



Dr. Hart's Exceptional Smile File

Produced to improve your dental health and awareness

Summer/Fall 2010

fromthedentist



Plan To Benefit

As summer usually marks the half-way point to the expiration of your dental insurance, are your benefits half full or half empty? Are you taking full advantage of the policy you're paying for? As your dedicated dental practitioner, it's important that I recommend that you plan and schedule your dental visits now through the end of the year – because before you know it, your insurance benefits will be expiring. Make sure that you optimize your insurance because I know you want to enjoy optimal oral health!

Let this newsletter be the harbinger of your year-end goal – a goal that we are dedicated to helping you achieve: a beautiful, healthy smile. Call our concierge to schedule today, we'll fit you in!

Yours in good dental health,

Dr. John W. Hart



Be Confident!

Choose instant "orthodontic veneers"!

Porcelain veneers are ultra-modern porcelain shells that are bonded directly to your own teeth to camouflage smile flaws. They can be thinner than a contact lens, yet so strong and so transformative that they have been called "Instant Orthodontics."

Cosmetic porcelain veneers can remake a crooked and uneven smile into a glamorous one – that's completely natural looking! Veneers can also:

- ◆ **Shorten** teeth that are too long;
- ◆ **Lengthen** teeth that are too short;
- ◆ **Re-proportion** your smile;
- ◆ **Whiten**;
- ◆ and *much more*.

There's more? Absolutely. Veneers can actually plump out wrinkles around the mouth – taking years off your appearance – without surgery!

A veneer smile makeover is **convenient**. Compare two office visits with 2-4 years and numerous orthodontic sessions. And braces won't whiten your teeth!

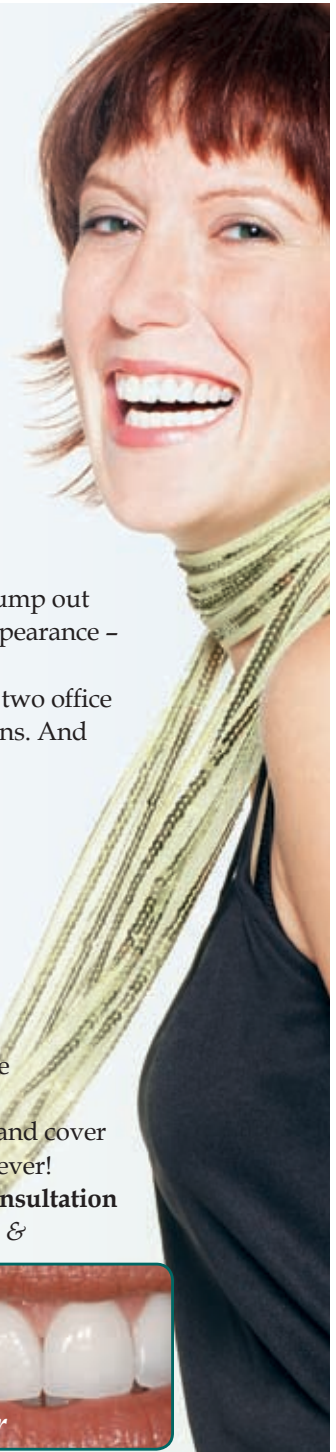
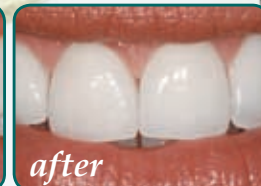
Are veneers different from bonding? Definitely. Porcelain veneers are...

- ◆ **custom-made** by lab technicians;
- ◆ **one solid piece**, instead of applied in layers – they won't peel;
- ◆ **longer lasting** and **stronger** – less likely to discolor;
- ◆ completely **natural looking**.

Unnatural Chiclety-looking materials really are a thing of the past. Porcelain veneers allow light to shine through – just like natural teeth enamel.

So **be confident** – close gaps, brighten your smile, and cover up flaws. Veneers could be your best cosmetic choice ever!

Call us to set up your complimentary cosmetic consultation appointment! We'll be pleased to show you our *before & after* library and to answer any questions you may have. **Call today!**



Committed to providing you with Exceptional Dentistry!

Look Great

And save the environment too

Choose eco workout wear. Many fabrics made with organic and recycled fibers such as cotton and soy blends, and athletic footwear made from recycled rubber and vegan materials, are becoming increasingly available.

Shop locally even if you can't find the very latest eco trends nearby. You can choose partially recycled materials, minimal packaging, and you'll be saving the expense and environmental cost of travel or shipping.

Conserve post-workout water and energy with low-flow shower heads that don't release hot water until you actually step in the shower and turn the shower head's valve.

Shave with only 5-7 drops of a natural shaving oil. A tiny bottle can provide about 100 shaves, is ideal for your travel bag, and a number of brands are available online or through large retail chains.

