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—THE FACTS— PERIODONTAL DISEASES

MORE THAN JUST UNSIGHTLY
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QUESTIONS
& ANSWERS
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MEET THE DOCTORS

PHILLIP J. DEJESUS, D.D.S., F.I.C.O.I.



Graduated from Fordham University in 1988 with a Bachelor of Science Degree in Biology. In 1992, he graduated from SUNY Stony Brook School of Dental Medicine with a Doctor of Dental Surgery Degree. He was accepted to one of the most demanding general practice residency programs in the United States, at St. Barnabas Hospital (affiliated with Cornell University), in NYC. He spent 2 years as a resident, the second of which was as Chief Resident for the entire program in 1994. He remains on staff as an attending dentist.

Dr. DeJesus has logged hundreds of hours continuing his education in all phases of dentistry, including implants and cosmetic dentistry. He received his fellowship award from the International Congress of Oral Implantology in June 2005 and is a pre-fellow in the Academy of General Dentistry. Dr. DeJesus is a member of the American Dental Association, American Academy of Cosmetic Dentistry, Connecticut State Dental Association, and the Bridgeport Dental Association.

JASON R. OBERHAND, D.D.S.



Graduated from Lehigh University in 1993 with a Bachelor of Science Degree in Environmental Science and Resource Management. In 1998, he graduated from Columbia University School of Dental and Oral Surgery, NYC, with a Doctor of Dental Surgery Degree. He spent the next 3 years serving his country in the U.S. Air Force as a dentist where

he completed his Advance Education in General Dentistry Residency. Dr. Oberhand joined the practice in 2001.

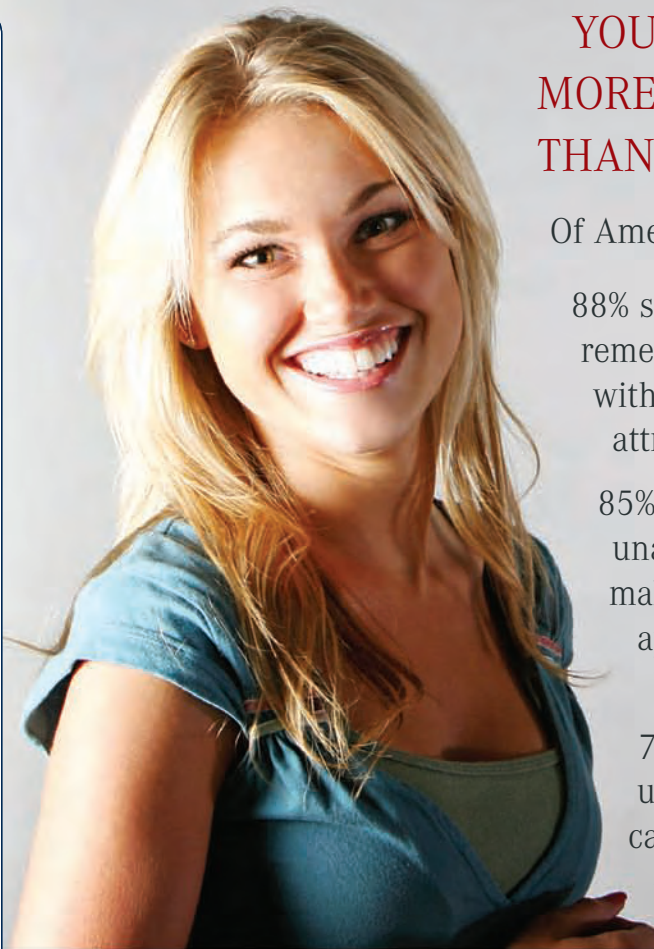
Dr. Oberhand has completed hundreds of hours of continuing education in all phases of dentistry including cosmetic dentistry, orthodontics, implants, and pediatric dentistry. He is a member of the American Dental Association, the Connecticut State Dental Association, the Bridgeport Dental Association and the American Orthodontic Society.

John Rallo, D.D.S.



Graduated from Amherst College in 1980 with a Bachelor of Arts in Neuroscience & French. After several years in the Petrochemical Industry he attended New York University College of Dentistry where he graduated class valedictorian in 1987. The next three years were spent at the Manhattan Veteran's Administration Medical Center where he obtained his certification in periodontics.

