

Spring Clean Your Smile!

Your closets may not be the only thing in need of a Spring cleaning! Don't forget to make your dental appointment if it has been more than 6 months since you last came by!



children's
DENTAL HEALTH
month



Wave of the future

This past February was National Children's Dental Health Month and we decided to celebrate by having the Red Hill Dental Office and Quakertown Dental Office "tooth fairy helpers" educate your children about oral health. We believe that your children are the *wave of the future* and we should begin the fight against

tooth decay and periodontal disease before it starts by instilling good oral hygiene habits and promoting healthy eating!

Who knows? Maybe our moms and dads were able to learn some important things about their dental health from the bright young minds to whom we spoke!



Alissa, one of our hygienists from the Quakertown Dental Office visits with pre school at Richland Elementary.



Dr. Guo and her volunteer show LifeQuest's pre school class what to expect at their visit to the dentist.



Angelique (the tooth fairy's assistant) from the Red Hill Dental Office, demonstrates the proper way to brush!

THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!



Sedation Dentistry

Sit Back... Relax and Smile!

If I had a nickel for every time I heard the phrase, "No offense, but I hate the dentist" I (and every other dentist in the world) would be very rich! If you are one of the millions of people who resonate with the aforementioned sentiment, what if I told you that I can help you not hate the dentist? Are you intrigued?

What are Oral Sedatives?

Oral sedation usually comes in the form of a pill in the class of drugs called benzodiazepines. These medications provide mild to moderate sedation to decrease anxiety and produce a calming or relaxing effect. These medications can also help patients remember less of their appointment including the sights, smells, and sounds that can trigger anxiety. Oral sedatives can also be used in conjunction with inhalation sedation for an additional level of comfort.

What is Inhalation Sedation?

Inhalation sedation is a light form of sedation that is a mixture of nitrous oxide and oxygen gas breathed through a nose piece. During nitrous oxide sedation, you are awake but can feel relaxed, warm, floaty, and somewhat drowsy. Also, inhalation sedation takes just a few minutes to become effective and only a few minutes to recover from at the end of a procedure.

If you think sedation is something that could be right for you, don't hesitate to call us and schedule a consultation. We would love to talk to you about how we can help you through your dental anxiety and the options we have for providing a pleasant experience.

****Reference: American Dental Association:
<https://www.ada.org/en/science-research/health-policy-institute/dental-statistics/patients>

Give us a call! **Red Hill 215.679.8033**
Quakertown 215.538.0211

DID YOU KNOW?

#ORALHEALTH EDITION

Two-thirds of kids drink at least one sugar-sweetened beverage per day?

THANKS FOR BEING AWESOME



Enjoying a little time out of our day for a staff appreciation lunch!

W Y S W Y T C T O V B H S M I L E C
 B E B G U Z N O X V C J N E P H C A
 K M O U T H M O N S T E R S V M G V
 D E C A Y T X T E F I I Z M T A M I
 D M R S D F V H I L R S W K N O B T
 W E O M G K R B J O T V H G S Q D Y
 E N N R X P F R H S Q E X L Q Z T E
 L J W T N E B U N S N V E B O Z R W
 C T D R I I A S O I B G D T D R V Z
 K Y D M S S N H F R U I T X H D V T
 N I G H T E T G R C D I X I X S I S
 U O P T O O T H F A I R Y Z V P K T



CAVITY MORNING
 DECAY MOUTHMONSTERS
 DENTIST NIGHT
 TOOTHFAIRY SMILE
 FRUIT TOOTHBRUSH
 FLOSS TEETH

Office Spotlight



Steve Bonomo, D.D.S.



Dr. Steve Bonomo completed his undergraduate studies at Kings College with a Bachelor of Science Degree in Business Administration. He received his Doctor of Dental Surgery (DDS) degree from the University of Maryland, Baltimore College of Dental Surgery in 1996. Dr. Bonomo also holds a Forensics Certificate in Dentistry from the Armed Forces Institute of Pathology (AFIP)

Dr. Bonomo has a particular interest in breaking down barriers to care for patients with severe dental anxiety. Dr. Steve has advanced training in combination oral and inhalation sedation to maximize the patient experience for even the most uneasy patients. Combined with his laid-back, compassionate demeanor, Dr. Steve Bonomo's personalized sedation regimen will make your dental visit feel like a day at the spa.



For more information on Sedation Dentistry please visit our website at: www.rhdentaloffice.com.

