



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.

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Newsletter #39 Spring 2012

Welcome To Our New Newsletter!

Since we opened our dental practice in 1983, we have published this newsletter to pass along new information about dental health and dental care products along with news and information about our practice. We would like to be your main source of dental health information. If you have questions about your dental health, give us a call or email us at barthanddanner@verizon.net. For more information about our practice including the hours we are open, visit our website at www.barthanddanner.com.

Staff News

Cathy Galligan, our longest tenured staff member, has recently retired. Cathy started working with Dr. Barth as a dental assistant in 1979 when he first entered practice as an associate with Dr. Ray James in Pitman. Cathy's many years in the practice are greatly appreciated by all who have known and worked with her. She and her husband, Frank, have long been planning to move to upper New York State and we all wish them well in their much deserved retirement.

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. We have decided to adjust the schedule of our other experienced dental assistants, Kathy R., Teena and Tara rather than adding a new assistant in the wake of Cathy G.'s retirement. So you will continue to see familiar faces throughout the office.

At the front desk you will continue to see Diane, Lisa, Debbie and Barbara (who now works two

days per week). Debbie, our newest staff member, is already in her third year with the practice. For your dental hygienist, you will usually see Julie, Jessica, Kathy D., or Rose.

Washington Med. Arts Building News

Recent visitors to our Washington Medical Arts Building have noticed that **construction is completed** at our neighbor, the Kennedy Health Care facility, so landscaping around us looks nice again and parking is back to normal.

Sharper eyes will also notice the **fresh new paint on our Medical Building** and the new signs that identify the SJ Heart Group as now part of Lourdes Health System. The SJ Heart Group has also expanded into Suite 6 next to our entrance where there used to be an ENT practice.

New Product Recommendation

Many of our patients who are having difficulty using dental floss to remove plaque from between the teeth are getting a new recommendation from our hygienists.



GUM® Soft-Picks® flexible rubber bristles provide a gentle, effective, and easy alternative to **flossing**.

While our preferred daily routine is still proper brushing and flossing, the #1 goal is having healthy teeth and gums. So whatever tools help get the job done is fine with us!



Another Product Recommendation

For folks who prefer an electric toothbrush or who have limited dexterity, we recommend the **Philips Sonicare brushes**. Philips makes at least 8 models, but the less expensive rechargeable models work just as well as the fancy ones. If you aim the bristles to the right areas, the Sonicare will do the work for you. Ask our hygienists about Philips Sonicare coupons.



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.

Why Every Six Months?

Everyone has heard the standard advice to visit the dentist every six months. Why six months? Well, dental problems usually develop **quietly**.



Gum disease and small cavities usually do not hurt at first. Things that can be fixed easily and inexpensively if found early, can become painful and expensive later on. Having your teeth cleaned and getting a complete oral exam at regular intervals is usually the best way to stay healthy.

Although some of our patients need to see us more often than twice a year and a few others may be fine with less frequent visits, the best interval for most people is every six months for an exam and cleaning and every 12-18 months for x-rays to check the hidden areas.

Looking for a New Job?

If you are planning to look for a new or better job this year, remember that making a good first impression at your job interview is very important. Visiting the dentist can be as helpful in making a good first impression as going to the barber or hairdresser and choosing an appropriate outfit to wear. Knowing that you have a great smile with clean teeth, healthy gums and fresh breath gives you the confidence to present yourself as the best person for the job!

Professional News

In October, **Dr. Barth** received the **2011 President's Award** from Virtua Health System in recognition of his contribution to quality patient care at Virtua.



Dr. Barth is the **Chief of General Dentistry** at Virtua and has been actively involved in the teaching program for over 30 years. **Dr. Danner** has been on the Virtua faculty for over 20 years.

Dr. Danner and Dr. Barth have been recognized numerous times in recent years as **Top Dentists** by SJ Magazine, and the Consumers' Research Council **Guide to America's Top Dentists**. In 2011 **Dr. Barth** was recognized as a Top Dentist in New Jersey by **The International Association of Dentists**.

Also in 2012 our Dental Practice again received a rating of A + **from the Better Business Bureau**.

Thank You for the Referrals

Many of our patients have recommended us to friends, family, neighbors and co-workers. **We welcome new patients** and thank you for your confidence in us.

Beverage Warning!

Would it be bad for your teeth if you put several spoons of sugar in a glass of water and swished every day? Of course that would be a bad idea, but every day millions of people do something very similar by sipping soda, sports drinks, energy drinks, vitamin waters and sweetened juices. Look at the labels – dextrose, fructose, corn syrup and sucrose are all sugars. Drink water, eat an apple, save money, avoid empty calories and protect your teeth!



More About Us

If you would like to know more about the history of our practice, our educational credentials, the range of dental health services we provide and what goes on behind the scenes when you come in for a visit, check out our web site at

barthanddanner.com