



Family Care, Orthodontics & TMJ

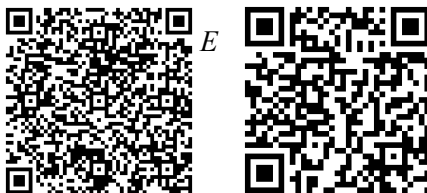
732-264-8180

Hope you all had great Holidays and wish you Very Happy and Healthy New Year. This year we did not send our greeting cards and decided to donate money to a worthy cause instead. Thank you all for sending us greeting cards. February is National Children's Dental Health month so we are focusing this Newsletter to that. I am very humbled that you all chose me to provide your dental care. I promise and I believe that I owe you to continuously expand my knowledge and ability to bring a special level of care to you and to my community. I realize that dental work I do for my patients is pale compare to what you all do for me. Thank you.

Office Hours including Evenings and Sat.

Monday & Thursday:
11:00 a.m. to 7:00 p.m.
Tuesday & Friday
8:30 to 5:00 p.m.
Saturday: 8:00 a.m. to 1:00
Visit us @ www.Dentistnj.com
Dentistnj@comcast.net
Saturday: 8:00 a.m. to 1:00

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Dipika Shah, D.D.S., M.A.G.D., L.L.C.

Smile Talk

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What's the best age to start orthodontic treatment?

When to start treatment depends on many factors and goals. Many children need to get started earlier, but that does not mean braces. Phase 1 treatment should begin as soon as issues are noticed in the existing or developing skeletal and muscular orofacial environment, before eruptions of all permanent teeth. If your child has small/narrow jaws, crowded teeth, underdeveloped jaw, deep overbite, breathing difficulties, earaches, headaches, grinding teeth, mouth breathing, or finger/pacifier sucking beyond age 3, ask your dentist to evaluate.

At our office, we check children from a very young age for breathing problems. Yes, children can suffer from sleep apnea. We treat children under age 10 by collaborating with an ENT for optimal airway growth, development, and function. We also use myofunctional appliances that can be as simple as palatal expanders or something more involved. Seventy



percent of 12-year-olds with all permanent teeth need orthodontic treatment, yet 90% of a child's face and airway is already developed. By guiding a child's growth earlier, 80% of problems can be corrected before the adult teeth are present, allowing shorter treatment time to correct the remaining 20%, if needed. If a child is grinding, clenching, mouth breathing, or having earaches and we wait, they may suffer from heart disease, diabetes, and other chronic conditions associated with

bad breathing at night. Helping children grow up with an open airway, breathing well 24/7, lets them perform their academics and athletics at 100% capacity.

Taking kids to the dentist is not just for checking for cavities, cleaning their teeth, and giving them fluoride and sealants. It is to make them grow healthy for life by evaluating their needs and helping them develop broad smiles and healthy jaw joints, end ear pain, facilitate speech development, and prevent the removal of adult teeth, orthognathic surgeries, or protruded teeth at a later age. For more information, please contact our office at 732-264-8180.

New Research and applications: Commit yourself to lifelong learning. The most valuable asset we have is our brain and what we put in that brain.

Grape Seed Extract May Strengthen Your teeth: Tooth's outer most layer is enamel and it protects your teeth. Inside enamel is dentin and it supports enamel. This dentin is mostly made up of collagen. Grape seeds extract, according to Ana Bedran-Russo, DDS, MS, PhD at UIC, strengthens dentin. They determined that collagen in dentin can repair itself when gets damaged by decay with a grape seed extract. That suggests that stronger bond can be achieved with bonded restorations. Grape seed extract may be a natural solution to strengthen dentin and make dental restorations last longer.



Salivary Test For Hepatitis E Virus Nearly Matches The Accuracy of a Blood Test: Researchers from Johns Hopkins Bloomberg School of Public Health have developed a salivary test for hepatitis E virus infection that is as accurate as blood test. Most of us do not like to get blood

drawn and rather give a sample of our saliva for test. There is a good amount of research going on to help diagnose many health conditions with salivary test and hope it replaces blood tests soon. At present they are also working on the equipment to do salivary test to make it more portable and practical. Blood testing requires trained personnel to collect blood, it has to be protected from heat and sanitary disposal of needles. A simple and accurate saliva test would address lot of these concerns according to Dr. C Heaney.



Do Not Let Your Insurance Company Dictate Your Oral and Overall Health. Prevention is Better than Cure. Do Not Miss Your 6 Months visits and Do Not Procrastinate necessary Dental Work. Ask Paula, how can we help those without insurance?