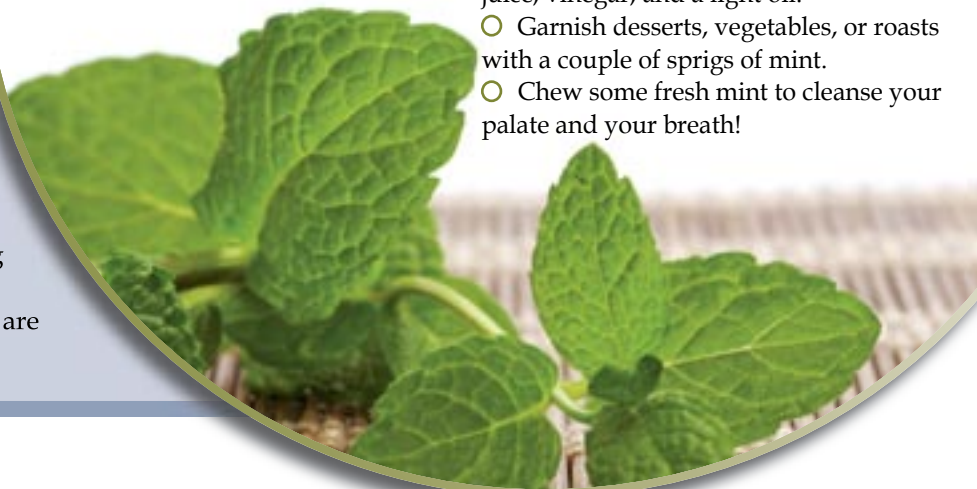
Marvelous Mint

More than a breath freshener

You probably associate mint with toothpaste or breath freshener, but it has been used as an herbal remedy and a spa soother in face packs, foot rubs, and bath soaks. Both peppermint and spearmint are very popular, especially for cooking, and if you're not a gardener, you can easily find commercially dried leaves.

7 Mint Hints For Your kitchen

- Steam vegetables with mint in the water.
- Mix chopped mint with butter for boiled new potatoes.
- Toss whole mint leaves in cooked rice before serving.
- Freeze whole mint leaves in ice cubes for tea or lemonade.
- Make salad dressing with mint, lemon juice, vinegar, and a light oil.
- Garnish desserts, vegetables, or roasts with a couple of sprigs of mint.
- Chew some fresh mint to cleanse your palate and your breath!



before



after



▲ Crowns ▼

before



after



Crown FAQs

Your best decision is an informed decision

What Is A Crown?

A crown is an artificial cover that is used to restore, protect, and strengthen your tooth and keep it healthy.

When Would I Need One?

- If you have a tooth that has been worn down by teeth grinding, an improper bite, or decay, a crown restoration could save it.
- Crowns will give cracked or broken teeth much-needed support.
- A tooth that has loosened due to gum disease can be stabilized by crowning it and connecting it to the neighboring teeth.
- Gaps in your smile can be replaced by incorporating a single crown onto the root of a dental implant placed into your jawbone.

What Are My Options?

Ceramic crowns are the most natural-looking and can be as translucent as your own enamel. They are the perfect choice for those with metal allergies, but people usually choose them because of how they look.

Ceramic-fused-to-metal crowns combine this natural look with the strength of metal underneath, but they are not as translucent as ceramic alone.

Feel free to call now. You don't have to wait for your next appointment to discuss treatment.

Defy The Trend

Subtle measures - radical results

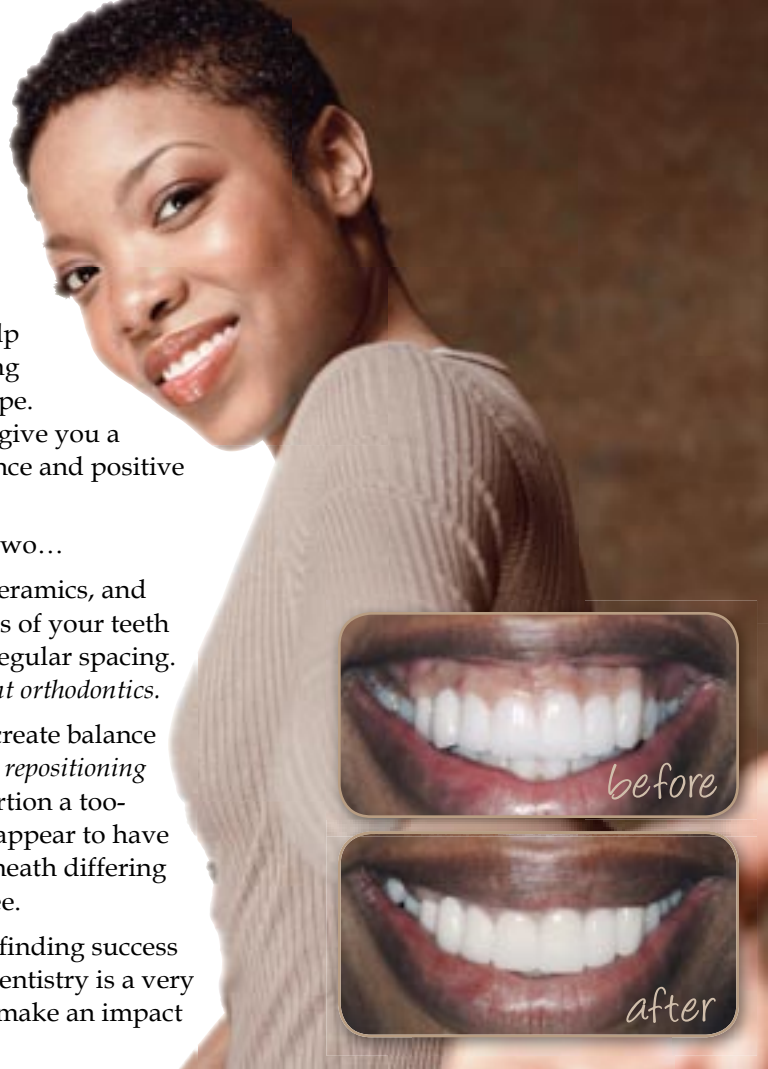
Have you seen some of the guerrilla tactics and extreme stunts people are deploying to reboot their careers? Believe us - singing telegrams or renting a hot air balloon are not your only answers! We can help you create a unique, engaging, and thought-provoking impression that will generate buzz without all the hype. For example, a subtle smile makeover can do a lot to give you a more youthful pick-me-up, and give you the confidence and positive attention you deserve.

