



from the dentist

Time For Reflection

Remember what matters

The Holidays are always a special time! After all the hustle and bustle, when we find moments to slow down, we think about the things that are truly important! This is especially a time to reflect on Gratitude! When the memory of the New Year celebration has faded, we try to keep this upper most in our mind....throughout the year!

Our passion for dentistry gives us one of the greatest joys in the world, allowing us to make a positive difference in the lives of so many of our patients. I couldn't do this without my team and the unique gifts they bring to our practice. But what makes all this possible is you, our wonderful patients. Without your loyalty, support, friendship and referrals, nothing else would matter. You are our reason for what we do....for who we are ~

Please accept our very sincere thanks as we start the New Year together!

May this be a year of Health, Joy and Prosperity for us ALL!

Joe Armel, D.D.S. and Staff

turn the page

Assess your self-esteem regime!

Do this to uncomplicate your life...

Are YOU a BRUXER?

Let's Commit to Health in 2012

Why maintaining your recare is important

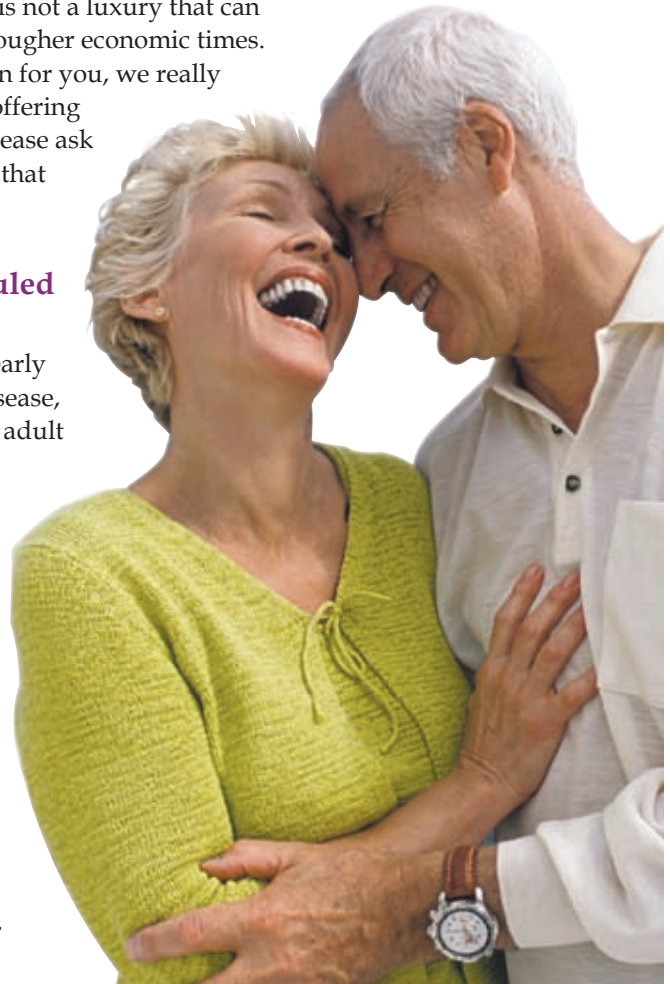
Let's take a look at a serious health epidemic that not too many people know about. It's not a strain of flu or super virus. This one is silent and could be affecting you right now. It's gum disease.

I know that you may be surprised that poor oral health could be epidemic, but remember, tooth and gum disease can have some pretty serious repercussions. Decay can cause significant pain and tooth loss, and gum disease is the leading cause of adult tooth loss and negatively impacts diabetes, heart disease, respiratory disease, and a host of other health issues.

Good oral health is not a luxury that can be cut back during tougher economic times. If budget is a concern for you, we really do want to help by offering payment options. Please ask us about a program that may work for you!

5 reasons to maintain scheduled appointments:

- **Prevention** and early detection of gum disease, the leading cause of adult tooth loss.
- **Screening** for oral cancer which is highly curable when caught early
- **Treatment** of tooth decay before it does serious damage to tooth structure
- **Interception** of dental emergencies
- **Maintenance** of good overall health as gum disease may negatively influence other health issues.





Say Yes To You

You'll smile more!

Though each of us inherits both good and not-so-good features from generations past, we are more than a patchwork of hand-me-down genes. We all have the power to learn to be happy with ourselves. Once that happens we can stop being self-conscious and enjoy being in the moment.

