

New FACES



Dr. Roni Nissan



Tracey McDermott

Photos by Mark Garvin

New Names, New Location

Two Dental Care Network offices are getting new names. To better reflect its growth within the Northeast Philadelphia community, Penn Dental at Mayfair is now Penn Dental Northeast. While it has a new name, the office location remains the same.

However, in early summer, the Dental Care Center will be changing its name and location. When moving into its new home within the Robert Schattner Center at 240 South 40th Street (40th & Locust), it will become Penn Dental at the Robert Schattner Center. You should watch your mail for details on this new facility.

The Dental Care Network is pleased to introduce five new staff members and announce two staff transfers within its offices throughout the Philadelphia region. Penn Dental at The Curtis Center welcomes endodontist **Dr. Roni Nissan**, dental hygienist **Tracey McDermott**, dental assistant **Denric K Beale**, and office manager **Elaine Koch**.

Dr. Nissan, who also practices at the Chestnut Hill office, earned his D.M.D. from Tel Aviv University in 1984 and from Temple University in 1993. He is a member of the American Dental Association and the American Association of Endodontists.

Ms. McDermott returns to a dental hygiene position with The Curtis Center after a year's absence to pursue her B.A. degree from Penn, which she earned in 2001. She previously worked at The Curtis Center from February 1999 until September 2000 and has practiced clinical hygiene since 1991.

Mr. Beale, a 1992 graduate of the National School of Health Services in Philadelphia, has worked as a dental assistant for private practices since 1988. He was certified as a Dental Lab Technician in 1988 and earned his Dental Assistant Certification in 1992.

While new to The Curtis Center, **Ms. Koch** has been part of the Network since September 1999 as office manager of the Dental Care Center. She transferred to The Curtis Center in September 2001.

Joining the Penn Dental Center at University City as a new surgical dental assistant is **Marie Hess**. Ms. Hess, who attended Bucks County Community College, previously worked in private practices in Yardley and Richboro, Pa.

The final new addition to the Network is **Kathleen Gardo**, who became office manager of Penn Dental at Chestnut Hill in September 2001. Most recently employed at Merck, Ms. Gardo is a registered dental hygienist and holds a B.S. in Applied Health Studies from Penn State.

In other staff changes, office manager **Ginny McLaughlin-Hedstrom** has returned to the Dental Care Center from the Penn Dental Center at Mayfair, where she has worked since 1997. Ms. McLaughlin-Hedstrom brings with her over 20 years of experience working in private and public practices.



Network Staff Member

Volunteering Time, Support to Women's Way

Tracey McDermott, a registered dental hygienist at Penn Dental at The Curtis Center, is one of many Dental Care Network staff members giving their time to the community. McDermott, a 2001 Penn graduate, volunteers at Women's Way, one of the oldest and largest organizations in the country that funds women's initiatives.

Founded in 1976 and headquartered in Philadelphia, Women's Way partners with other agencies throughout the Delaware Valley that help women access employment, education, health care, child care, domestic abuse services, and counseling. Women's Way supporters include more than 150 business and corporate contributors, 6,000 individual donors, and approximately 200 volunteers.

"I volunteered for Women's Way because I wanted to be part of something that focuses on helping women and families," says Ms. McDermott. "When I graduated from Penn in spring 2001, I sought career counseling at an organization funded by Women's Way."

Ms. McDermott is one of three ticket sales co-chairs for the agency's annual fundraising event, this year called the Celebration of Change. Celebration of Change, which marks the 25th anniversary of the agency's annual fundraiser, will take place May 9 at The Kimmel Center for the Performing Arts, 260 S. Broad St. in Philadelphia. Tickets are available through Women's Way, 1233 Locust Street, Philadelphia, PA, 19107, 215-985-3322, www.womensway.org.



