



Raymond J. Finnerty, D.D.S., Linda W. Wu, D.D.S., & Rosario T. Palabrica, D.D.S.

Family Dentistry

Produced for
the patients of
**Drs. Raymond J.
Finnerty,
Linda W. Wu, &
Rosario T. Palabrica**

Spring 2007

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Janice Stewart, R.D.H.
Khristine League, R.D.H.
Damon Sparks, R.D.H.

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Grace Snearline

OFFICE HOURS

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Tuesday 7:30 a.m.-7:00 p.m.
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Your recall visit is more than "just a cleaning"

You may have noticed that the news media these days is filled with stories regarding the links between oral bacteria and medical diseases. Dentists have long known that there is a strong relationship between oral health and general health.

Over the past 20 years, clinical research has shown that periodontitis (the advanced form of gum disease) is associated with cardiovascular disease, stroke, and bacterial pneumonia. Other research has found that pregnant women with periodontitis may be at increased risk for delivering babies that are preterm, have low birth weight, or both. More recently, the National Cancer Institute announced initial research showing a link between gum disease and pancreatic cancer. According to the American Dental Association, three in four adults over the age of 35 have some form of gum disease.

As Dr. Isadore Rosenfield, Health Editor of *PARADE* magazine, stated: "People with chronically infected gums have twice as much heart disease as the rest of us. We have an imperative to treat gum disease—to save not only teeth, but also patients."

Given these recent research developments, the office of **Drs. Finnerty, Wu, and Palabrica** wants our patients to be aware that you may notice some changes in your "cleaning appointments." As your oral health-care providers, our doctors and hygienists are committed to doing their part in maintaining your overall health by preventing the development of periodontitis in your mouth.

Among the changes you will notice is that we will be using an automated periodontal probe to take measurements of the gum-tissue attachments—"periodontal charting," as we call it. If there are localized problem sites within the mouth, those areas may need extra treatment. It may be localized scaling and root planing ("deep cleaning") and/or localized antibiotic in the pocket sites to target the oral bacteria. Consequently, your "regular cleaning" appointment may be over two visits with the hygienist.

Periodontitis is cyclical; there will be some days/months that the gum tissue is in good condition, other times not so good. Once diagnosed, it is critical that periodontitis, like heart disease, be monitored closely.

"Will my insurance cover it?" Most periodontal procedures are covered at 80%–100%. We will strive to ensure that all the necessary paperwork and documentation are filed with your claim to maximize your insurance coverage.

The standard of care in dentistry is constantly evolving with the advent of not just new technology and materials, but also with new research. The so-called "buzz" these days is "evidence-based" medicine and treatment. With that in mind, the office of Drs. Finnerty, Palabrica, and Wu wants to ensure that you receive the latest standard of care—if not beyond that.



News FROM 1500

We welcome our new hygienist, **Damon Sparks, R.D.H.**, to the office. He received his dental hygiene degree from Old Dominion University in 2002. He has been working in the Washington, D.C., area for five years. Damon will be working with us on Mondays and Thursdays.

Khristine delivered a healthy 9 lb. 8 oz. girl, *Tyler Elizabeth*, on November 27, 2006. **Laura** officially goes on maternity leave on March 1, 2007. Her due date is March 17, 2007.

We are pleased to inform you that we are now participating providers of the insurance plan Dental Wellness Partners. Ask your HR if this office plan is available to you! We continue to accept all PPO plans and are participating providers for United Concordia Advantage and Delta Dental Premier plans.

Thank you for all your referrals. We appreciate them!



Taking special care of one's dental health is part of the treatment plan, along with controlling blood sugar and getting regular exercise.

Special treatment

Diabetes and dental health

A diagnosis of diabetes means much more than just changing one's diet. Diabetes is a comprehensive disease that affects the eyes, the feet, and the teeth—among other body parts and functions. People who learn that they have diabetes might not think that it will affect their gums, but it will. Taking special care of one's dental health will become part of a treatment plan, along with controlling blood sugar and getting regular exercise.

Among the many dental problems associated with diabetes are dry mouth, gingivitis, and gum recession. Diabetics are more prone to infection, so periodontal disease is more of a threat. Dry mouth, which means there's less saliva to wash away debris on which bacteria feed, can lead to an increased risk of decay as well.

