



# Dr. Henry Finger's SMILE REPORT

Produced to improve your dental health and awareness

Spring 2007

## A Toothy Testimonial

Never underestimate the power of the human heart to embrace self deception. You might be wondering what that statement has to do with teeth. In my case it had everything to do with my teeth. Over a year ago I was working on a school project that required me to videotape myself counseling another person. While I was reviewing the tape the strangest thing happened; I noticed a foreboding shadow materialize on my face. Mind you, this was not ordinary shade; but was a shadow that focused directly on one tooth in my face! My goodness, was I seeing things? Could my tooth actually be that bad? In order to comfort my panicky soul, I turned to my wonderful wife whom I was sure would put my heart at ease and explain to me the perils of bad lighting while conducting videotape sessions. "No, your tooth looks awful," she said sending my heart into a downward spiral. That very statement got translated in my mind as "You have a hideous, medieval, repressed peasant fang". It was this very conversation that changed my mind about finally having this tooth restored. I wish I could explicate to people the reason my tooth changed color was because it was broken in a heroic attempt to save a baby from some burning building. Instead, it was just a simple accident that occurred at school when I was seventeen. The tooth was chipped off on a steep angle which required the nerve to be removed, and as a result, caused the slow discoloration over the years culminating in a "hideous, medieval, repressed peasant fang." After discussing my situation with Dr. Finger and his staff, he expressed he felt he could get a pretty good match with my adjacent teeth, and he was right on. Actually, after he put the temporary cap on I was so pleased I didn't want to come back for the permanent one for fear it wouldn't look as good. Boy was I surprised! The permanent cap was even better than the temporary.

Dr. Finger and his staff were wonderful to work with and I would highly encourage others to utilize their professional services. Through every step of the process, Dr. Finger and his staff were professional, caring and thorough. I distinctly remember how each member of his staff working on my tooth was diligently trying to make it look as perfect and as natural as possible. Now after the procedure, instead of being concerned about my smile, I am definitely more comfortable with laughing and smiling. Further, my confidence in social circles is much greater not having to fear smiling the wrong way and drawing attention to my less than perfect teeth.

So, am I glad I did it? Yes, yes, yes! I would like to personally thank Dr. Finger and all his staff for their excellent work and professionalism. I am very grateful!

Finally, for all those friends and family that I subjected to my hideous tooth I humbly ask your forgiveness.

I am Jerry Gaffney, and I endorse this toothy testimonial.

View Jerry's before and after photos on the back page.

## Cosmetic Quiz

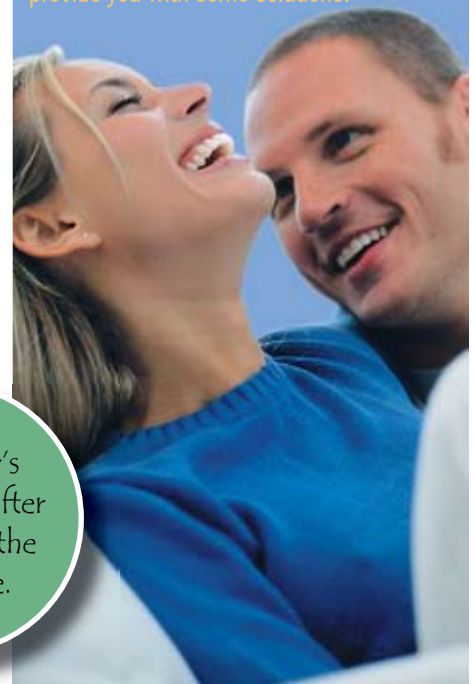
Do you feel awkward or self-conscious when you smile?

Do you ever talk through your hands?

Do you purposely smile for the camera with your lips closed?

Would you like your teeth to be whiter or straighter?

If you answered yes to any of the above, we offer cosmetic services that may provide you with some solutions.



**Thank you for all your referrals. We appreciate them!**



## Test Your HCQ!

Regular dental visits and a scrupulous home hygiene program can keep your breath fresh and your smile sweet! How's your HCQ – Home Care Quotient? Take our quiz and find out.

### Bad breath can be:

- caused by plaque and food particles on and between the teeth;
- a warning sign of gum disease (*gingivitis or periodontitis*);
- caused by bacteria that wasn't brushed away from your tongue;
- all of the above.

### The number-one cause of tooth loss in adults is:

- car accidents;
- advanced age;
- gum disease.

### Plaque, the thin film of bacteria that you can feel on your teeth, can begin to form within:

- 48 hours of brushing;
- 24 hours of brushing;
- seconds of brushing.

No matter what your score, just remember to brush, floss, and rinse ... and never share your toothbrush. Oral bacteria can be passed to others which can potentially spread periodontal diseases!

*Answers: all of the above; gum disease; seconds of brushing*

# Take Years Off!

## Rejuvenate your smile

Make no mistake – crowns do rejuvenate smiles. Although the primary purpose of a dental crown is to protect and strengthen teeth, you'll love your improved great looks too!

