



Dr. Hart's *Exceptional Smile File*

Produced to improve your dental health and awareness

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fromthedentist

This Way To Flexible Payment options

You're important to us and so is your oral health. That's why we are committed to working with you to ensure that your personal financial circumstances do not keep you from receiving the dental care you deserve.



Our financial support doesn't stop there. Paper work can be intimidating, so we are also happy to take on the lion's share of the paper work involved in the processing of insurance forms. And, to remind you to get the maximum benefits by using your plan before year's end. Because once those benefits are gone, they are lost forever and don't apply to next year.

Rest assured that together we will find a financial arrangement that will enable you to enjoy optimal health care now and into the future.

Yours in good dental health,

John W. Hart

turnthepage

Live 14 years longer!

Gum disease ... me?

Let's talk *toothpaste!*

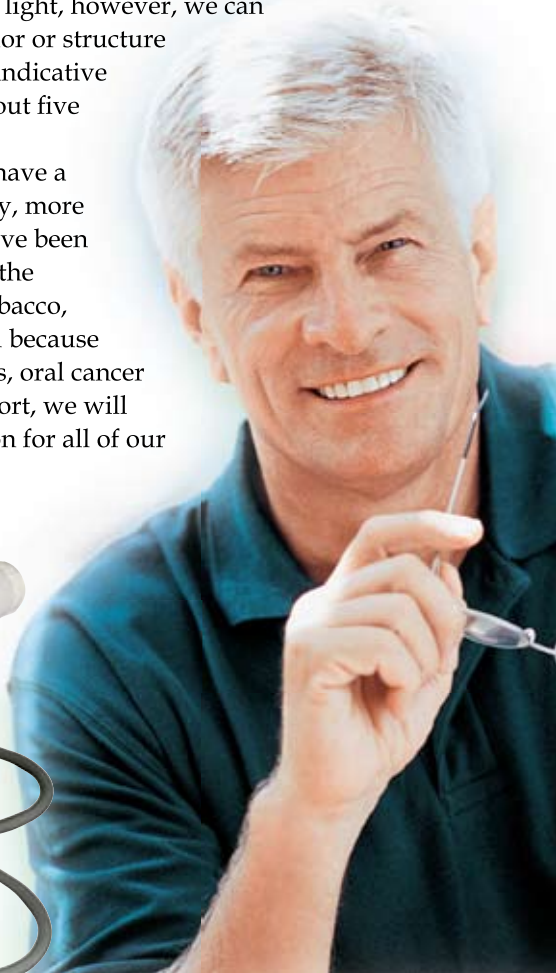
Fighting Oral Cancer

VELscope™ oral cancer screening device

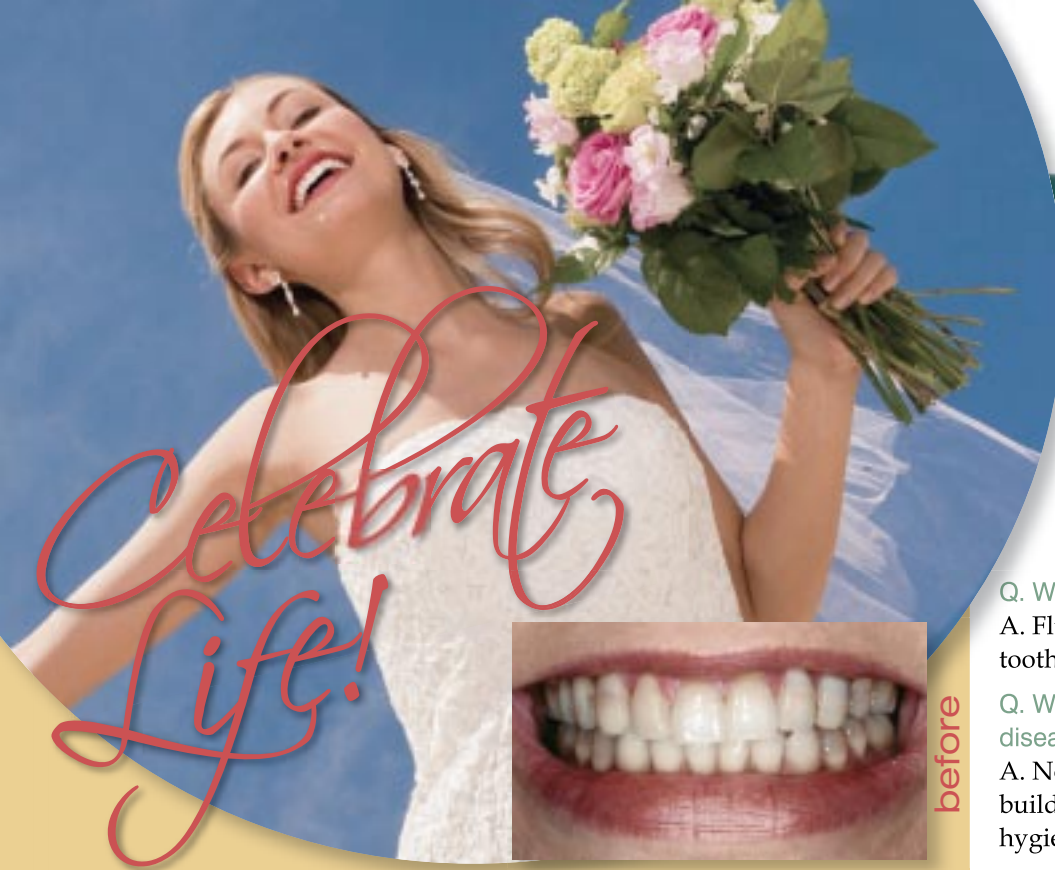
Now we have new wellness exam technology that dramatically improves our ability to screen for oral abnormalities that could lead to cancer. Because early detection is essential to increase chances for successful treatment, we always check your whole mouth (tongue, lips, cheek lining, and gums). We have acquired VELscope™, a state-of-the-art, painless, non-invasive screening tool that helps us to see what we can't see with the unaided eye during your routine oral cancer checkup.