Dr. Rallo has been practicing periodontics in the Fairfield County area for 16 years. He is a member of the American Dental Association, American Academy of Periodontology, Connecticut State Dental Association, Stamford Dental Society, Northeastern Society of Periodontists, and Connecticut Society of Periodontists.



YOUR SMILE IS MORE IMPORTANT THAN YOU THINK.

Of American's Polled* ...

88% said they always remember someone with an especially attractive smile

85% agree that an unattractive smile makes a person less appealing to the opposite sex.

74% agree that an unattractive smile can hurt a person's chances for career success.



Our Mission: At the office of Phillip J. DeJesus, D.D.S. and Associates, Dr. DeJesus, Dr. Oberhand, Dr. Rallo and the entire staff has made the commitment to help eliminate dental disease by using state-of-the-art technology and procedures. We will educate patients, their families and the community on the importance of good oral health and its relationship to the entire body. We will enhance the community's overall well-being by creating a healthy and happy population of patients who happily refer other patients.

*Stats are based upon a 2004 scientific poll of the American public. AACD stats Cosmetic Dentistry Consumer Stats In a recent independent study conducted on behalf of the AACD.

THE FACTS: MORE THAN JUST UNSIGHTLY

Periodontal Diseases

Periodontal diseases, including gingivitis and periodontitis, are serious infections that, if left untreated, can lead to tooth loss. The word periodontal literally means "around the tooth." Periodontal disease is a chronic bacterial infection that affects the gums and bone supporting the teeth.

Periodontal disease can affect one tooth or many teeth. It begins when the bacteria in plaque (the sticky, colorless film that constantly forms on your teeth) causes the gums to become inflamed.

In the mildest form of the disease, gingivitis, the gums redden, swell and bleed easily. There is usually little or no discomfort. Gingivitis is often caused by inadequate oral hygiene. Gingivitis is reversible with professional treatment and good oral home care.

Untreated gingivitis can advance to periodontitis. With time, plaque can spread and grow below the gum line. Toxins produced by the bacteria in plaque irritate the gums. The toxins stimulate a chronic inflammatory response in which the body in essence turns on itself, and the tissues and bone that support the teeth are broken down and destroyed. Gums separate from the teeth, forming pockets (spaces between the teeth and gums) that become infected. As the disease progresses, the pockets deepen and more gum tissue and bone are destroyed. Often, this destructive process has very mild symptoms. Eventually, teeth can become loose and may have to be removed.

Causes of Periodontal Disease

The main cause of periodontal disease is bacterial plaque, a sticky, colorless film that constantly forms on your teeth. However, factors like the following also affect the health of your gums.

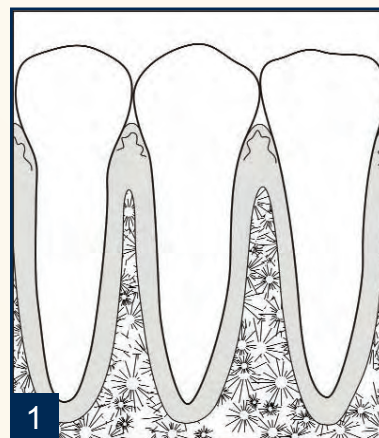
Smoking/Tobacco Use

As you probably already know, tobacco use is linked with many serious illnesses such as cancer, lung disease and heart disease, as well as numerous other health problems. What you may not know is that tobacco users also are at increased risk for periodontal disease. In fact, recent studies have shown that tobacco use may be one of the most significant risk factors in the development and progression of periodontal disease.

Genetics

Research proves that up to 30% of the population may be genetically susceptible to gum disease. Despite aggressive oral care habits, these people may be six times more likely to develop periodontal disease. Identifying these people with a genetic test before they even show signs of the disease and getting them into early interventive treatment may help them keep their teeth for a lifetime.

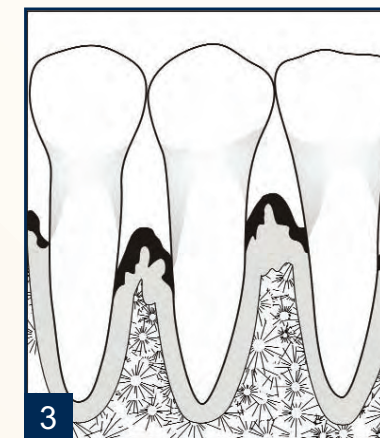
(continued on page 5)



1. Healthy gums holding teeth firmly in place.



2. Infection due to plaque (germs) and calculus (tartar) beginning to destroy the supporting gums and bone around the teeth.