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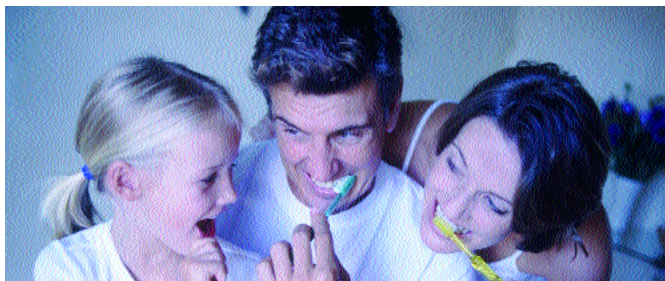
PFP Plan: University of Pennsylvania Open Enrollment

The University of Pennsylvania will conduct its spring open enrollment period from April 22 to May 3, giving employees a chance to review and select new benefit options. All University employees eligible for dental benefits should review their choices closely - the Penn Faculty Practice (PFP) Dental Plan offers quality, convenience, and comprehensive care.

Plus, now through May 3, all current PFP Plan subscribers can enter the Tell-A-Friend Program and be eligible to win one of five prizes should the coworker you refer become a PFP Plan subscriber as well. The prizes include a weekend for two at the Penn Club in New York City, a weekend for two at the Inn at Penn in Philadelphia, a Penn Bookstore Gift Certificate, lunch for four at the Penn Faculty Club, and six dental goodie bags. PFP Plan subscribers should watch your mail for an entry form.

For more information on the PFP Dental Plan and the Dental Care Network, stop by our table at the benefits fairs in Houston Hall on April 24 and 29, visit our web site at www.pfp.dental.upenn.edu, or call 215-573-8844.

TOOTHBRUSHES: Which One Is Right for You?



In 1857, the first toothbrush patented in the United States had a bone handle and swine bristles – toothbrush design has been evolving ever since, and today, the choices on the shelf can seem overwhelming. With bristles of differing shapes and textures, handles of varying styles, heads of numerous sizes, and powered options as well, how do you know which toothbrush is best for you?

Actually, in general, the choice is rather simple. While laboratory and clinical testing have shown some toothbrush designs to be superior to others in certain ways (see page 2), dental experts agree that regardless of such results, one of the most important criteria in selecting a toothbrush is personal preference.

“An individual has to use a toothbrush routinely and properly for it to be effective. So, if a person likes a toothbrush design or a particular aspect of it – its color or shape or the way the handle feels – they are likely to brush longer, and thus, remove more plaque and benefit more from it than another brush,” says Dr. Samuel L. Yankell, Research Professor of Periodontics at the University of Pennsylvania School of Dental Medicine. “Therefore, when people go into the store, they should look for a brush that appeals to them; one they will

want use – that is an important key for better oral health.” Dr. Yankell conducts research at the School of Dental Medicine on the efficacy of different types of toothbrushes.

Finding the brush that is right for you may take some experimenting; it should be comfortable in your mouth and easy to hold and manipulate, which will be dependent upon the size and shape of the head and handle, respectively.

“Choose a brush head that comfortably fits the size of your mouth,” notes Anne Didenko, a dental hygienist at Penn Dental at Bryn Mawr. Toothbrush packaging clearly labels those sized for babies, children, youth, and adults as a guide, yet some adults may find a youth-sized better for them and some youth may be more comfortable with a child’s or adult size. “If a patient comes in who has a small mouth, I will often recommend that they try a youth-sized brush,” notes Ms. Didenko. “A variety of sizes are available at local stores.”

As for handle design, Ms. Didenko recommends selecting one with an angle to more easily maneuver the dental arches of the mouth. Those brushes with fat handles and/or rubber grips can be a good choice for children, older *(continued on page 2)*

Brush Up on Your Brushing

Brush at least twice a day.

Brush lightly. Brushing too hard or using an incorrect method can cause gums to recede over time.

Develop a standard brushing routine, brushing your teeth in the same order every day, so it becomes routine to brush all areas of your mouths.