What can you expect during a VELscope examination? After conducting a thorough oral cancer examination, we'll use a handheld device to shine a blue light into your mouth then examine the tissues through a special eyepiece. This technology takes advantage of your mouth's natural fluorescence which is normally invisible. Using the blue light, however, we can look for specific changes in the color or structure of your oral tissues that might be indicative of abnormal cells. It takes only about five potentially life-saving minutes.

We want all of our patients to have a bright and smiling future. Recently, more than 25% of oral cancer victims have been under age forty and have none of the known lifestyle risk factors like tobacco, alcohol use, diabetes, or HIV. And because in its earliest, most treatable stages, oral cancer usually causes no pain or discomfort, we will perform the VELscope examination for all of our adult patients every year.



Committed to providing you with Exceptional Dentistry!



Celebrate Life!



before



after

Share your smile with the one you love!

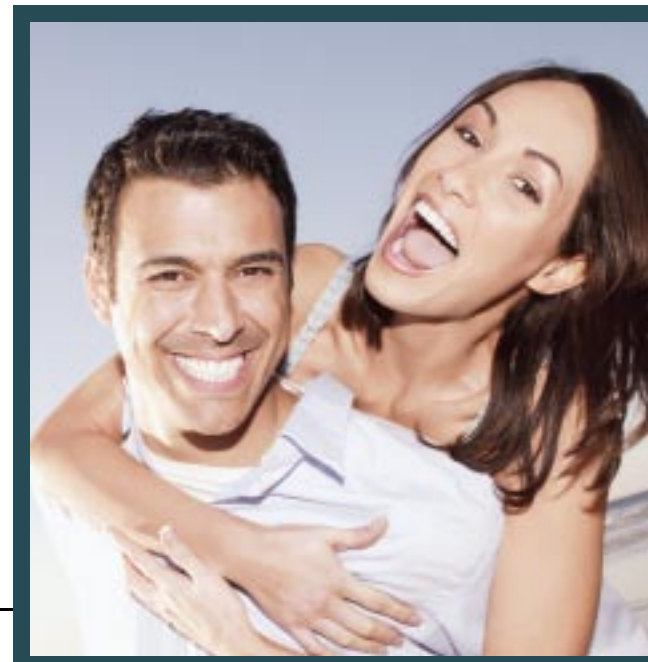
Everybody wants to put their best smile forward. According to a national study, teeth are the number-one facial feature that people would change... three out of four adults think that a nice smile is important to landing their dream job ... 84% think that an attractive smile is important for meeting Mr. or Ms. Right. It seems that we associate a pleasing smile with many of life's passages. Celebrating these milestones means family, friends, and ... photographs. Are you ready to get ready?

Sometimes even subtle changes can turn a nice smile into a sensational smile - often in only one or two visits...

FAQtually Speaking

About toothpaste

- Q. What does fluoride toothpaste do?
A. Fluoride fights tooth decay and strengthens tooth enamel.
- Q. Will tartar-fighting toothpastes prevent gum disease?
A. No. They only help reduce *additional* tartar buildup *above* the gumline, so regular flossing and hygiene visits are essential.
- Q. Are whitening toothpastes okay for sensitive teeth?
A. No. Most contain a higher level of abrasives. Use a toothpaste for sensitive teeth instead.
- Q. Does *The American Dental Association* test toothpastes?
A. Yes. The *ADA Seal of Acceptance* means they meet specific criteria for safety and effectiveness.
- Q. Do children's toothpastes need to taste good?
A. Yes. This encourages brushing, but use a pea-sized amount and don't let them swallow.
- Q. How often should I use toothpaste?
A. You should brush *at least* twice daily with toothpaste for 2-3 minutes and floss daily.



*Whitening Bonding
Tooth-colored inlays/onlays*

Create an even more dramatic impact. We can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile...