3. Severe loss of gum and bone support as infection continues untreated. It leads to loose teeth, followed by loss of teeth

- DeJesus Dental -
HYGIENISTS



Melanie Miranda
R.D.H., B.S.



Heather Bickley
R.D.H.



Nancy Bento
R.D.H.

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ASSISTANTS



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Yvonne Portillo



Ericka Rivera



Michael Kramer



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Ensuring that your kids grow up with healthy teeth and good dental health habits begins in their first year of life. Here are a few dental tips for the smallest members of your family to help them maintain healthy teeth and avoid gum disease and other dental health issues.

tips4tykes



Q1: What should I know about teething?

A: The discomfort of teeth coming in can cause your baby to become irritable. You can ease some of the discomfort by lightly rubbing the baby's gums with a clean finger or a wet gauze pad. A cool teething ring can also help to soothe your baby's tender gums.

When the first teeth appear, begin using a children's soft-bristle toothbrush to clean them daily. Giving your baby regular oral cleanings after each meal instills good dental health habits early in life.

Q2: What role does nutrition play in healthy dental development?

A: Healthy eating habits lead to healthy teeth. Many snacks that children eat can lead to the formation of cavities. Try to limit your child's snacks. If your child must snack, choose nutritious foods such as vegetables, low-fat yogurt and low-fat cheese.

Q3: When should my child start flossing?

A: You should start flossing your children's teeth even when they have only their primary teeth. As they develop dexterity, you can help them learn to floss. To stress the importance, floss for them regularly until they're able to do it themselves. Use floss, like Glide®, that doesn't hurt their teeth and is comfortable on their gums.

Q4: How can I avoid baby bottle cavities?

A: Once your baby's teeth begin to appear, you need to take extra care that these new teeth do not develop cavities. One common way a baby can develop cavities is called "nursing bottle mouth," which is caused by extended nursing on milk, formula or juices, especially at bedtime or nap-time. You should not use a feeding bottle as a pacifier. If you must give your baby a bottle at bedtime or nap-time, make sure it contains plain water. You should not give a baby a pacifier that has been dipped in honey or sugar.

SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW.

CAVITY	LOLLIPOP	TARTAR
DENTIST	MIRROR	TOOTHBRUSH
FILLING	MOLAR	TOOTHPASTE
FLOSS	PLAQUE	

THE WORDS READ UP, DOWN AND ACROSS.

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

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



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Invisalign uses a series of clear aligners that are custom-molded. Virtually invisible aligners gradually reposition teeth into a smile you'll be proud of.

Why People Prefer Invisalign®

The convenience and ease of use of the Invisalign system have made it the choice of over half a million people. In fact, Invisalign has been effective in giving hundreds of thousands of people amazing new smiles.

- Most people won't notice you're in treatment
- Won't disrupt your lifestyle
- Free initial consultation with participating doctors

No metal wires or bands to irritate your mouth, and best of all, most people won't notice you're in treatment. Invisalign®, the clear alternative to braces, has been chosen by over 490,000 people who want amazing smiles.



Is Invisalign® for Me?

Effective for a wide range of smiles.

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Invisalign trays are clear, practically invisible, so nothing gets in the way of your new smile. No wonder Invisalign is the choice of over half a million people.

Schedule your free consultation with Phillip J. DeJesus, D.D.S & Associates, L.L.C. to find out if Invisalign is right for you.

Periodontal Diseases (Continued from page 3)

Pregnancy and Puberty

As a woman, your health needs are unique. You know that brushing and flossing daily, a healthy diet, and regular exercise are all important to help you stay in shape. You may also know that at specific times in your life, you need to take extra care of yourself. Times of change, including puberty, menopause, menstruation or pregnancy are times when you have special health needs. During these particular times, your body experiences hormonal changes. These changes can affect many of the tissues in your body, including your gums. Your gums can become sensitive, and at times react strongly to the hormonal fluctuations. This may make you more susceptible to gum disease. Additionally, recent studies suggest that pregnant women with gum disease are seven times more likely to deliver preterm, low birth weight babies.