Be sure the bristles of the brush reach into the space between your teeth and gums by holding the brush at a 45-degree angle against your teeth, angled into the gum line.

Use a very short back-and-forth motion or a small circular motion to brush, moving the brush no more than half a tooth length. Brush the outsides, insides, top and bottom. To reach behind the upper and lower front teeth, hold the brush vertically and use the bristles toward the end of the brush. Use a gentle back-and-forth motion to clean the chewing surface of the teeth.

Replace your toothbrush at least every three months – newer toothbrushes remove more plaque than older ones. Also replace your brush after a cold or flu.

When possible, use a timer to ensure you are brushing for 2 to 3 minutes.



Dr. Raymond Fonseca

Ask The Dentist

What questions do you have about your oral health? You may discover that a Dental Care Network dentist or specialist has already answered them in the "Ask the Dentist" section of IntelliHealth Dental (www.dental.intelhealth.com), the web site that features comprehensive oral health information developed and reviewed by Penn Dental faculty.

In the "Ask the Dentist" area, you can post a question of your own or visit the archives, where you will find questions answered by Penn Dental experts on everything from cosmetic dentistry to wisdom teeth, such as the one that follows, answered by Dr. Raymond Fonseca, Professor of Oral and Maxillo-facial Surgery at the School of Dental Medicine and the Network oral surgeon.

Q: If I feel no pain, do I need my wisdom teeth taken out? They are not moving my teeth noticeably.

A: Having no pain does not necessarily mean you don't need your wisdom teeth removed. There are many reasons why these teeth may need to be extracted. Sometimes teeth that appear to be erupting normally will suddenly cause tremendous pain as they break through the gum tissue.

A panoramic x-ray should be taken to evaluate your wisdom teeth. From this x-ray, the dentist can tell whether or not potential problems exist. The x-ray gives an indication of the position of the teeth — how deep they are in the bone, how they are angled in the bone and their relationship to the teeth in front of them.

Wisdom teeth can be extracted for prophylactic reasons to prevent problems from developing later. In this scenario, there often is no pain or associated symptoms from the wisdom teeth. x-rays also tell us whether there is any pathology around the wisdom tooth, which would be another reason for extraction. Again, there need be no symptoms for this to be the case. If needed, it is wise to have teeth extracted early in life as opposed to later. Studies have shown that bone healing around teeth is quicker and denser at an earlier age. Also, our potential to recover from surgery is greater the younger we are.

TOOTHBRUSHES: continued

adults, or anyone with a dexterity problem. And for those individuals who tend to brush too hard, soft brushes with flexible handles may help to reduce potential gum damage.

Dental experts agree that a soft touch with soft bristles is best for removing plaque while maintaining healthy gums. "The harder the bristle, the greater the risk of harming gum tissue," notes Dr. Joan Gluch, Director of

Look for a toothbrush design that appeals to you — one that you will want to use.

Community Health at the University of Pennsylvania School of Dental Medicine. "We recommend only soft nylon bristles. I also advise patients to avoid brushes with hollow or natural bristles. Hollow bristles can harbor bacteria that are dangerous to the health of your teeth and gums."

"The resulting firmness of a brush's bristles can be affected by many different variables of its design — the angle of the bristles, the number of them, the shape of the head. So one product's designation as 'soft' may be similar to another product's 'medium,'" explains Dr. Yankell. "Therefore, you may really need to experiment with different brushes to find a 'soft' bristle that is right for you."

In Power

The design and motion of powered brushes continues to evolve as well, with heads that move back-and-forth, in-and-out, in circular motion, or combinations thereof, and others that use sonic or ultrasonic technology. With sonic and ultrasonic brushes, acoustic energy is reportedly transmitted through oral fluids with sufficient strength to dislodge plaque even at distances several millimeters beyond the tips of the brush.