Positive self-esteem is more than just liking how you look. It's about feeling good emotionally, mentally, and physically. There is no question that your good oral health directly affects this perception.

We're very proud when we can contribute to your well-being. Sometimes it's by providing cosmetic treatments that work with what you've got to help you change what you can. Other times it's by providing quality care to achieve and maintain your healthiest smile. Make regular visits part of your self-esteem regime!

3 KISSES For You Keep it simple, savvy, easy & sassy!

According to *Cornell University* researchers, in addition to all your other daily choices, you make 200+ decisions a day - a minimum of 1,400 a week - just about what food and beverages to put in your mouth! And how about sorting through countless toothpastes, mouthrinses, and other oral care products on the market? We'd like to uncomplicate at least one part of your life. Here are three amazing smile sparklers. If you can't settle on only one, consider all three!

Teeth whitening picks up your smile power by removing even the most stubborn stains caused by tobacco, tea, coffee, wine ... or time.

White fillings made from long-lasting easy-care materials matched to your own enamel color will restore your smile to its original immaculate condition, so no one will guess you've ever had a cavity!

Veneers are thin individually sculpted concealers that are applied to the surface of your own enamel.

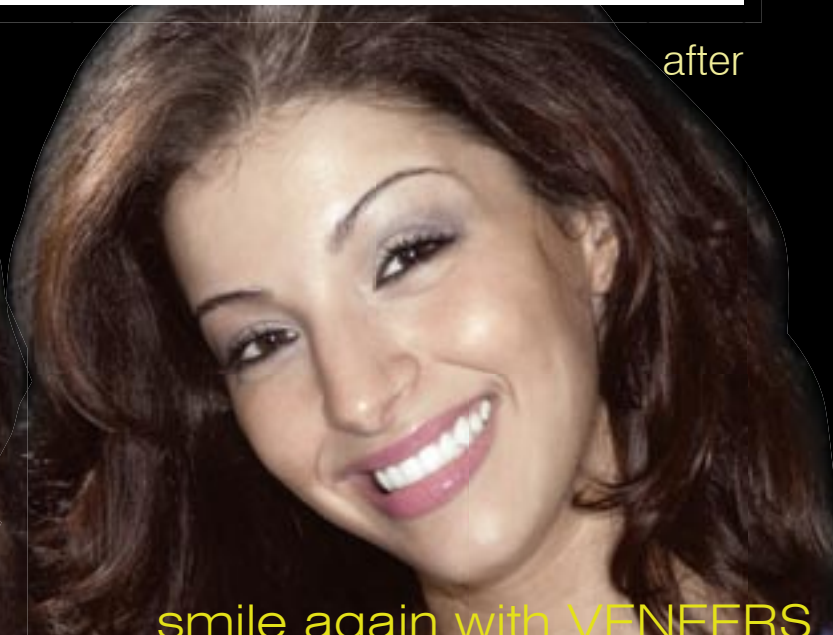
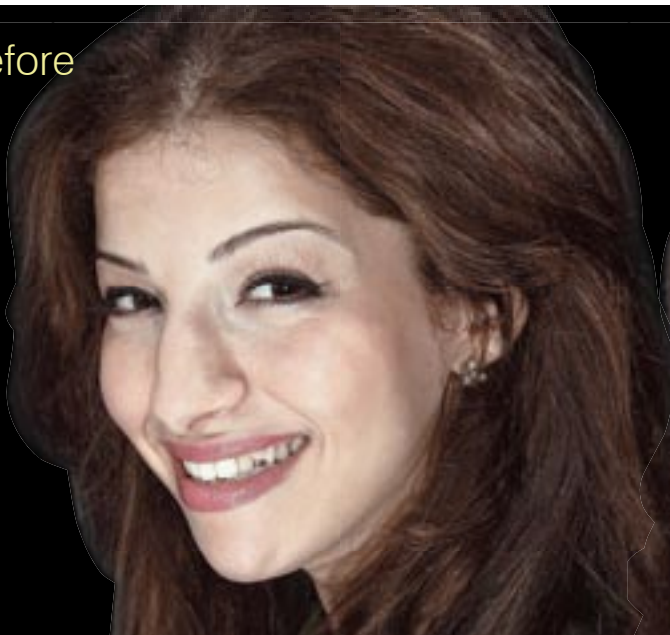
There's nothing superficial about the results though, thanks to sophisticated materials that are strong and require no special care. Veneers are an excellent choice to mask...

