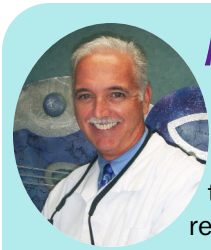


David P. De Rosier D.D.S., Inc.

Preventative, restorative,  
cosmetic dentistry.

Because with the right care,  
your teeth *can* last a lifetime.



### From the Soapbox

All of us need to take time out to reflect upon our lives. I've been doing that a lot, lately ... perhaps my impending 50th birthday has something to do with it! I've been thinking about the kind of practice I want to have and the kind of people I want in it. Fortunately, I find my practice filled with wonderful health-centered individuals, so I thank all of you for making it enjoyable for me to come to the office.

I want this to continue in my "second 50," so please tell your friends and family about what we have to offer here. We would like to continue helping great people like you!

– Dave De Rosier

# De Briefs

— A newsletter for our quality-conscious patients.

VOLUME 14

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## Numbing down

**H**ate that numbness for three hours after an appointment? A new product called OraVerse reduces the time of anesthesia after dental treatment. It is a very safe and tested material that reduces the time of anesthesia by about half.

We typically use OraVerse when we're working on lower teeth, as that's the most irritating anesthesia experience, with half the tongue, half the lower lip, and half of the chin all numb! A patient tried it just yesterday and was able to sip soup just a half hour after the appointment! No dribbles!

## It's the **LITTLE** things...

**Clean water lines!** One of the benefits of technology is discovering something potentially harmful that we never knew existed. Where there are water lines, there is biofilm, a coating inside water lines that contains bacteria. And dental offices have no shortage of small, tube-like water lines where this bacteria can be found. We use bottled water in all of our dental units, but bacteria can still form. We have been monitoring our water lines through samples sent to a lab and are happy to report that our current disinfection process is working well. So, when we are squirting water into your mouth (or on your cheek when we miss!) know that it is clean and safe!

**Clean desk!** After almost eight years on Emerson Street (where did the time go?), we're doing a little remodeling. My office has been upgraded from a cluttered desk with stacks of papers (can you tell my wife edits this newsletter?) to an organized consultation room, complete with a monitor where you can view photos and x-rays – and a place to sit and discuss dentistry! This is a work in progress, so watch for more changes.

## Got **S L E E P** ?

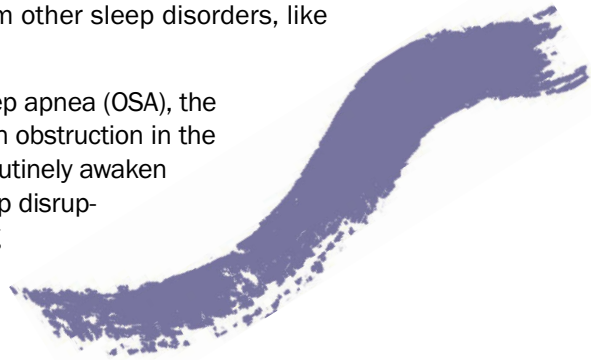
As many of you know, one of my passions is treating teeth grinding and its associated pain and tooth damage. Once thought to be from stress, we now know that teeth grinding, or bruxism (its official name) is a sleep disorder. After years of treating patients for teeth grinding, it's very clear to me that many people who grind their teeth also suffer from other sleep disorders, like apnea.

People suffering from obstructive sleep apnea (OSA), the most common form of apnea, have an obstruction in the nose or throat that causes them to routinely awaken because they can't breathe. This sleep disruption causes exhaustion during waking hours – and it's a life threatening illness that affects 1 in 20 people.

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I am currently enrolled in the UCLA Sleep Disorders Residency, where I'm learning a lot about many sleep disorders. The most common treatment for OSA is CPAP (continuous positive air pressure), a mask attached to a pump that delivers air while you are sleeping. Many patients find the CPAP uncomfortable or claustrophobic, and are unable to wear it. I'm learning about an alternative: an oral appliance that advances the jaw while you sleep to keep the airway open—and keep you breathing.

The example below shows an appliance that stops snoring and sleep apnea by holding the lower jaw forward, which prevents the tongue and soft tissue of the throat from collapsing into the airway.

If you or someone you know has a sleep disorder, let's discuss it. Perhaps we can learn together about how to manage this problem.



An appliance that opens the throat prevents airway obstruction.

## We welcome Jennifer!

When you call the office, you will now hear the voice of Jennifer Struck. Jennifer was born and raised in Queens, New York, and visits there every year. She has three children, all married, two of whom live here in San Diego. Recently relocated from Yuma, Jennifer is glad to be out of the heat and in what she calls “a real city.”

“One of the highlights is working with Dr. De Rosier and his incredible team,” said Jennifer. “I am new to the office but not to dentistry. I have been passionately working in the dental field for eighteen years. It is gratifying to help patients achieve their dental health goals. I am looking forward to meeting and serving you.”



## Use it or lose it!

It's that time of year when insurance benefits end, medical reimbursement plans need to be used and we want pretty smiles for holiday gatherings. Many plans are “use it or lose it,” so, if we've planned some dentistry or if you want to discuss future dentistry, now is the time to give us a call. There is time now to plan and treat, but as the end of the year approaches and the schedule fills, that will become more challenging. Call today!

## Keeping current . . .

Here's a list of recent courses taken by Dr. De Rosier and staff to stay ahead of the curve:

- ◆ April 15, 2009 San Diego Advanced Study Group — A full day for the whole team to learn more about communicating effectively with you — our patients.
- ◆ June 12, 2009 L.D. Pankey Study Club — The entire staff learned about comprehensive interdisciplinary dental care.
- ◆ June 13, 2009 L.D. Pankey Study Club — Occlusion and esthetics and how to manage both.
- ◆ September 18 and 19, 2009 UCLA Sleep Disorders Residency — Two days of learning about sleep science, sleep disorders, and treating patients. This is a continuing program throughout the fall.
- ◆ September 25, 2009 L.D. Pankey Study Club — Nurturing the Health Centered Centric Relation Practice: a wonderful interactive day of learning about how to restructure our practice.
- ◆ September 26, 2009 L.D. Pankey Study Club — Treatment Planning and case presentation: members share challenging problems for group brain storming: always a fun and informative day!

That's over 50 hours of learning towards improving your care.