

Dr. Shah is a

\*graduate of NYU.

\*Master in Academy of General Dentistry

\*Past president and trustee of Monmouth Ocean County Dental Society,

\*Delegate and Alternate Trustee New Jersey Dental Association,

\*Chaired Children's Dental Health and Council on Education at MOCDS

\*Advisory to Burlington County College Board of Trustees for Dental Department.

\* Received letters from President of USA , Governor Of NJ and NJ General Assembly for leadership and volunteer work for indigent people.

### News From The Office Of Dr. Dipika Shah

Dr. Shah once more completed the courses offered by JSMC and Uni. Of Pennsylvania for continuing education from nation's top dental educators for the academic year 2007-2008. As our commitment to new technology and continuing education for all these years, she has enrolled in the same program for the coming year and also going back to NYU for furthering her skills in implant dentistry. She will still be working same hours in the office taking care of all of you and spending weekends at NYU learning and acquiring new skills to serve your needs. This course will provide her hands on experience with patients, most up-to-date and current information to successfully place and restore implants.

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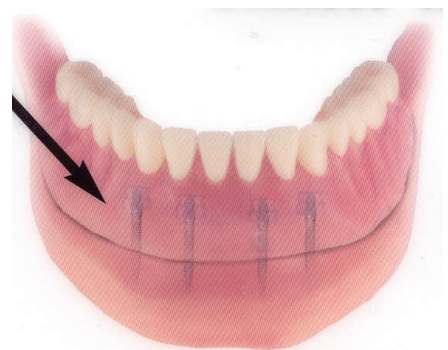
### IMPLANTS: Next Best Thing To Your Own Tooth/Teeth.

Have a fear of smiling? Trouble speaking clearly? Unable to eat what you want? Do not like to get adjoining teeth drilled to fill the space for missing tooth? Tired of the taste and feel of messy denture adhesives? If you are missing a tooth/teeth, there are plenty of reasons to replace them. A gap between your teeth, if obvious when you smile or speak, is a cosmetic concern. Missing teeth can affect your speech. Missing back tooth may not affect your smile or speech but can affect your chewing. When missing tooth is not replaced, biting forces on adjoining teeth change, leading to extra pressure and discomfort to jaw joints, which may lead to TMD or temporomandibular joint disorder. If missing tooth is not replaced, adjoining teeth may tilt, collecting more food and making it difficult to keep it clean, leading to gum problems and tooth decay .

One of the option to replace missing tooth/teeth is implant therapy. Dental implant therapy has been one of the most significant advances in dentistry in the past more than 25 years. Tens of thousands of grateful patients bear witness to the benefits derived from the opportunity to obtain a replacement for the lost tooth or teeth that restore their smiles and confidence. Several different types of implants and restorations are available. The choice depends upon the amount of bone available, patient's general health

and restoration preference.

The computer and medical world both have been working hard to develop simpler and more predictable procedures. Dr. Shah is going to the continuing education course for revolutionary treatment plan-



ning, restoration and surgical system, which will enable us to transfer our pre treatment planning to mouth with unrivaled accuracy and ease. This procedure is applicable from a single tooth implant to "Teeth-in-an-hour" It brings multiple technologies together allowing us to provide state-of-the-art treatment for our patients.

Implants are man made cylinders that are surgically placed in your jaw, where they function as a sturdy anchor for replacement teeth. Implants are made of titanium and compatible other materials with the human body. It looks and feels like a natural tooth, it fits securely when you chew and speak. The implant can restore your smile and speech, help stabilize your bite and help prevent TMD.

## New Research:

**New Protein Found in Dental Cancers:** Scientists have found a structurally unique protein ODAM in dental and other epithelial cancers, including breast, gastro intestinal and lung cancers. Patients with these malignancies also had significant amounts of anti-ODAM antibodies in their blood. The presence of antibodies suggests an immune reaction against the tumor and ODAM may be a possible cancer therapy. This study was published in May/June 2008 issue of Molecular Medicine.

**New Dry Mouth Treatment Results:** At the annual meeting of the American Association for Dental Research announced that preliminary results from a study of a sodium channel blocker, P-552-02, showed that it was safe and well tolerated in the oral cavity and systemically. P-552-02 would be used as a topical therapy for dry mouth. Epithelial sodium channel blockers are therapeutic agents that stimulate and maintain hydration on mucosal surfaces such as lungs, mouth and nose.



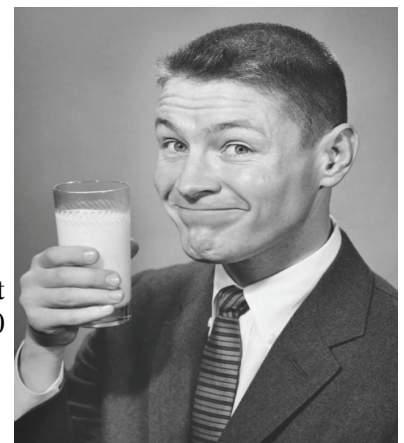
**Accelerated Aging Linked to Teeth?** March 2008 report in the Journal of the American Geriatric Society suggests that Men or women who are age 70 and who have few or no teeth are significantly more likely to report mobility problems such as difficulty while walking or climbing stairs, five to ten years later. Further studies need to be completed to assess behavioral and socioeconomic factors that may account for the association between tooth loss and accelerated aging.