"Research has shown that powered brushes help remove more plaque and stains that brushing by hand," says Dr. Gluch, "though that doesn't mean a powered toothbrush is necessary. The important point is to brush in a thorough manner for at least two min-

utes. If you are interested in getting a powered brush, you might want to talk to your dentist or hygienist for a recommendation on which one may be best for you." She also advises individuals who choose powered brushes to take them along on a dental visit, so their hygienist can be sure they are using them properly. "Powered brushes should not be used in a scrubbing fashion, but rather slowly and gently guided around the mouth," notes Dr. Gluch.

Powered brushes are often recommended for orthodontic patients as well as those patients with disabilities or others who may have difficulty brushing their teeth, because they can be easier to use and provide extra motivation over a regular toothbrush.

An added benefit of many powered brushes is a built-in timer. "This is a wonderful feature to have in a brush, because you should brush for two to three minutes, and most people don't," adds Dr. Yankell. "We have done studies on actual versus estimated brushing time and when most people think they brush for two to three minutes and are actually brushing about one minute." For individuals who may choose a powered brush without this option or use a manual brush, Ms. Didenko suggests getting a timer to set on the bathroom counter to ensure you are brushing long enough.

Time for a Change

When should you be in the market for a new toothbrush? Your toothbrush should be replaced after any cold or flu (it can harbor bacteria), when the bristles start to flare, or after three months use, concur our dental experts. If you find your bristles flaring much sooner than three months, you may be brushing too hard.

"The Oral-B color line indicator has also been shown to be a very effective predictor of when a brush should be replaced," says Dr. Yankell. "The coloring is imbedded in the outer layers of the bristles, so as they become thinner with use, the color is worn off. When about half of the color is gone, it is time to go shopping for a new brush."

How They Compare: Toothbrush Research

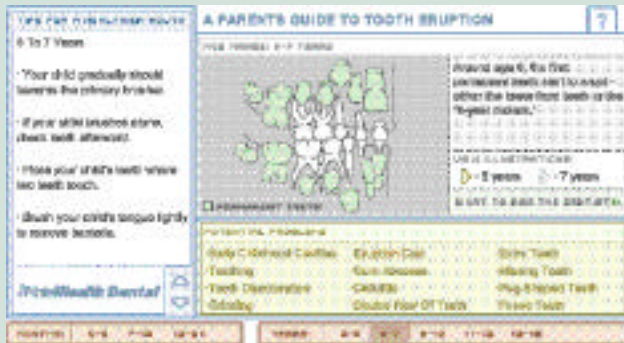
Following are some highlights of two laboratory research studies conducted and published by Dr. Samuel L. Yankell, Professor of Periodontics at the University of Pennsylvania School of Dental Medicine, and his associates, Drs. Xiuren Shi and Robert C. Emling.

The ability of the bristles to penetrate and remove plaque below the gum line (subgingival access) was compared in a laboratory study on four manual toothbrushes with differing designs, bristle feathering or outside row dimensions. The brushes studied included Reach Tooth & Gum Care, Colgate Total Design, Mentadent, and Oral-B Advantage. On overall assessments for subgingival access, the Reach Tooth & Gum Care toothbrush was significantly superior to the other three. Clinical testing is necessary to ascertain how laboratory subgingival efficacy will translate into oral health benefits. Published: *The Journal of Clinical Dentistry*, September 1998.

A laboratory test was conducted to measure the effectiveness of three different toothbrushes in removing plaque from around and between teeth (interproximal access efficacy). The brushes in the study included the Sonicare Plus and Braun Oral-B powered brushes and a flat-head manual brush (Oral-B P35). While additional studies are needed to confirm the clinical relevance of the findings, the Sonicare Plus was found superior to the Braun Oral-B powered brush and the manual brush in interproximal access. Published: *The Journal of Clinical Dentistry*, August 1997.



A Parent's Guide to Tooth Eruption



Whether you have a toddler or a teen, you can find the information you need to help promote your child's oral health with A Parent's Guide to Tooth Eruption, a new interactive resource on IntelliHealth Dental (www.dental.intelihealth.com) that was developed by Penn Dental faculty.

