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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.

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Newsletter #41 Fall 2013

Welcome to Our 41st Newsletter!

Newsletter #1 was published in the spring of 1983, with the opening of our office in Washington Township. We are happy to be celebrating our 30th year and would like to express our deep appreciation for the confidence and support shown by our patients as we have grown over the years. We are especially grateful when your confidence leads to the recommendation of our practice to friends, relatives, neighbors and co-workers. Dr. Barth, Dr. Danner and our staff remain committed to maintaining the high quality, personalized dental care which has earned your trust over the years.

Staff News

Over the past 30 years and 40 newsletters we have noted many staff events including the addition of new staff members, marriages, births and even retirements. In this newsletter we are reporting on graduations and grandchildren.

Dr. Barth and his wife, Cynthia, welcomed their first grandchild, a granddaughter, in October.

Four graduations were celebrated this spring: Teena's daughter, Courtney, from Clearview High School, Diane's son, Michael, from Notre Dame, Dr. Danner's son, Patrick, with a Masters Degree from Rutgers-Camden and Julie's daughter, Jillian, with a Doctorate in Physical Therapy from Emory.

We are pleased to have no staff changes to announce since our last newsletter. At the front desk you will continue to see Barbara, Diane, Lisa and Debbie.

Assisting Dr. Barth and Dr. Danner with your visit will be Kathy R., Teena and Tara. For your dental hygienist, you will usually see Julie, Jessica, Kathy D, or Rose.

Thank You for the Compliments

Many patients have noticed the exterior upgrades to our lawns, shrubbery and landscaping. Dr. Barth, as President of the Condominium Association, has been working with our new landscaping contractor to keep our medical building looking great all season.

Confused About Toothpaste Choices?

Back in the early years of our newsletter it was simple to recommend Crest or Colgate toothpaste, but it's not so simple now. On the Crest website there are 42 different varieties of Crest toothpaste! On the Colgate website there are 32 varieties of Colgate.



Is it really possible to invent a better toothpaste every year or two? We don't think so. Procter and Gamble, the makers of Tide detergent, introduces a "new and improved" Tide every few years, and they happen to make Crest toothpaste, so it seems to be their marketing strategy. The toothpaste names are getting longer too. One new paste is called "Crest Pro-Health Clinical Gum Protection Invigorating Clean Mint".



Our Toothpaste Recommendations:

For general family use: Any product with fluoride and the ADA Seal of Acceptance should be fine if there are no special issues. Make your selection by flavor and price but be sure to check the expiration date. Since fluoride becomes less effective over time, an expired tube is no bargain.

For tartar prevention (not removal):

Colgate and Crest Tartar Control Formulas. (Only your dentist and hygienist can remove tartar.)



For cold sensitivity: Sensodyne or any product with the active ingredient potassium nitrate.

For low abrasion (may also help with cold sensitivity):

Colgate Regular, Aim, Sensodyne, Biotene, Squiggle, Arm and Hammer Dental Care, Tom's of Maine Sensitive.

For canker sores (frequent mouth ulcers): Avoid strong flavoring oils and sodium lauryl sulfate, a foaming agent found in most toothpastes. The following have no SLS: Sensodyne Pronamel, Squiggle, Tom's Sensitive, Biotene, Rembrant Gentle White G.

For "dry mouth" issues: Biotene, Squiggle.

What about "Whitening" Toothpastes?

There is no change in the advice that we have been giving for many years. In spite of advertising claims, toothpastes only remove surface stain; they do not lighten the base color of the tooth. Consumer Reports rated toothpastes back in 2006 for their effectiveness at removing surface stain. The best stain remover and one of the least expensive toothpastes was Ultrabrite Advanced Whitening, which is still on the market. CR also found in their testing of 41 toothpastes that there was no correlation between claims made about whitening and actual stain removal.

Not Recommended:

Until recently Colgate Total has been one of the toothpaste choices in the dental care kits that we give to our patients at each hygiene visit. We are no longer recommending Colgate Total or any product with Triclosan added. Although this ingredient was approved by the FDA in 1997, further research has both questioned the effectiveness for the general population and raised concerns about side effects. The FDA has already stated that Triclosan is not approved as an antibacterial hand cleaner and is reevaluating its use in toothpaste.

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.

Professional News

Dr. Danner and Dr. Barth have been recognized numerous times in recent years as **Top Dentists**. Most recently Dr. Barth was listed in the June 2013 issue of **South Jersey Magazine**.



Dr. Barth has been reelected as the **Chief of General Dentistry at Virtua Health** and has been actively involved in the teaching program for over 33 years. Dr. Danner has been on the faculty at the Virtua Dental Residency Program for 25 years.



Also in 2013 our Dental Practice again received a rating of **A + from the Better Business Bureau**.

Waiting for Insurance?

We recently had a patient come in with a painfully abscessed tooth after not visiting us for over two years. The patient explained that an old filling had broken long ago but that he had been waiting for his new employer to offer dental insurance. The patient now faced a root canal treatment and a crown to save the tooth or even worse, the loss of an important chewing tooth. Even with dental insurance, the cost of treatment will now be much higher than the cost of a routine filling which would have solved the problem if done when the filling first broke.

Dental insurance is a great help to many of our patients and we are always willing to assist our patients in getting their maximum insurance benefits. However, with or without dental insurance, regular dental check ups and prompt treatment of problems while they are still small is by far the best way to save money in the long run. Waiting for insurance can be costly!