Stress

Stress is linked to many serious conditions such as hypertension, cancer, and numerous other health problems. What you may not know is that stress also is a risk factor for periodontal disease. Research demonstrates that stress can make it more difficult for the body to fight off infection, including periodontal diseases.

Medications

Some drugs, such as oral contraceptives, anti-depressants, and certain heart medicines, can affect your oral health. Always notify your pharmacist and other health care providers, including your dental care provider, of all medicines you are taking and any changes in your overall health.

Clenching or Grinding Your Teeth

Clenching or grinding your teeth can put excess force on the supporting tissues of the teeth and could speed up the rate at which these periodontal tissues are destroyed.



Severe Periodontitis: Note the heavy calculus build-up with swollen gums.

Diabetes

As a diabetic, you are at higher risk for developing infections, including periodontal diseases. These infections can impair the ability to process and/or utilize insulin, which may cause your diabetes to be more difficult to control and your infection to be more severe than a non-diabetic.

Poor Nutrition

A diet low in important nutrients can compromise the body's immune system and make it harder for the body to fight off infection. Because periodontal disease is a serious infection, poor nutrition can worsen the condition of your gums.

(continued on page 7)

- DeJesus Dental -
ADMINISTRATIVE



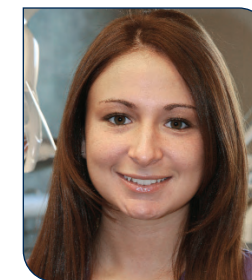
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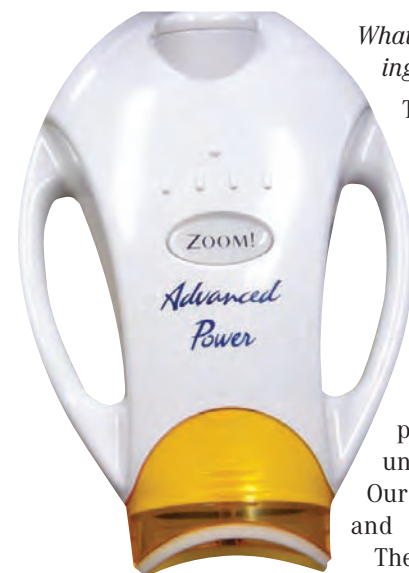


Kathryn Machado
Front Desk Asst.



What causes tooth discoloration?

Tooth enamel discoloration can be caused by staining, aging or chemical damage to teeth. Some of the more common causes of teeth discoloration are medications, coffee, tea, sodas or tobacco products. Genetics can play a role. Some people have naturally brighter enamel than others. Disease can also be a factor because medications at specific ages in tooth development can cause a discoloration of the teeth. If you suspect that there is an underlying medical cause for your teeth discoloration, be sure to inform your dentist.



What are the most effective whitening techniques?

The most effective and safest way of obtaining tooth whitening is through in-office bleaching. This procedure involves the application of a bleaching agent on a patient's teeth. Once the dentist activates the hydrogen peroxide contained in this bleaching agent, the patient's tooth will begin to undergo the whitening process. Our office offers Zoom!, Britesmile and Saphire whitening systems. These systems are proven to light-

Q & A with Dr. Phillip J. DeJesus

en patient's teeth by over 9 clinical shades of whiteness and both procedures can be completed in about one hour. Call Phillip J. DeJesus, D.D.S. and Associates, L.L.C. to arrange a free in-office consultation.

Why is it so important to replace missing teeth?

Missing teeth result in unsightly gaps in your smile, may allow adjacent teeth to drift and become misaligned which can eventually result in TMJ pain, cause unnecessary wear on adjacent teeth, affect your ability to get proper nutrition, and can even affect your entire facial appearance. Prosthodontics is the dental term used for the replacement of teeth. Prosthetic teeth can be made to look just like your natural teeth and greatly improving the attractiveness of your smile. Some of the options we offer for replacing missing teeth include Bridges and Implants. If you are missing any of your permanent teeth, schedule an appointment to learn which option would be right for you.

Systemic Diseases

Diseases that interfere with the body's immune system may worsen the condition of your periodontal health.