*Dental implants
Veneers Crowns*

Whether you want your best milestone smile for a graduation, wedding, or The Big 4-0 - give us a call as soon as you can. You'll have your great new look in no time!

Are You Symptom Free?

Are you ready for biology's next revolution? *The Human Oral Microbiome Database* has been created to provide scientists with comprehensive information on oral microbes. That's good news for you because gum disease is no minor infection. It can change your appearance, your ability to eat, your social life, and your general health. It has been called the *silent disease* because you can have it and be symptom-free. Being young is no protection.

Learn how to avoid the Silent Disease

Here are some more facts you need to know...

- Up to 30% of people may be genetically susceptible to gum disease and six times more likely to develop periodontitis, its most serious form.
- Periodontitis is the leading cause of tooth loss among adults. It can destroy jawbone and supporting tissues as well as your appearance.
- Unnatural-looking indentations left by missing teeth and bone loss can compromise the esthetics of replacement teeth.
- Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- Surveyed U.S. dentists say gum disease is a more pressing oral health concern than tooth decay by a 2-to-1 margin.

Millions of people don't know they have gum disease.

Could you be one of them? Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.

De-Escalate!

Reclaim your world

It's a wonderful world we live in. Yet the excitement and challenges of even the best things in life can create tension. Teeth clenching and grinding are common symptoms of stress which over time can escalate into Temporomandibular Disorder (TMD), a painful problem of the jaw joints. Of course, dentistry can provide relief with oral appliance therapy, but a strategy for self-care will help keep you at ease for the long term.

Martial arts for relaxation? Absolutely. **Aikido, Tai Chi,** and **Qi Gong** combine meditation and movement to improve posture, balance, coordination, endurance, and flexibility.

Yoga is popular, very do-able, and doesn't require special equipment.

Proper breathing, exercise, relaxation, diet, positive thinking, and meditation are tried and true. TMD is *all* about taking the pressure off.

4 Your Health

Too much information! Hardly a day goes by without yet another announcement about lifestyle, health, and longevity. Sifting through the pieces may make it seem complicated, but apparently it's simpler than we think. Researchers say that by combining the following four modest and achievable lifestyle changes, you could prolong your life by 14 years.

- 1** Give up smoking. You could gain an 80% improvement in health. Smoking has been linked to gum disease as well as oral and other cancers.
- 2** Eat five fruits and vegetables daily for a healthy mouth and body.
- 3** Keep active for cardiovascular health, strong bones, and stress relief.
- 4** Drink moderately. Alcohol has been linked to oral cancer, especially when combined with tobacco.

Fourteen extra years of oral and overall health. That should keep you smiling!



You Deserve To Be Happy

Have you already done the groundwork?

The pursuit of health and happiness is a multi billion dollar business ... just ask the experts! Yet taking care of yourself, especially during stressful times, might be simpler than you think. How's this for a strategy? Stay positive and have faith in your own judgment and ability to act.

We think you've likely given some thought to self-improvement *and* you understand how to go about it. For example, any one of these five positive steps could start you on the path to boost your health and self-confidence...

- **Get more active.** Control your weight, fight diabetes, improve cardiovascular health, build strong bones, and provide stress relief.
- **Vary your diet more.** Include five fruits and vegetables a day to maintain oral health, a healthy weight, and promote vigorous cardiovascular, immune, and nervous systems.
- **Stop smoking.** It wreaks havoc with your health and has been linked to gum disease as well as some cancers.
- **Keep your regular medical and dental checkups.** Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- **Re-sculpt your mind.** Through relaxing meditation, you can actually rewire your brain to think more positively throughout your life.

A positive attitude and good health can't solve all the world's problems... or yours. But they can provide a strong foundation for building the happiness you deserve.



officeinformation

Exceptional Smiles

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See It! Believe It! Tooth TV

One of the toughest jobs for a dentist is explaining that you need treatment to fix or prevent problems you can't see or feel. We now have a simple solution!

With *Digital Doc*, our intraoral camera, that is the size of a pen – we can videotape problems up close, and color pictures are instantly displayed on a chairside TV monitor so you can see what's going on in your mouth – magnified twenty or thirty times. Dental video imaging isn't just a techno-gimmick. When you see and understand what's going on in your mouth firsthand, we can make better treatment decisions. It's also a great asset for analysis, record keeping, and explaining long-term treatment plans to dental insurance companies. So come on in and give that smile a screen test!



We Welcome

New Patients

Our practice wants you to refer us to your family, friends and colleagues.

Did you know that the highest compliment you can give us is referring our practice to people you care about? Yes, your trust means the world to us, and fuels our commitment to raise the bar even higher on providing you and yours with excellent dental care. From implementing the latest technology, procedures, and techniques, to being flexible in scheduling appointments and offering supportive payment options. *Trust in those who have earned your trust and earn their trust in return.* We live by this motto and are asking you to spread the word!