

THE FOCAL POINT

THE SWEET TRUTH

DISPELLING THE SUGARY TALE

Everyone's heard the old adage – eating sugar causes cavities. Well that's not necessarily true. There have been numerous studies over the years on this topic alone and one specifically showed there was no correlation between kids who eat those sugary breakfast cereals and dental cavities. However, that's not to say go ahead and dig into a bag of chocolate chip cookies every chance you get. Instead, as we celebrate National Nutrition Month, it's better to understand the what and how you eat (and drink) will make the difference.

Frequency vs. Quantity

What has come out of studies is that actually frequency is more important than amount when it comes to sugar-filled diets. This is why sugary sodas and energy drinks can cause such damage to teeth...

Oh Those Carbs

No matter how infrequently your sugar intake, refined and processed carbohydrate foods – including healthy choice options – can lead to both decay and inflammation...

One Lump or Two

Over the years what has come to light in most studies is that added sugars are worse than natural sugars when it comes to dental health. So, how much is too much? ...

Real vs. Artificial

Whether you choose the yellow Splenda® packet or prefer the blue hue of Equal®, it appears these artificial sweeteners have little to no impact on periodontal disease or cavities...

The long of the short of it

Sugar is not at the root of all dental evil. It's actually plaque – a buildup that occurs with each meal no matter what is on the menu.

LEARN MORE



THE NEWS

A ROAD WELL TRAVELED



Academy of
Osseointegration

Advancing the Vision of Implant Dentistry

Implant dentistry took center stage earlier this month in Los Angeles at the 2018 Academy of Osseointegration Annual Meeting - Inspiring

Imagination and Enhancing Health. As part of the Southern Implants program, Amsterdam Dental partner, Harold S. Baumgarten, DMD, presented a hands-on workshop on Screw Retained, Site Specific Immediate Implants For Mid-Facial Tissue Preservation, and highlighted the Southern Implants Prosthetic Digital Workflow during a Coffee with the Experts.

When not in the spotlight, Dr. Baumgarten joined specialists, general practitioners, lab technicians and dental hygienists in learning the newest techniques, technologies and current issues affecting implant dentistry. This collaborative forum promotes the AO's longstanding commitment to the highest standards in patient care, research and education.

Next up... South Africa.

LEARN MORE ABOUT AO

THE SPOTLIGHT

PHILADELPHIA MAGAZINE'S TOP DENTISTS™ 2018 – PROSTHODONTICS



Prosthodontics

Amsterdam Dental Group is proud to have four of its dual-trained dental specialists named to the Philadelphia Magazine's Top Dentists™ 2018 –

Prosthodontics list. Trained in periodontal prosthesis and periodontics, Drs. Harold S. Baumgarten, Howard P. Fraiman, Jeffrey S. Ingber and Caleb J. Cross are all previous awardees.

These peer-nominated awards are the most recent accolades received by our professionals, who are highly regarded in the dental community. All are graduates of the world-renowned Periodontal Prosthesis program at Penn Dental Medicine, a first of its kind in the United States and around the world to train dentists as dual specialists in prosthetics and periodontics. Each doctor maintains close ties with their alma mater and they hold active roles in various academic departments.

MEET OUR TEAM