Dental Trivia: First one who gets all correct answer wins \$25. Submit your answers On our Facebook page as we will post this trivia on Facebook after everyone receives this newsletter (keep checking <https://www.facebook.com/DrShahGentleDentalNJ/>) You not only have to answer Fact or Myth but give brief explanation.

- (1) You do not need to worry about cavity in baby teeth.
- (2) Brushing Flossing and rinsing is the best way to prevent cavities.
- (3) If you have a cavity, you will know it.
- (4) Exposure to acidic food and drinks like Juice, lemon can give you cavities.
- (5) Eating whole box of cookies at one time can give you more cavities than eating few cookies couple times a day.

We appreciate Your Referrals: In our practice, you make the difference. We will keep working hard to earn your ongoing loyalty and trust. Every time you refer us to the important people in your life, you help to keep our practice growing and progressing. Your trust and confidence are very important to us. Please let us know whom did you refer, so that we can thank you properly for your support and confidence. Thank you sincerely for your favor of your referral.

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Did you know that kids can grow up without a single cavity in their lives? Yes, many of our



patients are examples of following simple protocols to stay away from destruction of oral health. Proper brushing twice a day and flossing once a day can keep dentists away. Pea size tooth paste and parents help teaching, supervising with brushing and flossing their teeth till they are 7 (some kids may need parental help till 10-11 years old) and making sure that they are spitting all the tooth paste out, rinsing well and changing their brush every three months or sooner if needed. Milk and water are the best drinks for kids. Even milk has sugar in it so teach them to drink water after each meal and after drinking anything other than water. Be mindful of consumption of sugary/acidic beverages and non-nutritious snacks. Make sure they are getting nutritious food balanced with fruits, vegetables, bread, cereals and other grains, milk, yogurt, cheese, meat, fish, poultry, dry beans, peas, eggs and nuts. Sugarless drink does not mean it's healthy, it may have acid to make up for the taste of sugar which is lot more harmful to their teeth. Sports drinks and energy drinks also can be harmful to their teeth. There is no

drink like Milk and water for your children.

Taking children regularly to dentist is equally important. . Do not let your or your family member or friend's fear get to your kids about going to dentists. It is very important how your baby is introduced at dental office. Do not use any negative words when telling the kid about their first visit. Instead create a fun field trip type of experience in child's mind, do not use any negative words, and keep it very positive. Dentists not only check their teeth for cavities and cleaning their teeth but to give them fluoride (a mineral that strengthens their teeth), teach them what food is healthy and what is not- helps to hear from a dentist to reinforce what parents are saying, help them from harmful habits, protect their teeth by applying sealants, watch their growth and development and intercept when needed by providing myofunctional appliances, may need to take out over retained baby teeth or do serial extraction to accommodate larger permanent teeth in a smaller jaw, look for sleep apnea signs and symptoms to make sure that they can breathe well all through their lives to achieve their dreams, educate parents about protecting kid's teeth with proper dentist made mouth guard which can fit well and it will not come out when they need it the most and allow them to communicate to their team mates when needed. Do not be penny wise and pound fool when it comes to protect your kid's teeth from sports injury. Dental rehabilitation cost for life time can run in thousands of dollars. Most of the kids can be treated in a General dentist's office or a pediatric dentist for their routine needs as far as dentist has love, patience and passion to help kids grow up right. For more questions, feel free to call our office at 732-264-8180.



BBQ Chicken and Strawberry Salad:

Rub boneless chicken with favorite seasonings (paprika, oregano, Cayenne, onion powder, salt, pepper) and BBQ for 20 min, until done.

Make your own balsamic reduction by boiling it to reduce to at least half.

Arrange salad greens, sliced chicken breast, chopped strawberries with balsamic reduction.

Did you know Strawberries are deliciously natural teeth- whiteners?

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To: Current Resident or

Thank you all for your kind words and taking time to fill out our online survey on Google. Here is our commitment to you and please feel free to draw our attention if we fall short. We will treat you with respect and keep **comfortable and Hi-tech quality of care** as our number one priority. You are the reason for our existence and growth and **you are our boss**. We are **genuinely concerned** about your frustrations or fears, we will listen and address your concerns proactively. We will be reliable in fulfilling your requests promptly and help you achieve your goals.



Dr. Dipika Shah, General Dentist with a mission to enhance the quality of life of those who come to us for their Dental Care. She is a recipient of several awards including:

Mastership and Life Long Learning and Service Awards from the Academy of General Dentistry
*listed on "The Guide to America's Top Dentists" by the consumer research council

Recipient of "Who's Who Among Executives and Professionals"

Past president of Monmouth-Ocean County Dental Society.

Delegate and Trustee of MOCDS, NJDA and ADA.

Please feel free to give your valuable opinion to