



GEORGE A. BARTH, D.M.D. MARK J. DANNER, D.M.D.

GENERAL AND FAMILY DENTISTRY

Washington Medical Arts Building
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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

539 Egg Harbor Road, Suite 4 • Sewell, NJ 08080

Newsletter #47 Summer 2018

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. If you would like to suggest topics for future newsletters, send us an email: barthanddanner@verizon.net.

Staff News

► We have one new staff member to introduce since our last newsletter. **Taylor Ricci**, a Registered Dental Hygienist who is a graduate of the Camden County College Dental Program, has joined **Julie** and **Jessica** as part of our hygiene staff and will be seeing patients during Dr. Danner's hours on Tuesday, Wednesday and Friday. Taylor is already getting great reviews from patients who have met her.

Rachel Malette, who has been a valued part of our hygiene staff for several years, has returned to school to become a dentist. We wish her all the best as she pursues her dental degree.

When is Dr. Barth Retiring?

► We have been hearing this question a bit more frequently in recent months. Is it the gray hair? Or maybe some of our long time patients are realizing that they have been coming to this same location to see Dr. Barth for over 35 years!

The plan is for Dr. Barth to continue working his normal hours on Monday, Wednesday and Thursday through the end of 2018, when he will retire. The office hours will be adjusted in January 2019 so that Dr. Danner and our staff can continue to offer convenient daytime and evening hours following Dr. Barth's retirement.

Some Practice History

► After receiving his DMD degree from the University of Pennsylvania in 1978 and completing the General Practice Residency at Virtua/West Jersey Hospital, Dr. Barth joined the practice of Dr. Ray James in Pitman in 1979.

While working with Dr. James from 1979 to 1982, Dr. Barth also joined the faculty of the Dental Residency Program, eventually becoming Co-Program Director of the Residency.

Dr. Barth opened his own practice in the brand new Washington Medical Arts Building in 1983. Dr. Barth and Dr. Danner met in 1986 through the residency program, and Dr. Danner joined the practice here in Washington Township in 1988.

In the "About Us" section on our website you can find much more information about Dr. Barth and Dr. Danner and the practice.

During the 30 years that we have practiced together, we have seen this area grow into one of the largest concentrations of healthcare services in South Jersey and we are pleased to be located right in the middle!

Construction News

► Visitors to our medical building will certainly notice the major construction going on at our neighbor, Jefferson Washington Township Hospital (formerly Kennedy Hospital). The \$205 million project, which began in Spring 2018, will result in a new parking garage to be completed Spring 2019, followed by a new patient tower and new main entrance from Egg Harbor Road to be completed Spring 2021.

We are looking forward to finally having a long-term improvement in the parking situation at the healthcare complex.



We Have a Few Bears Left!

► The first three patients who visit before the end of 2018 and mention that they saw Dr. Barth at his first office in Pitman will receive a free **Barth and Danner Bear** just like the one on the Welcome Page of our website.



What About Charcoal Toothpaste?

► Patients have recently begun asking about charcoal toothpastes. Do they work and are they safe? Because of the highly abrasive nature of charcoal, these toothpastes may initially remove stains but at a high cost. The gritty charcoal particles are too harsh on tooth enamel and will contribute to permanent enamel damage. In addition, continued use of charcoal toothpaste may cause the particles to become embedded in the tooth and cause a gray or yellow tint. Charcoal toothpastes are **not** the way to a whiter or healthier smile!

Warning on Teething Gels



► After years of issuing warnings, the FDA has finally ordered teething remedies containing benzocaine off the market. Gels and creams with benzocaine such as Baby Oragel can cause rare but deadly side effects in children, especially those 2 years and younger. Giving babies teething

rings or simply massaging the gums during teething is safe and helpful for relieving discomfort.

Adult products with benzocaine, such as Oragel and Anbesol, will remain on the market but with new warning labels.

We do not recommend using these products as a substitute for seeing the dentist and getting the problem diagnosed and solved!

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 issue of **South Jersey Magazine** and Dr. Barth in the 2018 **NJ Top Dentists** issue of **Healthy Living Magazine**.

✓ Dr. Barth was also recognized in 2018 by The American Registry as one of **America's Most Honored Professionals**.

✓ Also in 2018, our Dental Practice again received a rating of **A+** from the **Better Business Bureau**.

How Acidic Are Your Beverages?

► For decades we have been explaining how sugar is converted to acid by the bacteria in plaque. Since the result of consuming frequent sugar can be tooth damage and cavities, we always recommend removing the plaque every day by brushing and flossing.

In recent years it has become increasingly common to see tooth damage from **acid erosion**, even in folks who do a great job of removing plaque daily. In most cases the acid comes from your diet, especially beverages. The level of acidity in liquid is measured as pH. Water is neutral at pH 7.0. Although milk, with a pH of 6.0, is 10 times more acidic than water and coffee at 5.0 is 100 times more acidic, your teeth can resist damage from these beverages. But **sports and energy drinks, soda, diet soda and even enhanced water products** can have a pH in the 2.5 to 3.5 range which is so acidic that the American Dental Association considers them "**Extremely Erosive**".



We have added a **Table of Beverage Acidity** for over 100 common beverages on our barthanddanner.com website under the "**Newsletters**" heading. Here are some popular beverages from the "**Extremely Erosive**" category:

- ✗ *Gatorade*
- ✗ *Powerade*
- ✗ *Vitamin Water*
- ✗ *5 Hour Energy*
- ✗ *Arizona Iced Tea*
- ✗ *Coke*
- ✗ *Pepsi*
- ✗ *Ocean Spray Cranberry*

We suggest checking the Table and choosing less acidic beverages more often. When you do drink one of the more acidic beverages, allow at least an hour for your enamel to recover normal hardness before brushing.

NJ Top Dentists

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