## Current Guidelines for taking Calcium and Vitamin D. Osteoporosis and Bisphosphonates– linked to osteonecrosis.

Calcium intake is important for many reasons, including the important role of forming the structures that strengthen and shape teeth and bones. As people age, bones become less dense, more brittle, more likely to break, and may result in osteoporosis. Osteoporosis and related fractures are more common than coronary disease, stroke or breast cancer. Fractures resulting from osteoporosis can result in functional impairment and increased health care cost and mortality. Medical management of osteoporosis includes diet control, weight bearing exercise, discontinuation of tobacco and alcohol intake, and use of medications, including selective estrogen receptor modulators, calcitonin, anabolic agents and bisphosphonates-that have been associated with the development of osteonecrosis of the jaw.

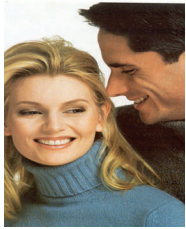
The incidence of bisphosphonate associated osteonecrosis of the jaw continues to rise. These increasingly popular therapies are often prescribed to treat and prevent osteoporosis, and Paget's disease, multiple myeloma and metastatic cancer to the skeleton. Osteonecrosis usually occurs at the site of previous extraction and may cause pain, swelling, loose teeth, drainage, exposed bone and feeling of numbness or heaviness. If you are taking or have taken Alendronate (Fasomax), Etidronate(Didronel), Ibandronate(Boniva), Pamidronate(Aredia), Risedronate(Actonel), Tiludronate (Skelid), Zoledronic Acid(Reclast, Zometa), please consult with your physician before getting invasive dental treatment. It is recommended that patients receive a dental examination before initiating therapy and avoid invasive dental procedure during or after treatment.

According to current recommendations, Americans over age of 50 are supposed to get 1200 mg of calcium and 400 to 600 international units of vitamin D daily. According to Health beat, Harvard Health Publication, May 27, 2008; 600 to 1000 mg of calcium is a reasonable goal to keep fracture risk low and protect against colon cancer. There are studies linking high consumption of dairy products to ovarian and prostate cancer, noting that relationship seems particularly strong for metastasis and fatal prostate cancer. Increased calcium may interfere with absorption of phosphorus, which is also crucial to maintaining bone strength. Added calcium is not all that beneficial if vitamin D intake is low. Growing number of experts say that 800-10000 IU of vitamin D would not only benefit bones but possibly prevent some cancers and other health problems.



THANK YOU FOR ALL YOUR REFERRALS— WE APPRECIATE THEM!

## Orthodontics before Cosmetic Dentistry: American Association Of Orthodontics urges the need for orthodontic treatment before or in place of Cosmetic Dentistry



Many patients see mis-aligned anterior teeth and look for a quick fix to help them. Cosmetic dentistry can some time fail to address the underlying dental problems and may compromise a patient's long term dental health. Veneers, bonding, and or crowns are not advisable when teeth are out of alignment because they do not correct underlying problems. In some cases, they may lead to unintended consequences such as increased

risk of periodontal disease and expensive, invasive restorations. A better alternative may be to straighten the teeth first with braces or removable appliances like retainers or "invisalign" and then finish the case with bonding or veneers to help reshape or repair the teeth to make them look more natural. If teeth are aligned properly, cosmetic enhancements may be easier to place and will last longer. If you are thinking of cosmetically improving your smile, let us look at it

and discuss if there is a need for straightening anterior teeth before doing bondings or veneers. As a long term provider for "Invisalign", we can really help you align your teeth without braces. Now we can also provide "invisalign" to teens. The biggest fear of giving this treatment to teens was compliance and loss of aligners. New aligners have wear time indicators and perk of six complimentary replacements.

**DR. SHAH WELCOMES NEW SMILES: your personal recommendations carry enormous influence**

**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.

## Fear Factor: Data Shows Apprehensive Dental Patients Heal Faster.

Being frightened of a dentist may be good for patients, according to study being conducted by Dr. Christopher Engeland, University of Illinois. The data shows that people who expected more pain, were more frightened of the dentist, or were more frightened of needles, healed faster. How much pain they expected for the procedure had direct strong correlation with faster healing.

According to Dr. Engeland, the corticosteroid levels in these people are higher. He believes that very short burst of corticosteroid that people get with short



term acute stresses are actually beneficial toward healing. They have less inflammation in oral tissues, and they heal faster. Therefore, the result from administering corticosteroids before dental surgery may mimic the burst people get under stress.

Corticosteroids have been used in dental Surgery for more than 60 years but nobody ever looked at it what they actually do to the tissue healing. This new study will shade some light on it.

**New Tap-3 Snoring and sleep apnea appliance:** We fabricate many different types of **Snoring and Sleep Apnea Appliances**, but the most popular one by far is the Tap appliance. The newest design for this appliance is the TAP 3. This new generation appliance is far superior than TAP, and TAP2. It is quickly becoming appliance of choice for most of our patients. The design offers a much smaller screw to reposition the lower jaw and is much more comfortable for the patients. The Tap 3 has many benefits, including the ability to reposition the mandible as needed by individual patient, freedom for movements of the lower jaw, less bulk and more room for the tongue. If you are snoring and not getting enough rest, feeling sleepy during the day or keeping your spouse up, please call to get Tap 3.

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Dr. Shah is a general dentist with mastership from the Academy of General Dentistry and is listed on "The Guide to America's Top Dentists" by the consumer research council and also an awardee of "Who's Who Among Executives and Professionals" She is a past president of Monmouth-Ocean County Dental Society. She looks forward to meeting you.

With our commitment to high technology and continuing education in all different areas of dentistry along with interest in reading dental journals, equips us with better knowledge, tools and skills to provide best possible treatment to all our patients of different age, race and needs under one roof by one dentist and one dental team. Please feel free to give your valuable opinion to make us even better. We appreciate your feedback.

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