



Millburn Dental Arts

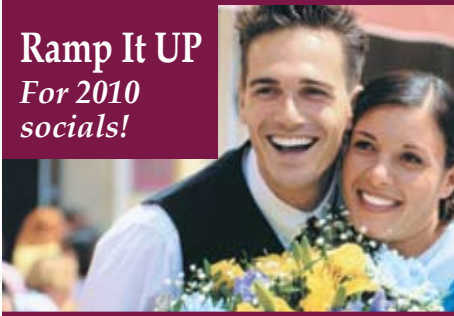
Smile! Pass It On!

Produced to improve your dental health and awareness

Winter 2010

fromthedentists

Ramp It UP
For 2010
socials!



There are a few upcoming events on my calendar that I'm excited about, and I'm sure you also have something on your calendar that you're eagerly awaiting. In anticipation, I'd like you to make a mental shift. Here's how.

When you think "dentist," you probably think fillings and cleanings. I want you to take that one step further... How you feel can be greatly influenced by how you look. Your smile is the very first thing that people notice, and judge, when they meet you. So right now, go to the mirror and smile. What do you want to change before "the big event"? Whitening? Smoothing that chip? Masking a gap? If so, call me! I want to ensure you smile your brightest and feel your best ... and have a wonderful time!

Yours in good dental health,

Dr. Scott A. Krosser

Dr. Robert Straussberg

turnthepage

Brushing, biking, recycling!

Vitamin D-licious!

7 smile-saving solutions!

Be Anxiety Free

Oral conscious sedation brings relief

We are pleased to be able to offer our patients what's called *oral conscious sedation*, a technique that can make your dental visits more comfortable and stress-free. It's used to relax you without putting you to sleep: you remain able to talk, walk, and breathe on your own, but you are less aware of your surroundings, the passage of time, and nearby activity. You will have no or little memory of the appointment.

The night before your appointment you take a mild pill that allows you to sleep well and be rested and relaxed the next day. An hour before your appointment, you take a second pill and possibly some additional medication during the procedure. You'll need to have someone drive you to and from our practice.

This sedation method is particularly appropriate for patients who are very apprehensive about dental care and who even may avoid care due to these fears. You must be healthy and have had a recent physical by your family doctor. Medical conditions such as heart disease or certain medications may affect your eligibility.

How does it make you feel? Drowsy and dozey, as if you'd had a few



glasses of wine, for example. After you've been driven home, you'll feel like a nap, and you should probably organize a friend or spouse to stay with you for a few hours.

Please contact us if you feel that oral conscious sedation might be right for you.



Q Does it really matter if I lose a tooth?

A Every tooth in your mouth plays an important role in speaking, chewing, and in maintaining proper alignment of your other teeth. If you lose a tooth, the gap must be filled by a dental implant, bridge, or removable denture for your mouth to function properly.

Dental **Q&A**

Thank you for all your referrals. We appreciate them!

Mix It Up

Find out how to make a real difference!



Dairy Or Non-Dairy You get to pick!

A study published in the *Journal of Periodontology* shows that those who regularly consume dairy products such as milk, cheese, and yogurt had a lower instance of gum disease. But even if you can't tolerate dairy products, science has plenty of good news about nutrition and oral health.

- Linked with longevity, cell growth, and boosting the immune system, vitamin D consumption can:
- **inhibit gingivitis**, the earliest stage of gum disease;
 - **fight inflammation** which has been linked to gum disease;
 - **help prevent tooth loss** by inhibiting bone loss around the tooth roots caused by gum disease.

Healthy gums are an important part of maintaining a healthy body. Calcium- and vitamin D-fortified beverages, and vitamin D-rich foods like salmon, sardines, and egg yolks can lead to better oral and overall health!



Just as what you wear can express your innermost self, your smile speaks silently to others about who you are and what you anticipate from life. A friendly open smile projects self-assurance and positive expectations, and attractive white teeth communicate cleanliness and health. Everyone in the family can benefit from a smile that's their sparkling best - but even better if you're of a certain age - your vivacious smile can help take years off!

Here's some more great news...

You can eliminate darkened or yellowing enamel stains created by everyday smoking, eating, and drinking. Even enamel that has become discolored due to illness, medication, or heredity can be brightened.

How? We can provide two very popular options that can dramatically improve your smile - supervised teeth whitening and cosmetic bonding.

Whitening has become the most-demanded cosmetic procedure for good reason - *it works*. Your teeth can be whitened by up to eight shades ... *very quickly* - and there's no upper age limit!

Bonding tooth-colored materials that match your own enamel to the surface of your teeth masks discoloration while adding strength. These same long-lasting materials can be used to replace old silver-colored (amalgam) fillings and to correct minor chips or gaps between teeth.

In fact, we can mix 'n' match these procedures to enhance your unique smile and incorporate white composite fillings, inlays, onlays, and sophisticated cosmetic veneers to keep you smiling ... whatever your age!



A Right Way And A Wrong Way

Brushing your teeth using the proper technique is essential for cleaning teeth and gums effectively, yet many patients are unaware of just what exactly the "proper methods" are. Correct brushing takes a little patience and a little more time than you might think. It's just not enough to slap on the toothpaste and scrub away in a haphazard and random fashion. You can easily miss whole areas of your mouth and actually do some damage at the same time. Here are some helpful toothbrushing tips to get the job done properly.