When diabetes is diagnosed, your dentist should be among the first health-care professionals notified. We can help to develop a care system that will encompass the things you need to do to keep your teeth and gums healthy in spite of the diagnosis. Attention must be paid to brushing after each meal, flossing daily, and being aware of periodontal status. Together, we can keep your mouth healthy even when diabetes is present.

Fear of the dentist RUINING YOUR SMILE?

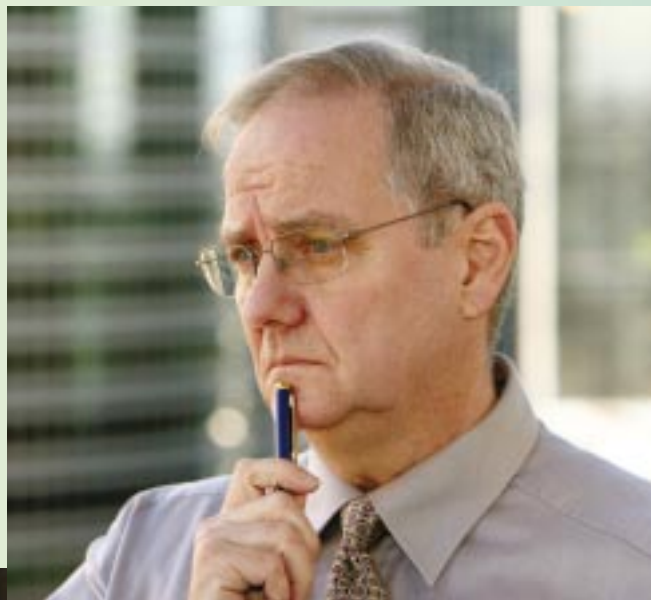
Dental anxiety can keep someone from obtaining the dental care he or she needs. This can affect enjoyment of food, the ease with which one smiles, and speech; it can also be downright painful. That's unfortunate, because modern dental techniques can minimize discomfort.

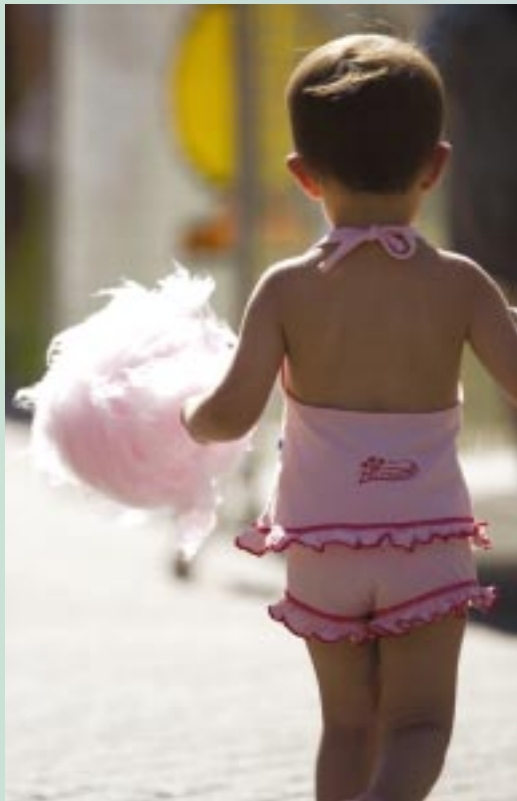
We can help relieve anxiety with ways of both diagnosing and treating dental problems that allay fear. It begins with being open. We'll be happy to talk with you about what makes you uncomfortable, the methods we have for minimizing discomfort, and the ways we can adjust treatment to meet specific needs. We're here to help.

When you call for an appointment, we can schedule it at a time when we are less busy so that we can give you the extra attention you need. Regular dental treatment should not be avoided; regularly scheduled appointments are important in helping to prevent the need for restorations. We want to help patients keep their teeth—regular cleanings and checkups will help make that a reality.

Dental anxiety is nothing to be laughed at. It can be a serious problem that can keep someone from getting the dental treatment they need. The good news is that there are many ways to alleviate dental fear and save teeth that might otherwise be lost. We hope that anyone who suffers from dental anxiety, or knows someone who does, will give us a chance to introduce our gentle dental treatment program, which can help patients overcome fear and receive preventive and restorative care.

We can help relieve anxiety with ways of both diagnosing and treating dental problems that allay fear.





“OUCH! I’ve bitten my tongue!”