The Guide features information on eight different age categories/stages of tooth development – 0-6,7-12, and 13-24 months old, and 3-5,6-7 (window shown above),8-10, 11-12, and 13-15 years of age. For each category, it offers tips for a healthier mouth, illustrations of normal tooth development at that stage, and questions to ask the dentist or pediatrician regarding your child's oral health. When you click on "What to ask the dentist" these questions appear in the window and can be printed to take along to your child's next appointment.

The Guide also includes descriptions and photographs of potential oral health problems that can arise in children.

PENNSmiles: Bringing Healthy Smiles to the Community

The University of Pennsylvania School of Dental Medicine (SDM) is helping to bring healthy smiles to school children throughout West Philadelphia through a new community outreach initiative called PENNSmiles.

Working with the Philadelphia School District, the program provides oral health education, screening, and referral services to West Philadelphia children both in the classroom and on a fully equipped dental van, which made its debut this month at The Henry C. Lea School, 4700 Locust St. In the fall of this year, SDM faculty and students will begin providing dental treatment on the van as well, and dentists within the Dental Care Network will be among those helping to staff it.

"Maintaining a strong community presence is part of the Dental School's mission, and we are very pleased to be able to expand our efforts in this way," says Dean Raymond Fonseca. "It is very important for us to not only provide access to care to those children who otherwise would not be able to get it, but also to strengthen our ongoing relationship with the Philadelphia School District."

The PENNSmiles program launched this past fall with oral health education, screening, and referral services in the classroom, targeting kindergarten through eighth grades. Now that the PENNSmiles van is completed, it will be used to supplement these classroom efforts, and as noted, to

provide care starting in the fall of 2003. At approximately 40 feet long, the van is a mobile dental "office," custom designed with two fully equipped dental operatories. It also features digital radiography equipment, computer access, and a separate waiting area with a VCR/DVD player for educational use.

Oral health workshops and screenings for parents are also part of the PENNSmiles program and they also began this past fall with the launch of the program and are being held at various area night schools.



"There is a vital need for the expanded resources that PENNSmiles will offer," notes Dr. Joan Gluch, SDM's Director of Community Health. "Last year, a pilot study of six school children in Philadelphia revealed that 68% of the children screened showed evidence of dental decay and other oral health problems that required dent care – that is significantly higher than national statistics. We are excited about how the oral health care community through

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PENNSmiles is funded by a grant from the Health Services Administration, National Institutes of Health.

On-Line Professional Resources

Dental care professionals have a new on-line resource for information and training through the University of Pennsylvania School of Dental Medicine's partnership with IntelliHealth, a leading health information website.

InteliHealth Dental Professional Network (www.dentalpro.intelihealth.com) offers a variety of resources for dentists and their practice team, including continuing education courses, professional dental literature reviews, and an Ask the Dental Expert feature where visitors to the site can direct questions to Penn Dental faculty.

It also includes patient instructions and information on a variety of dental diseases and conditions that can be printed to support patient education in the office and resources for dental assistants. All content for the site is developed and reviewed by Penn Dental faculty.

Continuing education is a key component of the site and the current course offerings include:

- Dental Treatment for Children with Special Health Care Needs
- Indications for the Removal of Third Molar Teeth in Adults
- Safety Issues Concerning the Use of Vasoconstrictors in Clinical Practice
- Myths & Facts of a Child's First Dental Visit
- Managing the Child's First Dental Visit
- Microsurgery in Endodontics
- New Imaging Methods
- A Jawbone Lesion with Severe Bleeding
- Topical Fluorides for Caries Prevention in Clinical Practice

All of the courses offer two CE credits. Individuals interested in receiving monthly updates on new content and courses on the site can sign up for the dental professional email newsletter at www.dentalpro.intelihealth.com.