Types of Periodontal Disease

There are many forms of periodontal disease. The most common ones include the following:

Gingivitis

Gingivitis is the mildest form of periodontal disease. It causes the gums to become red, swollen, and bleed easily. There is usually little or no discomfort at this stage. Gingivitis is reversible with professional treatment and good at home oral care.

Aggressive Periodontitis

A form of periodontitis that occurs in patients who are otherwise clinically healthy. Common features include rapid attachment loss and bone destruction and familial aggregation.

Chronic Periodontitis

A form of periodontal disease resulting in inflammation within the supporting tissues of the teeth, progressive attachment and bone loss and is characterized by pocket formation and/or recession of the gingiva. It is recognized as the most frequently occurring form of periodontitis. It is prevalent in adults, but can occur at any age. Progression of attachment loss usually occurs slowly, but periods of rapid progression can occur.

Periodontitis as a Manifestation of Systemic Diseases

Periodontitis, often with onset at a young age, associated with one of several systemic diseases, such as diabetes.

Necrotizing Periodontal Diseases

An infection characterized by death of gingival tissues, periodontal ligament and alveolar bone. These lesions are most commonly observed in individuals with systemic conditions including, but not limited to, HIV infection, malnutrition and immunosuppression.

Treatment of Periodontal Disease

Non-Surgical Treatments

The American Academy of Periodontology guidelines stress that periodontal health should be achieved in the least invasive and most cost-effective manner. This is often accomplished through non-surgical periodontal treatment, including scaling and root planing (a careful cleaning of the root surfaces to remove plaque and calculus [tartar] from deep periodontal pockets and to smooth the tooth root to remove bacterial toxins), followed by adjunctive therapy such as local delivery antimicrobials and host modulation, as needed on a case-by-case basis.

After scaling and root planing, many patients do not require further active treatment, including surgical therapy. However, the majority of patients will require ongoing maintenance therapy to sustain health. Non-surgical therapy does have its limitations, however, and when it does not achieve periodontal health, surgery may be necessary.



Zoom!

For a brilliant smile in 45 minutes...

Put some Zoom! in your life today

Coffee is my number one vice. I drink a minimum of four cups a day. Needless to say my teeth showed it. Dr. DeJesus recommended the Zoom! procedure to me. Although skeptical, I jumped at the chance. After one hour my teeth were the whitest they have been in my entire adult life. Zoom! made a significant difference in my appearance. Thank you Zoom!
-Shayna, Shelton, CT



THE NO-PAIN, NO-GRIND, NO-SHOT PERFECT SMILE!

LUMINEERS™ PORCELAIN VENEERS CAN MAKE EVERYONE'S SMILE MORE BEAUTIFUL WITHOUT REMOVING PAINFUL TOOTH STRUCTURE!

LUMINEERS™ BY CERINATE®

*In most cases.

Periodontal Surgery

Periodontal surgery is necessary when your dental care provider determines that the tissue around your teeth is unhealthy and cannot be repaired with non-surgical treatment. The surgical treatments most commonly prescribed include:

- Pocket Reduction Procedures
- Regenerative Procedures
- Crown Lengthening
- Soft Tissue Grafts

Dental Implants

A dental implant is an artificial tooth root that a dentist trained in implantology places into your jaw to hold a replacement tooth or bridge. Dental implants are an ideal option for people in good general oral health who have lost a tooth or teeth due to periodontal disease or an injury.

While high-tech in nature, dental implants are actually more tooth-saving than traditional bridgework, since implants do not rely on neighboring teeth for support.

Dental implants are teeth that can look and feel just like your own! Under proper conditions, such as placement by a dentist trained in implantology and diligent patient maintenance, implants can last a lifetime. Long-term studies continue to show improving success rates for implants.

Cosmetic Procedures

In addition to procedures to treat periodontal disease, many dentists trained in implantology also perform cosmetic procedures to enhance your smile. Oftentimes, patients who pursue cosmetic procedures notice improved function as well. Cosmetic procedures include:

- Crown Lengthening
- Soft Tissue Grafts
- Ridge Augmentation

Ask Dr. DeJesus, Dr. Oberhand and Dr. Rallo for a smile consultation. We can evaluate your smile and provide a range of treatments available to help achieve the look you want.