At that moment, the pain is excruciating! If it’s a minor bite, within a few minutes the discomfort subsides. However, more serious bites can occur. That can be especially true when the bite is the result of a sports activity, a fall, or some other type of accident.

When a bitten tongue is serious, ice or cold compresses should be applied. Persistent bleeding should be treated with a clean washcloth or gauze. Press gently to help stop the flow. Bleeding that lasts more than 15 minutes requires professional treatment.

Often with a mild bite, the slight swelling will cause you to reinjure the area during normal eating or speaking. Applying cold, such as a small ice cube, can relieve the swelling. Avoid foods that require vigorous chewing, and, unless necessary, don’t talk much until the swelling subsides. Taking these steps can help you avoid biting the same spot over and over.



Fairy floss?

Cotton-candy trivia

Cotton candy...the very thought brings about visions of sunshine, carnival rides, music, and laughter. It was introduced with much fanfare at the 1904 World’s Fair in St. Louis (pun intended), and it has been a staple of such events ever since. Cotton candy is literally made of sugar spun by a special machine into a sort of wool-like substance.

It’s interesting that something made almost entirely of sugar was originally called “fairy floss.” Although it seems that the fluff disappears the moment it touches your tongue, it’s actually converted into a very sticky substance that clings to teeth. Washing the occasional cotton candy down with plenty of water and brushing as soon as you get home minimize the damage, however. In fact, in spite of its short list of ingredients, a serving of cotton candy doesn’t contain as much sugar as an average soda. That doesn’t mean you should choose it regularly as a snack, though. Just remember to pull out some real floss when you’re done with the fairy floss, and you should be fine.



Bottled water not best for teeth

Everyone seems to be sipping bottled water these days. Whether it’s spring water, vitamin enriched, or subtly fruit flavored, having your own take-along bottle is trendy and considered healthy by many. After all, aren’t eight glasses per day recommended, and by sipping all day, aren’t you getting the moisture and hydration you need?

Well, yes and no. Sure, water is good for your body, and drinking it all day long does keep you well hydrated, but bottled waters are not the best choice for teeth. There are two main reasons for this:

1. The acids and sweeteners in flavored waters can erode enamel and encourage bacterial activity that leads to decay.
2. The lack of fluoride in most bottled waters means that teeth aren’t getting the protection they need from that important additive.

Ingredients such as fructose and sucralose are not natural sugars, but neither are they completely safe for teeth. The fact that people tend to sip these waters all day long means that teeth are being continually bathed in these additives and acids. Using a straw would help, but carrying a bottle filled with plain, safe, fluoridated tap water would be a better choice for teeth and for your overall health.

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Illuminate your smile with **LUMINEERS™**

The word “illumine” is from the French, meaning “to give light.” Lumineers™ by Cerinate are extremely thin, translucent porcelain veneers that can bring new “light” and life to your smile. The process uses an exciting new porcelain material that is crafted to be as thin as a contact lens, but has significant durability.

Lumineers are recommended for a number of different dental needs. They are sometimes used as a substitute for orthodontics because they can change the appearance of tooth alignment. In other cases, they may be recommended for teeth that are too far apart, stained, or damaged.

In the past, using veneers meant removing much of the natural tooth, but that isn't necessary with Lumineers. With Lumineers, discomfort and the need for anesthesia are virtually eliminated. During the first visit, an impression is taken and the custom veneers are crafted. At the second visit, preparation simply involves lightly etching the teeth so the veneers can adhere properly. Best of all, it generally only takes these two visits to complete the process, and the patient walks out of the office with a beautiful new smile.

Often, patients wonder whether their Lumineers will require special care. As always, it will be important to employ good home-care methods, such as daily flossing. Brushing regularly with a low-abrasion toothpaste that cannot damage tooth enamel is essential as well. Seeing us on the schedule we've recommended (at least every six months) is necessary to keep the warranty valid.

Lumineers offer a number of benefits to patients who have been looking for a pain-free solution to their cosmetic dental problems. If you're among these patients, ask us about this exciting new technology. Call us at **703-524-0288** to learn more about how Lumineers can brighten your smile.



ADVANTAGES OF LUMINEERS™

- ❖ Dramatically improve smiles.
- ❖ Can last up to 20 years.
- ❖ Require no special care.
- ❖ Can be applied in just two or three visits.
- ❖ Don't require extensive tooth preparation.
- ❖ Little or no discomfort is involved in the procedure.