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GENERAL AND FAMILY DENTISTRY

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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 #42 Summer 2014

Welcome to Our Newsletter!

We have used our Newsletter to share dental health news and news of our practice for over 30 years. If you would like to suggest topics for future newsletters, send us an email at barthanddanner@verizon.net.

This newsletter also includes something new: Two chances to win a gift card to a local Wawa!



Staff News

We have quite an assortment of news to report.

Dr. Danner's daughter, Tori graduated from Kingsway High School and will attend Iona College this fall where she plans to continue her softball career. His son, Patrick, will enter a PhD program in English at The University of Louisville this fall.

Dr. Barth's first granddaughter, Sage, arrived last fall to daughter, Caroline and her husband Dan. A second happy event was a May wedding for Dr. Barth's son, Chris, and daughter-in-law, Ashley.

Lisa, in our front office, celebrated two graduations in June. Oldest son, Christopher, from Rutgers, New Brunswick and youngest son, Brett, from Washington Twp. High School. Brett will attend Cabrini College and play basketball.

Our hygienist, Kathy, had family celebrations in February and March for her son Robert's wedding and arrival of new granddaughter, Kora.

We have one staff addition to announce in this newsletter. Lauren Koutras will be assisting Diane, Lisa and Debbie at the front desk until Barbara completes her recuperation from a leg injury, hopefully by late summer. Lauren is an elementary school teacher during the school year.

Confusion in the Dental Aisle?

Last Summer's Newsletter devoted a large section to the challenge of selecting the right toothpaste from an overwhelming variety of choices. This time we will help you sort through the confusing options when **selecting dental floss and toothbrushes**.

We found 32 floss choices and 51 adult manual toothbrush types at one drugstore!

Dental Floss: We have always stressed the value of daily flossing as part of your oral health routine. If you skip flossing, you miss cleaning 35% of your tooth surfaces. Your toothbrush just can't reach in between the teeth to remove plaque, which causes cavities and gum disease.

We generally recommend thin, unwaxed or lightly waxed floss, but if your personal preference is for waxed or thick floss or if you need shred resistant floss, go ahead and buy your preferred type and use it daily. The brand of floss and time of day are not important. Once a day with a good technique will give you all the benefits!

In addition to the sample of **Glide floss** that we give out at your exam and cleaning visit, you may want to try **GUM fine** for a thin lightly waxed floss or **Reach Total Care** or **Oral B Essentials** for shred resistance and very tight teeth contacts.



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If your fingers have trouble with standard floss, try using a floss holder or floss pick like the one shown here. They can be purchased by the bagful (or ask us for a sample at your next visit).
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Toothbrushes: The basic recommendation is for a quality brush with **soft bristles** that are rounded on the tip. Good brushing technique includes brushing along the gumline so avoid harsh medium or hard bristles or bargain brushes with cut end bristles. In the dental aisle you will see a head spinning variety of toothbrush designs and marketing claims. We give out a basic design of Oral B brush with a compact head. When you replace it between visits (around the three month mark), look for something similar in any name brand. No need to spend extra for strange new designs.



Floss Trivia

A brief look on the internet revealed some interesting floss facts:

👉 *The first known floss recommendation was in 1815 when Levi Parmlly, a dentist in New Orleans, suggested cleaning teeth with a silk thread.*

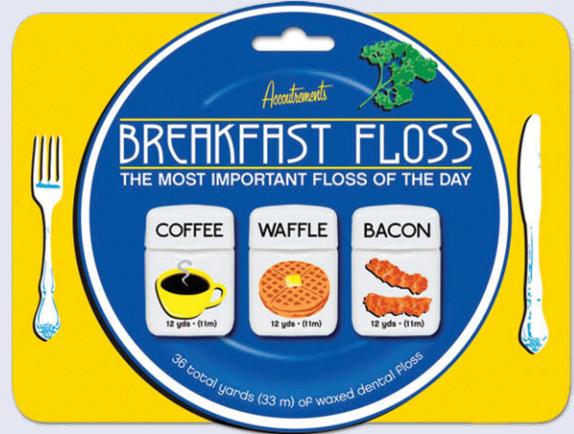
👉 *The first commercially available floss, which appeared in 1882, was an unwaxed silk floss. In 1898, the Johnson & Johnson Corporation received the first patent for dental floss.*

👉 *Over [three million miles of dental floss](#) are purchased in North America each year, enough to span the space between the earth and moon 12 times! We don't know how much of that floss is actually used for teeth since floss is also great for many other uses. You could hang a picture on a wall or make an emergency repair of a rip or tear.*

👉 *Chefs use floss to cut rolled dough, cheesecake and other soft foods.*

👉 **Wawa Contest #1** Email us with a practical or humorous use for dental floss. Our staff will pick the five best and send each winner a \$5 Wawa gift card. We will also list the winners in our next newsletter.

Did you know that you can buy floss in flavors beyond the common mint or berry? How about these flavors for breakfast?



👉 **Wawa Contest #2** Email us with the 5 strangest floss flavors that actually exist. Winners will also be sent a \$5 Wawa gift card.

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 even if you happen to prefer bacon flavored floss.

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 2014 issue of **South Jersey Magazine** and the **2014 NJ TopDentists** issue of Healthy Living Magazine.

NJ Top Dentists

A Division of NJ Top Docs
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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 34 years. Dr. Danner has been on the faculty at the Virtua Dental Residency Program for 26 years.

In 2014, our Dental Practice again received a rating of **A+** from the **Better Business Bureau**.



Thank You

For your referrals!

Another way to receive a Wawa gift card is to refer a friend, neighbor, co-worker or adult relative to our practice. We welcome new patients and want to show our appreciation for your confidence in us.