South Jersey Magazine** and Dr. Barth in the **2015 NJ TopDentists** issue of **Healthy Living Magazine**.

## NJ Top Dentists

A Division of NJ Top Docs  
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Dr. Barth continues to serve as the **Chief of General Dentistry at Virtua Health** and has been actively involved in the teaching program for over 35 years. Dr. Danner has been on the faculty at the Virtua Dental Residency Program for 27 years.

Also in 2015, our Dental Practice again received a rating of **A+ from the Better Business Bureau**.



ACCREDITED  
BUSINESS

A+