#GetOralCancerInCheck
APRIL IS ORAL CANCER AWARENESS MONTH

An estimated 25% of oral cancer patients have no known risk factors for the disease.

ABOUT **35,000** cases of oral cancers are diagnosed in the United States every year.

ORAL CANCER SCREENING IS VITAL:
Early detection can result in easier treatment and greater chance for a cure.

Early Detection Can **SAVE** Your Life!

Let's be honest...nothing says buzz kill like a serious discussion about oral cancer. However, we care too much about you to be silent about this dangerous disease. The good news? oral cancer is relatively rare. Also, when caught in its early stages, oral cancer has an 80 to 90% survival rate and there are plenty of things you can do to decrease your risk!

What are the risk factors?

- **Tobacco use:** Decreasing your risk for oral cancer is just another reason to quit using tobacco products. About 80% of people diagnosed with oropharyngeal cancers have a history of tobacco use**.
- **Alcohol consumption:** 70% of people diagnosed with oral cancer engage in excessive drinking (>2 drinks/day for men and >1 drink/day for women)**.
- **Sun exposure:** We love the great outdoors just as much as you do but when you go outside, remember to use lip products with sunscreen to protect your lips just as you would use sunblock to protect your skin!
- **HPV-16: HPV** (human papilloma virus) has garnered a lot of attention in recent years for its link to cervical cancer in women but did you know that HPV can also increase your risk for oral cancer? Fortunately, there is a vaccination available to prevent contraction of some HPV strains including those related to oral and cervical cancer
- **Age:** There isn't a whole lot we can do about the natural process of aging. However, if you are over 55, being consistent with your dental visits and being aware of any signs and symptoms can aid in early diagnosis!

There is no reason to wait!

When it comes to detection of oral cancer, there is no day like today! Be on the lookout for any unusual changes in your mouth. If you're concerned, don't hesitate to make an appointment!

**Reference: The Oral Cancer Foundation: <https://oralcancerfoundation.org/understanding/risk-factors/>
***Reference: American Dental Association: <https://www.mouthhealthy.org/en/oral-cancer-slideshow>



We Welcome New Smiles!

WHAT IS HIDING IN YOUR DIET??



Picture this! Close your eyes and think of a list of sugary foods:

Chocolate, donuts, candy, cookies, cakes, soda...juices, yogurt, dried fruit, granola, pasta sauce, packaged breads (even the whole grain ones!).

WAIT, WHAT?! Did fruit juice and whole grain bread not make your list? Are you surprised? Unfortunately, foods laden with added or "hidden" sugars increase the risk of many health problems including obesity, diabetes, heart disease, and last but not least, tooth decay. So how much is too much?

The American Heart Association recommends that added sugar should make up no more than 100 calories (or 6 tsp) a day for most women and 150 calories (or 9 tsp) a day for most men**. We have compiled a list to help you unearth the most commonly perceived "healthy foods" that are full of added sugars.



SURPRISING SOURCES OF Hidden Sugars



Pasta Sauce
6-12 grams
per 1/2 cup serving



Granola Bars
8-12 grams
per serving



Yogurt
17-33 grams
per 8 oz serving



Instant Oatmeal
10-15 grams
per packet



Salad Dressing
5-7 grams
per 2 tbsp



Breakfast Cereal
10-20 grams
per 1 cup serving



Energy Drinks
25 grams
per 8 oz serving



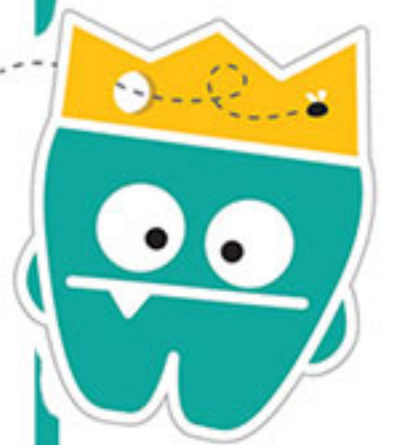
Canned Fruits
39 grams
per 1 cup serving



Raisins (dried fruit)
25 grams
per 1.5 oz package



Ketchup
4 grams
per 1 tbsp



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Fri 7:30 am - 5:00 pm
Saturday 8:00 am - 12:00 pm
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Call Today!

Quakertown 215-538-0211
Red Hill 215-679-8033

We Welcome New Smiles!



If you presently have a dentist you are happy with, please consider this information helpful. If you are looking for a dentist, please think of us.

Make sure you're signed up to receive our emails and keep updated on our events!