Brushing tips...



7 Smile Savers

See how you can count on us!

Everyone wants to keep their natural teeth for life. But it isn't all about the teeth, you know. When your gums are pink and healthy, they harmonize beautifully with your lovely white teeth enamel and truly make your smile sing. But their real job is to provide protection and support for your teeth. You can see why preventive care is the key to a great-looking smile.

Here are 7 preventive smile-saving supports our team can provide...

- 1 **Cleaning and scaling** your teeth to remove plaque, yellowing tartar, and surface stains;
- 2 Protective **fluoride treatments** and pit and fissure **sealants**;
- 3 **Remineralization treatments** to restore thinning enamel;
- 4 **Polishing** for teeth and restorations;
- 5 Protective **mouthguards**, custom-made for children and adults;
- 6 Preventive **nightguards** to stop grinding, clenching, and sensitive worn-down teeth that can age your appearance;
- 7 **Rely on us** to help you with as many preventive measures as possible. All you have to do is keep your appointments!

Recycle Your Bicycle Again & again!

Have you ever wondered why cycling is becoming so popular? Here are four reasons you'll want to consider this family-friendly sport. Cycling is...

FUN

- Pump up your mood, reduce depression and stress, and boost your self-esteem!

GOOD FOR YOU

- Improve your overall and oral health.
- Shrink your waistline. Burn extra calories.
- Reduce your risk of serious conditions such as heart disease, high blood pressure, obesity, and diabetes.

SOCIABLE

- Enjoy the great outdoors with friends and family of all ages. People of most fitness levels can cycle, slowly and gently if necessary.

SUSTAINABLE

- Focus on the moment and on your environment. Join your family in reducing its carbon footprint with reduced vehicle usage.

No wonder cycling is one of the fastest-growing leisure activities in North America.

1

Place bristles along the gumline at a 45° angle so that they contact both the tooth surface and the gumline.

2

Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush up and down using a rolling motion.

3

Tilt the brush vertically behind the front teeth. Brush up and down using the front tip of the brush.

4

For the biting surface of the teeth, brush gently with a back and forth motion. Don't forget to softly brush the tongue to remove odor-producing bacteria.



Is Something Missing?

Bring back your beautiful smile!

A lot of life can happen to a person over the years, and some of it can definitely show up in your smile. Teeth can weaken due to cavities, root canal treatment, and unexpected trauma like a sports injury or accident, and even restorations can deteriorate or detract from your smile. The great news is that today's crowns and bridges can be very effective methods to prevent the shifting of teeth, bite problems, and altered appearance that accompanies damaged or missing teeth. Here's a rundown on crowns and bridges.

■ A **crown** is a strong replica of a normal tooth, and it can be made of gold or other metals but is usually made from materials that look like your natural tooth enamel. It can be used to cover, strengthen, and protect a damaged tooth.

■ To fill in gaps, crowns are combined

with an appliance called a **bridge**. Crowns are placed on the teeth on either side of the space and artificial teeth are attached to them, bridging the gap. They look and feel like your own teeth, and no one would know there were ever any teeth missing. A stable, fixed bridge has no clasps that show, and is usually preferred to a removable bridge.

Whether your teeth are damaged or missing, crowns and bridges are accessible and attractive in a range of materials to suit your smile needs.



Stressed Out?

Call us!

Did you ever think that a dental visit could help you to deal with symptoms of stress? People who are under a lot of pressure grind their teeth, bite their cheeks, and neglect their usual oral health routines like home care and dental visits. Research shows that stress weakens your body's immune system, creating a gateway for an oral bacterial infection that can lead to inflammation of the gums, bleeding gums, and eventually, even to loss of teeth and supporting bone.

There is no single, all-purpose solution to handling tension, but besides booking a dental appointment, here are a few suggestions that could help...

- Don't rely on your memory... write it down.
- Break large tasks into bite size portions.
- Set priorities in your life.
- Get enough sleep.
- SMILE!



office information

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Office Hours

Monday	8:00 am	–	3:00 pm
Tuesday	1:00 pm	–	8:00 pm
Thursday	1:00 pm	–	8:00 pm
Friday	8:00 am	–	3:00 pm

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Office Staff

Beth, Stephanie Office Managers
 Dawn Receptionist
 Patty, Debby, Collin, Laura Hygienists
 Sandy, Laura Dental Assistants

CASH Debit **CareCredit**
 CitiCard - 12 months interest free plan available



Floss! Floss! Floss!

Never forget!

Some reports suggest that daily flossing can actually add *seven years* to your life! If you're not flossing, you're missing about 35% of your tooth surfaces. Research has shown that flossing, along with brushing, is the only way to prevent the buildup of plaque and tartar that cause periodontal disease. To encourage a regular flossing regimen, it's important to find the flossing device that works best for you. Some people find that waxed floss is easier to use than unwaxed. You can try different floss thicknesses, or even dental tape – a wider floss that works wonders for people who've had bone loss and gum recession. Floss holders can also make a big difference, and threaders are designed for use with bridges. Ask us for a flossing refresher and product recommendations!