



Word Of Mouth with Drs. Tong & LaCap

Beautiful Smiles Through Exceptional Care

Produced to improve your dental health and awareness

Fall 2007

fromthedentists

What's Fall Offering?

Fall brings lower temperatures, higher energy, and lots to think about.

If back-to-school is on your agenda, then remember to schedule your child's back-to-school dental exam! We'll take this opportunity to give your child's teeth a thorough cleaning, and inspect their teeth for decay, discoloration, chips, cracks, and periodontal and orthodontic problems.

Your teens may be more concerned with the look of their teeth and with the freshness of their breath. They may just need a simple reminder of the importance of good dental hygiene.

Fall should also be a cue to make your dental appointment because your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year. Make an appointment before your 2007 dental insurance expires.

There are other traditions to look forward to ... like Thanksgiving! To jump-start thoughts of giving, and giving thanks, we now have a "Care Enough to Share" gift card you can give to your friends and family compliments of our office. It has a value of \$195. Your friends and family can have a complete exam, x-rays and consult at no charge to them. This is especially valuable for people without insurance. Give us a call or stop by and pick up a few to pass on. The dream of having beautiful, healthy teeth is always possible.

Yours in good dental health,

*Drs. Darren Tong &
Mariliza LaCap*

Calling All Three-Year-Olds And First Timers

We all know that first impressions last a lifetime - that's why we go the extra mile to make sure your children's first visit to our office is a special one. By planning the first visit at an early age, and making this appointment a fun trip, we hope to take that first step to developing good dental habits that will stay with your youngsters forever.

We like to refer to this first visit as a chair ride. It's a special trip to introduce children between 2 ½ and 3 years of age to the dental office and some of the associated sights, sounds and smells! The first thing your little one will smell when they enter our office is our fresh baked cookies. They will be introduced to Dr. "Darren" in our welcome room. Your child will then be taken into the playroom (operator) where they will see and hear their favorite TV show on the monitor while riding in the magic chair. We let your child play with Mr. Slurpy (the suction), have

their teeth polished by Mr. Bumpy (polishing wheel), and let us use the Tooth Counters (mirror and explorer) to count their teeth and examine for decay. We will give vitamins to their teeth to make them stronger (fluoride treatment). We will also teach them how to brush properly. At the end of the visit they will go home with their own toothbrush and toothpaste, a balloon, a small prize, and a picture of their first dental visit with a big smile on their face.

This should be the start of regular six-month checkups that usually begin shortly after your child's second birthday.

From their first appointment, our dental office will always do our best to make sure your children keep on smiling!

Please visit our web site www.washingtondentalnj.com for information on how to prepare your child for their first visit!



Lauren ~
9 months old

Some patients might not know this, but Dr. Tong (Dr. Darren to the kids) has a specialty degree in Pediatric Dentistry. That's two extra years of training after dental school in Children's dentistry and behavior. No wonder all the kids love him. Having 5 kids of his own doesn't hurt either.

Beautiful Smiles Through Exceptional Care



Fight Oral Cancer

Is that a piece of food caught in your teeth? *Made you look!* And a good thing too. Sometimes patients are so nervous about what they'll find – especially oral cancer – that they just don't want to see. But visual monitoring is essential for early cancer detection. It's important that you check your mouth and let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

Show & tell

With early detection, most oral cancer can be cured, yet 70% are identified at an advanced stage. That's why we always check your tongue, lips, cheek lining, and gums at every regular visit.

Screening for oral cancer is a team effort. We rely on you ... and you know you can count on us.

Success! What's *luck* got to do with it?

Lucky people smile twice as often and engage in more eye contact than unlucky people do. According to scientists, this leads to more social engagements, which in turn generates more chances for positive experiences. Cosmetic dentistry can give you the confidence to smile more ... maybe that's all the luck you need!

Whether you're looking to network socially or professionally, here are some cosmetic options...

- **Sparkle-up your smile** with teeth whitening. If you're considering

cosmetic dentistry for the first time, this simple procedure can produce striking confidence-building results.

- **Illuminate the shadows** with white fillings. Replace dark, older fillings with new natural-looking materials that can be matched to your enamel.

- **Generate a younger, more attractive smile** with bonding or veneers which offer value-added benefits! They can cover the deepest stains, repair cracks, chips, and rough edges, plus disguise gaps, re-proportion, and balance the appearance of your smile without braces.

- **Add strength and beauty** to your smile with natural-looking crowns. If your teeth have been weakened by root canal therapy, multiple fillings, or trauma, porcelain crowns will restore strength and improve appearance.

- **Create a more balanced and symmetrical gumline** with veneers or gum sculpting. Whether your gums have begun to recede or you have been longing to reveal the beautiful enamel under too much gum, we have a technique that will work for you.



crowns & veneers

veneers

gum sculpting & veneers

IN A HEARTBEAT

Prevent periodontal disease

Periodontal or gum disease has been called the *Silent Disease* because initially there are no symptoms. If your gums are red, sometimes bleed when you brush, feel tender, or look swollen ... these are symptoms of periodontal disease. If your mouth tastes unpleasant ... that's another symptom. If your gums have receded... you may have had gum disease for some time. Receding gums, and bone and tooth loss, are unattractive alternatives to healthy gums. But there's more at stake! Gum disease has been linked to cardiovascular and other systemic diseases.

