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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.

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Newsletter #36 Summer 2010

Our Newsletter Returns!

After a bit of a hiatus, we are publishing a new edition of our newsletter, which originally started back in 1983 when we opened our dental practice. We will continue to use our newsletters to provide information about dental health along with news and information about our practice. If you have questions about your dental health or would like to schedule an appointment, give us a call or email us barthanddanner@verizon.net. Our website has also become a popular source of additional information about the practice. You can visit us at www.barthanddanner.com.

Staff News

Our most recent staff babies were born in 2009 with none expected in 2010. Tara Hedenberg and her husband Greg welcomed baby Anthony and Debbie Swanson and her husband Jeff welcomed baby Nolan. Debbie is our newest staff member, joining us in the summer of 2009. She greets and assists our patients at the front desk two evenings each week.

As our long time patients know, adding new staff members is a rare event for us with our experienced staff averaging nearly 12 years in the practice.

At the front desk you can expect to see Barbara, Diane, Lisa and now Debbie. For your dental hygienist, you will usually see Julie, Jessica , Kathy, or Rose. Our dental assistants working at chairside with Drs. Barth and Danner (and behind the scenes) continue to be Cathy, Teena, Kathy and Tara.



Professional News

Last July, **Dr. Barth** was re-elected **Chief of General Dentistry** for the Virtua-West Jersey Health System. Dr. Barth has been actively involved in the teaching program at West Jersey for 30 years. **Dr. Danner** has been on the Virtua faculty for 20 years.

Dr. Danner has recently been recognized by the Consumers' Research Council of America by being listed in their **Guide to America's Top Dentists**. He was also selected by **SJ Magazine** as one of the **Top Dentists in South Jersey for 2010**.

Dr. Barth has been selected by **SJ Magazine** as one of the **Top Dentists in South Jersey** for 2009 and 2010. He was previously listed in the 2003-2004 **Guide to America's Top Dentists**.

Construction News

Recent visitors to our Washington Medical Arts Building have noticed that we are nearly surrounded by construction this Spring and Summer. The Kennedy Health Care facility is in the process of building a much needed addition to its skilled nursing facility. In the next few months we are looking forward to restoration of the landscaping and parking areas surrounding our building. We are upgrading our own parking areas this summer and thank our patients for their patience and understanding during the occasional shortage of parking places.





Welcome to Our New Neighbor

Dr. Michael Master, who has been practicing in Washington Township since 1997 as a Board Certified Chiropractic Neurologist, will be moving into Suite 5 next door after extensive remodeling is completed this summer. You can learn more about Dr. Master and his focus on Adult and Child Functional Neurology by visiting his web site at www.drmichaelmaster.com. Welcome Dr. Master!

Please Ask!

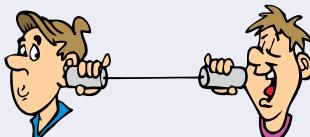
One of the frequent complaints we hear from new patients is that their previous dentist "was too rushed and never explained anything!" Our philosophy is to take the time to listen to your concerns and answer your questions. The best dental care will happen when we understand each other and work together. So if you ever have questions about your dental care or our recommendations, please ask!

Dental Care During the Recession

Although there are signs that the economy is improving, many families will continue to be faced with difficult financial choices. When money becomes tight, it has to be spent very carefully. We realize how expensive all types of health care have become in recent years, especially for people with insufficient medical and dental insurance. Preventive health care is often neglected during difficult economic times. Unfortunately the major dental diseases- decay and gum disease - are progressive diseases that steadily become worse and more expensive to treat as time goes by. The best way to keep dental care costs down is to prevent problems from developing and to spot and correct existing decay and gum problems at the earliest stage.

If you have been putting off dental care, we urge you not to wait until something hurts. There are a number of ways that we can work with you to help you or your family members minimize expenses while protecting dental health during a time of financial difficulty. For example, we could recommend first repairing only the deepest cavities while smaller, less urgent cavities could be postponed or spaced out over a period of months.

If more than six months has passed since your last visit, please consider scheduling an examination and cleaning visit. Let us know your financial concerns so we can develop a plan to help maintain your dental health.



Your Gums are Connected to Your Heart

Well, not directly, but the **health** of your gums is related to the **health** of your heart and your entire cardiovascular system. Recent studies have shown that the presence of gum disease is associated with higher rates of heart disease and increased risk of a stroke.

Although the reason for the connection is not yet clear, the fact is that people with gum disease are almost twice as likely to have coronary artery disease.



The explanation may be that inflamed gums allow the entry of bacteria into the bloodstream causing inflammation of the lining of the coronary arteries and blood vessels of other organs.

Recognize the signs of gum disease:

- **Mild (gingivitis):** Gums bleed easily and may appear slightly reddish and puffy. Not usually painful.
- **Severe (periodontitis):** Swollen, red, painful or bleeding gums. Receding gums due to damaged bone underneath. Chronic bad breath.

If you have any of these symptoms, now is the time to improve the way you care for your dental health. We can provide treatment to control gum disease and advice on proper daily brushing and flossing to help you have healthy gums for life.

What's on the Walls?

Since it is difficult to read all the diplomas, plaques and certificates on the walls as you walk through our office, here are some of the highlights:

Dr. Barth:

Bachelor of Science - Haverford College
D.M.D. - University of Pennsylvania
Residency - Virtua-West Jersey
Fellowship- Academy of General Dentistry
OKU Dental Honor Society
Phila. Dental Society-Continuing Ed. Award



Dr. Danner:

Bachelor of Science -Dickinson College
D.M.D. - University of Medicine and Dentistry of NJ
Residency - Virtua-West Jersey
OKU Dental Honor Society
Citizen of the Year Award - VFW
Phila. Dental Society-Continuing Ed. Award