- chipped, cracked, or worn teeth
- unattractive gaps
- minor twists and overlaps
- even the darkest stains
- misshaped teeth.

Still can't decide? Keep it simple and give us a call. We'll work with you to help eliminate the guesswork!

before

after



smile again with VENEERS

Your Smile. YOUR WAY.

Planning the future of your smile

We follow the golden rule: we treat our patients the way we would like to be treated. It's important to us to provide you with real information, explain our recommendations, and give you time to absorb them. We understand that just as milestones like marriage, graduations, and retirement involve planning, ensuring your smile will last through your lifetime takes some forethought too. That's where we would like to help you.

For example, some restorative solutions are so beautiful that you may believe they are only cosmetic. Yet many metal-free restorations made of white composite, porcelain, cast glass, or resin that are matched to your enamel were actually created to save your smile, not just dress it up.

Consider...

When your tooth is too damaged for a simple filling, *inlays* (which fill the cavity) or *onlays* (which also covers it) can be an excellent solution.

A *crown* can be used to cap your entire tooth to provide improved shape and strength. One or more can also be attached to a *bridge* when several teeth are missing.

A crown can also be placed on top of a permanently implanted artificial root made of biocompatible metal. These *dental implants* can also be used to anchor a bridge or a denture for greater stability.

Still have questions about your best smile-saving options? We will always be happy to answer them for you. Call us today!



Crowns

Keep Up The Pace!

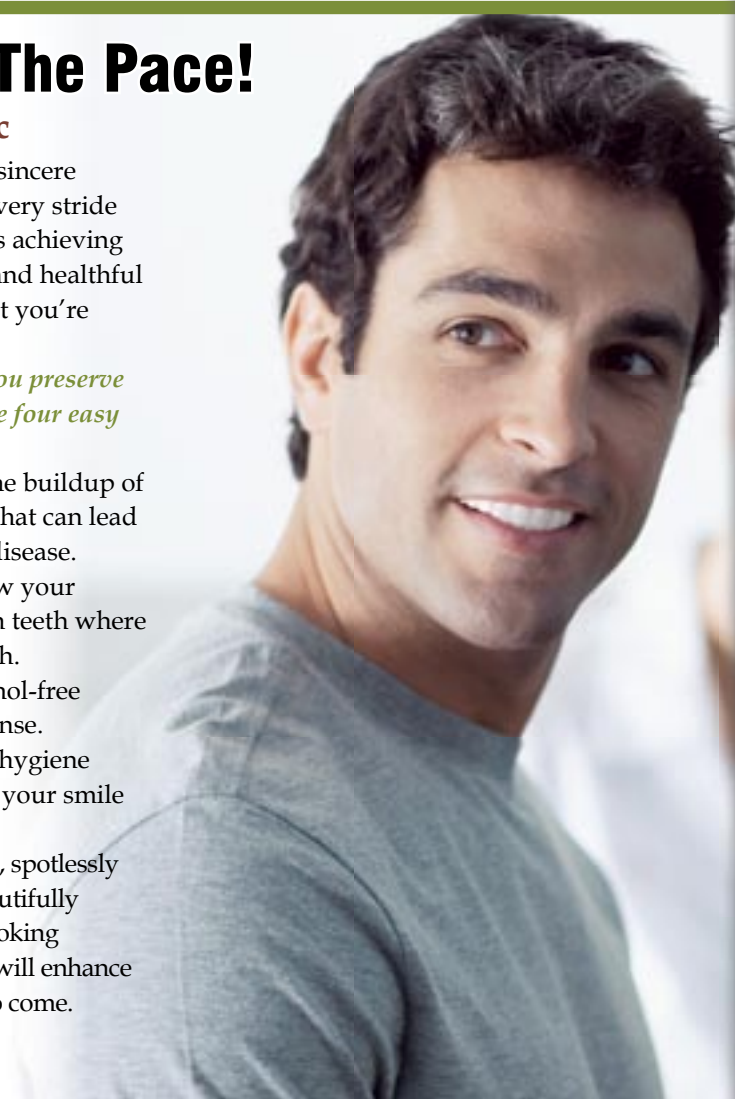
You look terrific

Please accept our sincere congratulations for every stride you've made towards achieving your most beautiful and healthful smile. We can see that you're pleased - it shows!