👉 **Studies have found oral bacteria from gum infections in arterial plaque, and have also shown that therapy for periodontal disease lessens inflammation throughout the body.**

👉 **Poor oral health has been identified as a stronger predictor of heart disease than other risk factors such as low levels of good cholesterol, high levels of a clotting agent, and high levels of certain fats in the bloodstream.**

👉 **Long-term and short-term studies continue to clarify the links between oral bacteria, inflammation, and systemic diseases.**

The Surgeon General in his *Report on Oral Health in America* said that the mouth is the gateway to the body, that you cannot be healthy without oral health, and that oral and general health are inseparable. Together, we can prevent and sometimes reverse gum disease. Brush, floss, and keep regular preventive, diagnostic, and maintenance dental appointments.

Sjogren's Syndrome?

Saliva has been called the barometer of the body. Among many things, it can reveal cavity and gum disease risk factors. For some individuals, like those with *Sjogren's Syndrome*, it's the lack of saliva that creates challenges and discomfort when speaking, eating, and swallowing.

Sjogren's Syndrome is an autoimmune disease caused by inflammation in the glands of the body. Inflammation of the salivary glands can lead to mouth dryness which can lead to swallowing difficulties, dental decay, gum disease, and mouth sores. While Sjogren's Syndrome appears to be inherited, about 20% of adults experience *xerostomia* – or dry mouth – that can be triggered by more than 650 drugs and several diseases, and which appears in some menopausal women. Are you one of the 20%? Let us help.

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Great Habits...

Will keep your smile happy!

You know that excessive sweets and big second helpings aren't good for you. Neither are dental cavities. If you really have a sweet tooth, try to remember that cavities don't respect age or attitude... only good habits. Once you get into a routine, you may not need to worry about cavities again!

- 1 **Brush** at least twice a day – to remove food and plaque film from your teeth, gums, and tongue.
- 2 **Floss** once a day – to remove the plaque film from between your teeth where your toothbrush can't reach.
- 3 **Rinse** – plain water can be a great help after snacks or meals when you simply can't brush. It helps saliva, your natural buffer, to keep cavity-causing bacteria to a minimum.
- 4 **Visit us** – your dental team – regularly. Prevention is the best way to keep cavities away.

Fitness Is As Fitness Does!

Defeat gum disease & improve your health

Numerous reports, including the *Surgeon General's Report*, recommend thirty minutes of moderate physical activity a day for better physical and cardiovascular health. Did you know that can be *accumulated* activity, such as three bouts of ten minutes each? So maybe you *can* rescue those fitness resolutions! The Surgeon General says you can benefit your cardiovascular health in another way – by taking care of your oral health.

Heart disease and strokes have been linked to gum disease. For some reason, people find that difficult to believe. But if you think of your mouth as the gateway to your body, you might find it easier to visualize how oral bacteria can have the potential to affect the rest of you. Your gums form a natural barrier against bacteria migrating into your bloodstream. If your gums are wounded due to injury or gum disease, your natural protection will be compromised.

Science is still investigating the precise dynamics between oral disease and overall health, but the Surgeon General went so far as to say that “you cannot be healthy without oral health.”

Thirty minutes of daily physical activity can help to protect you against cardiovascular diseases. So can the *few minutes a day* it takes to brush, floss, and rinse.

So get going and pay attention to your smile! It's really one of the easiest fitness routines out there!



In The Spotlight!

Meet Our Newest Team Member

Lindsay,
Registered
Dental
Hygienist



Lindsay is very familiar with our dental office. She has been a patient with us for fifteen years.

She was also Dr. LaCap's part-time dental assistant for two years. Now she is sitting on the other side of the dental chair as one of our caring hygienist.

Lindsay holds a Bachelor of Science degree in Psychology from Stony Brook University. She brings with her the latest technique and technology into our hygiene department.

Her friendly and caring personality will make you feel right at home. She is very gentle and thorough. She is a great educator using many visual aids with the intra-oral camera.

When Lindsay is not in our office eradicating gum disease and brightening our patients' smiles, she can be found biking and running in the summer and snowboarding in winter.

office information

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Office Hours

Monday *by appointment only*
Tue – Fri 9:00 am – 6:00 pm
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Sunday *closed*

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Accept Our Gratitude...

We'd like to thank all of you for sending your family, neighbors, and even business colleagues to our office. These referrals mean a great deal to us! They tell us that we're doing a great job for you and your family, and that you trust us to do the same for other people in your sphere of influence.

That's why we are so committed to continuing education and to leading-edge technology, procedures, and materials. And it's also why we work so hard to streamline recordkeeping and claim processing to keep your visits hassle-free.

Yes, we really appreciate the new business you send us! As professionals, the real brass ring is knowing that our team is providing gentle, caring, and excellent dentistry to you and yours.

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