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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

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Newsletter #44 Summer 2016

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 at barthanddanner@verizon.net.

Staff News

The major staff news for this newsletter is the retirement of two of our longest tenured employees.

Barbara Kondas, who joined the practice shortly after Dr. Barth opened the office in 1983, retired this spring. Barbara has been a key part of the growth and success of our practice for over 30 years. Although she had reduced her hours in recent years, Barbara continued to be greatly appreciated by our patients as a helpful, friendly presence in our front office. We all wish Barbara a happy and healthy retirement!

Kathy Dunn, who has been part of our staff of Registered Dental Hygienists for over 25 years, retired at the end of December. During her years with the practice, Kathy developed a large group of loyal patients who looked forward to their visits with her and Dr. Danner. Kathy has already let us know that she is enjoying her retirement. Best wishes to Kathy!

Our current staff of hygienists, **Julie, Jessica and Rachel**, have adjusted their hours following Kathy's retirement so we will not be adding another hygienist at this time.

At the front desk we welcome **Mary Elwell**, who will assist in our business activities, mostly during evening hours. Mary has four grown children and lives here in Washington Township. Mary will assist Diane, Lisa and Debbie in helping our patients with scheduling, financial and insurance questions.

New "Find the Bears" Contest

Anyone who receives Newsletter #44 can play our new "Find the Bears" Contest. Throughout our website's pages (barthanddanner.com) we have hidden three bear images like the one below. The first three people to find them and email us at (barthanddanner@verizon.net) with the locations will win a free Teddy Bear just like the one with the blue shirt on our Welcome page (They are about 6 ½ inches high and very soft!).

Hint: *The bears are hidden in photos on our website and will pop up when you move your cursor over the correct photo. One winner per household.*



Danner Family News: A New Grandson!

On our photo wall in the hygiene room, make sure you check out the picture of Dr. Danner's first grandchild, Cameron, born 12/17/15.

Bad Breath Concerns? Ask Us!

There are many causes for bad breath. Most begin in the mouth and that's where your dentist and hygienist can help.

Poor dental hygiene. A recent study determined that about 85% of bad breath or "halitosis" can be addressed by taking better care of your teeth and gums. If you don't brush and floss daily, food particles remain around your teeth and gums, causing bad breath. The buildup of plaque can lead to gum disease which creates a distinctly bad odor. The uneven surface of the tongue also can trap bacteria that produce odors. Brushing your tongue may help. Dentures that aren't cleaned regularly or don't fit well can also harbor odor-causing bacteria.



■ **Food.** Eating too much of certain foods, such as onions, garlic, and other vegetables and spices, also can cause bad breath. After you digest these foods, they enter your bloodstream, are carried to your lungs and affect your breath later on.

■ **Tobacco products.** Smoking causes its own unpleasant mouth odor. Tobacco users are also more likely to have gum disease.

■ **Dry mouth.** Saliva normally helps cleanse your mouth, A condition called dry mouth can contribute to bad breath because production of saliva is decreased. Dry mouth naturally occurs during sleep, especially if you sleep with your mouth open, leading to “morning breath”. Not drinking enough water regularly may lead to dry mouth due to dehydration.

■ **Medications.** Some medications can reduce saliva flow and lead to a chronic dry mouth. Chemical byproducts of other medications can be released on your breath. Your physician might recommend alternate medications.

■ **Other mouth, nose and throat conditions.** Infections or chronic inflammation in the mouth, nose, sinuses or throat, can cause bad breath. Allergies causing stuffiness can result in mouth breathing and dry mouth. Consultation with your physician may be recommended for these conditions and other less common causes listed below.

■ **Other causes.** Diseases, such as some cancers, and certain metabolic disorders, can cause a distinctive breath odor as a result of chemicals they produce. Chronic reflux of stomach acids (heartburn) can be associated with bad breath. Bad breath in young children may be caused by a foreign body, such as a small toy or piece of food, lodged in a nostril.

■ **Additional Advice:** Masking odor with mouthwash or breath mints does not solve a bad breath problem. Most mouthwashes contain alcohol, which can dry and irritate the mouth if used too frequently. Mints, gum or candy with sugar can cause severe decay over time.

We can help you identify possible causes and make real changes to reduce or eliminate bad breath.

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.

When Do We Work with Specialists?

Although Drs. Barth and Danner have advanced training in many areas of dentistry, there are times when we may recommend dental specialists to assist with the care of our patients. The specialists to whom we refer are carefully chosen for both their technical skill and their concern for our patients. Feedback from our patients has always been a very important factor in specialist selection. We refer to those who earn our patients praise and confidence. We would (and do) refer our own families to these specialists. Listed below are specialized areas of dentistry and our policy regarding referrals.

■ **Oral Surgery:** Drs. Barth and Danner do many routine extractions. Referrals are recommended for most impactions, special surgical procedures, and for patients desiring general anesthesia during extractions.

■ **Periodontics** (Diseases of the gums and supporting bone): Drs. Barth and Danner provide therapy for most gum disease conditions. When appropriate, a consultation with a periodontist regarding advanced treatment options will be recommended.

■ **Dental Implants:** We coordinate treatment with a periodontist or oral surgeon who will place the implant. We complete the final restoration of the missing tooth or teeth.

■ **Pedodontics** (children’s dentistry): We enjoy working with children of all ages and refer only very young children or children requiring extensive treatment or sedation.

■ **Endodontics** (root canal therapy): We provide routine endodontic therapy but do not hesitate to refer to an endodontist when more complex treatment is required.

■ **Orthodontics:** We feel that most child and adult orthodontics is best done by a specialist. We work closely with several excellent orthodontists in the area.

■ **Prosthodontics** (Tooth replacement using dentures or bridges): All full and partial denture services are provided in our office as well as tooth replacement using crowns (caps) and fixed bridges.

■ **Cosmetic Dentistry:** We provide a full range of cosmetic solutions and rarely refer elsewhere.

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 **2016 NJ TopDentists** issue of **Healthy Living Magazine**.

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.

NJ Top Dentists

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Also in 2016, our Dental Practice again received a rating of **A+** from the **Better Business Bureau**.



**ACCREDITED
BUSINESS**

A+