Many cosmetic techniques involve only a visit or two...

Veneers crafted from translucent porcelains, ceramics, and other bonding materials can be applied to the surfaces of your teeth to disguise deep stains or other flaws like chips or irregular spacing. In fact, the veneering technique has been called *instant orthodontics*.

Esthetic gum re-proportioning can create balance and symmetry for your smile with techniques like *lip repositioning* and *gum recontouring*, as seen here. You can re-proportion a too-gummy smile, teeth that look too short, or teeth that appear to have different lengths because their crowns are hidden beneath differing amounts of gum tissue ... or a combination of all three.

We understand that sometimes, in today's world, finding success means getting yourself noticed. Stunt-free cosmetic dentistry is a very reliable and worthwhile investment that will let you make an impact - on your terms.



it's laughable

For millennia, Tibetan monks have laughed out loud on awakening - no joke! Seriously, though, even faking a laugh cues your body and your mind to stay calmer and more focused.

How? By shutting off stress hormones and triggering the release of feel-good endorphins. What else? We can show you how to laugh out loud enthusiastically, vigorously, and confidently day or night - with or without an audience.

Natural-looking fillings and whitening can certainly help, but it's also about getting back to basics. Brush and floss, avoid sugary snacks, and maintain regular dental visits.

We promise - once you get the hang of it, the rewards are nothing to scoff at...

- Clean attractive decay-free teeth
- Clean pink tongue
- Clean healthy gums
- Clean fresh breath.

& so
easy



Mouth-Body Connection

Oral health can improve overall health

Researchers are providing more evidence each day of an important connection between your overall health and your oral health. Here are just some of the ways in which periodontal disease, or gum disease, may affect other conditions you have, or those that you might develop.

With **heart disease and stroke**, the facts are compelling. People with

Stroke
New studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% comes from the mouth.

Heart Disease
Bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.

Diabetes
A study conducted in Arizona showed that diabetics with gum disease were three times more likely to have heart attacks.

Pre-Term Births
Women with periodontal disease are seven to eight times more likely to have premature or low-birth-weight babies.

periodontal disease are almost twice as likely to suffer from coronary artery disease as those with disease-free gums. One study found that 85% of heart patients studied had periodontal disease. The most likely explanation is that somehow plaque and oral bacteria find their way into the blood stream and contribute to the thickening of the walls of the coronary arteries.

Diabetes and gum disease affect each other equally. Diabetics are more likely to have gum disease than most people. And gum disease itself makes it more difficult for the diabetic to control blood-sugar levels.

The connection is clear with regard to **premature birth**. Pregnant women who have periodontal disease may be as much as seven times more likely to have a baby born too early. Why? Some research suggests that gum disease may increase levels of the biological fluids that induce labor.



There is also evidence that periodontal disease contributes to **respiratory diseases** and **osteoporosis**.

Simply put, periodontal health is a top priority for your overall continuing health.

office information

Exceptional Smiles

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Our door is open

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients – the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.

New Patients Welcome!

Did You Know?

Trivia you need!

- The first sugarless gum was introduced in the 1970s.
- Without a mouthguard, an athlete is sixty times more likely to damage his or her teeth.
- A knocked-out tooth starts to die within fifteen minutes. It survives longer if preserved, within ten minutes of the accident, in cold whole milk.
- The average household spends less every year on dentistry than it does on many luxuries. We spend about four times as much on cigarettes, three times as much on alcohol and twice as much on cosmetics. We even spend more on our pets than on our teeth!