We'd like to see you preserve that sparkle! Here are four easy steps to success...

1. Brush to prevent the buildup of the bacterial biofilm that can lead to cavities and gum disease.
2. Floss to reach below your gumline and between teeth where your brush can't reach.
3. Rinse with an alcohol-free antibacterial mouthrinse.
4. Keep your regular hygiene visits so we can keep your smile clean and fresh.

Pink healthy gums, spotlessly clean enamel, and beautifully maintained natural-looking cosmetic restorations will enhance your smile for years to come.



It's Called WHAT?

Find out if you do it

Bruxism, the often unconscious habit of clenching and grinding your teeth, can run in families. Stress is the most frequent cause. Some children grind, but it is most common in 20-40 year olds. Three times as many women do it, yet it has also been linked with apnea - multiple cessation of breathing through the night - which is more common in men. Male or female, whatever your age, bruxism can damage your teeth and dental restorations and cause jaw and facial pain and headaches.

We can check you for...

- signs of bruxism
- problems with your bite
- the need for a custom nightguard or splint.

Your doctor can recommend...

- stress counseling
- exercise &/or physiotherapy
- medication.

You can try to...

- change sleep positions
- avoid alcohol and caffeine
- refrain from chewing on pens, pencils, gum, and fingernails.

Avoid Root Decay!

Think you're too young? Think again!

Did you know that most people over age fifty have tooth-root decay, a condition which is associated with receding gums? This is not unexpected since many older adults did not have access to fluoride or preventive dental care in their youth. Today this is no longer the case, yet we are seeing an alarming number of younger adult patients with root cavities.

Regardless of age, any recession of the gums away from the teeth, whether caused by gum disease or by too strenuous brushing, exposes the roots to cavity-causing bacteria. Because roots are covered with *cementum* which is 700% softer than enamel, their surface can be damaged easily once exposed. Breaching the integrity of a root's surface can allow decay-causing bacteria to penetrate.

One of the most respected dental researchers in the world said that once you get a cavity on the root surface,

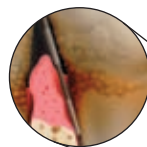
it's just like the beginning of the end of your tooth. Since all adults are susceptible to root decay, it is absolutely critical to understand that fluoride is not just for children. Fluoride can help to control gum disease and gum recession and decrease accompanying tooth sensitivity. It can also prevent and sometimes even reverse cavities.

Whether you are experiencing root cavities or wish to prevent them, I would be pleased to recommend fluoride options including products for home use at your next appointment.

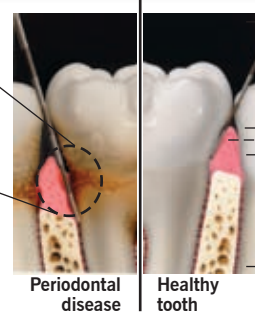


Periodontal Disease vs Healthy Tooth & Gums

Gingival pockets are the small spaces between your teeth and gums where debris collects. If plaque and tartar aren't removed from these pockets, gums become inflamed and the pockets of bacteria extend deeply between the root and gum. Bone and gum tissues deteriorate and, if left untreated, the tooth becomes loose and falls out or has to be removed.



Tartar



The crown is the visible part of each tooth.
The gums are the soft pink tissues that cover your tooth and bone.
The root of each tooth is lodged in your supporting jawbone.

Periodontal disease

Healthy tooth

office information

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Oral Cancer Bites

Start early & win!

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – certain strains of the human papilloma virus (HPV).

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

- A** Check your tongue, lips, cheek lining, and gums.
- B** Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.
- C** Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancer can be cured.

The Daily Grind

Battling bruxism

Almost all of us grind or clench our teeth occasionally. But excessive heavy grinding, or bruxism, can lead to painful jaw and dental problems.

Many people brux when sleeping, leading to sore and tired facial muscles, jaw joint disorders, worn down tooth enamel, and damaged dental restorations. Most researchers believe that both emotional and physical factors cause bruxing. Stress tops the list.

Bruxism can cause serious problems for your smile and your general well-being. We can help you in a variety of ways including designing a customized plastic mouth appliance that interrupts grinding and protects the teeth.

Are you a bruxer? Please come and see us for a complete diagnosis! We want to keep you smiling!