Crowns are an attractive time-tested option for teeth that have been severely damaged or weakened by trauma, root canal treatment, or too much filling. They can also support bridges that fill gaps and be attached to dental implants to rebuild and enhance your smile.

Crowns have come such a long way from the all-metal originals, through porcelain fused to metal, and finally to all-ceramic or all-porcelain. Today, replacing outdated crowns is a surefire way to take years off your appearance.



New beautiful natural-looking front crowns are enhanced by veneers on the molars.

### Type Of Crown: **All-Metal**

**Benefits:** Often made of gold (which is strong and long-lasting and will not wear down opposing teeth), they can also be made of less expensive metals or a mix of gold and alloy.

### Type Of Crown: **Porcelain Fused to Metal**

**Benefits:** Porcelain creates a more natural look than all-metal crowns, and though the metal limits translucency, it adds strength, which is particularly useful at the back of the mouth.

### Type Of Crown: **All-Ceramic or All-Porcelain**

**Benefits:** Translucent porcelain with opalescence looks the closest to natural teeth enamel, will not wear down opposing teeth, and there are no tell-tale dark metal margins at the gumline as sometimes occurs with porcelain fused to metal. These crowns are strong, long-lasting, and youthful looking.

# Increase Your Shelf Life

## Transcend trans fats!

You know, without fat in your diet, your skin could become dry and flaky, and you could experience hair loss. Your oral health could also suffer from lowered resistance to infection and diminished ability to heal. But too much fat also creates health problems. In particular, trans fats have been receiving a lot of bad press lately.

Trans fats contribute to heart disease and are linked to inflammation which can damage body tissues including your gums, increase the risk of other chronic diseases, and accelerate ageing. Also called hydrogenated (or partially hydrogenated) oils, trans fats were invented to increase product shelf life. So they really are everywhere!

What to do? Read labels. Use alternatives to palm kernel and coconut oils. Exercise, eat a balanced diet, keep regular dental appointments, and keep smiling!

# Hide 'n' Seek

*Which strategy is best for you?*

Sometimes it's what's hidden that makes all the difference ... even with something as intimately connected with your looks as cosmetic dentistry. It could be superior bonding materials beneath veneers that help them to stay whiter longer, an improved teeth whitening formula, or exquisite craftsmanship using leading-edge labs and technology. And sometimes, it's revealing what's hidden that can make your smile more alluring, especially when it's your beautiful teeth enamel hidden by a too-gummy smile.

Let us custom-design your smile makeover program with products and techniques that will suit your smile best. Please come see us for a consultation.



## Here are some designer smile procedures that will give your smile eye-catching appeal:

Lighten stained, discolored, or dull teeth more comfortably, faster, and more predictably than ever before.

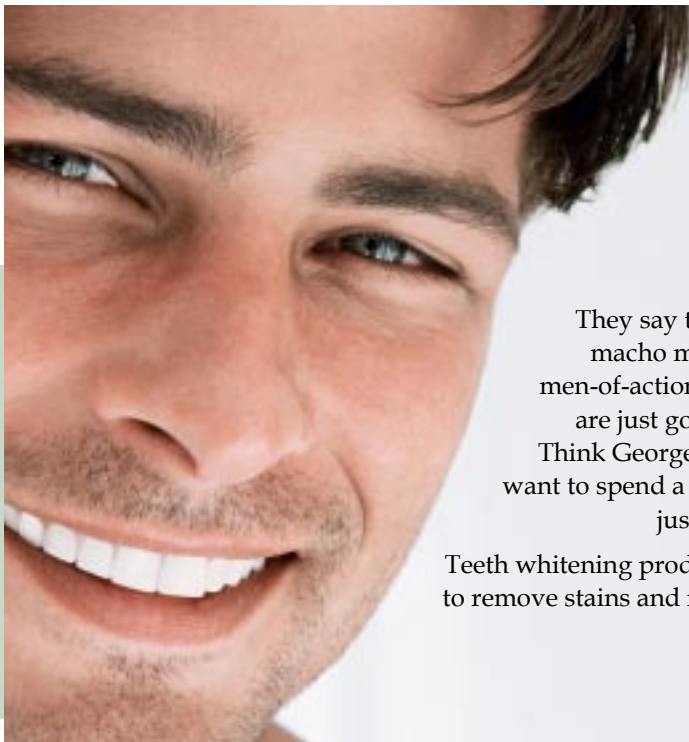
Change old, conspicuous fillings to strong, long-lasting tooth-colored restorations of porcelain or composite resin.

Renew severely damaged or broken teeth with porcelain or resin crowns, implants, or bridges.

Design your smile to permanently correct gaps, crooked, chipped, or discolored teeth with custom-made porcelain veneers that cover flaws.

Sculpt your smile to make short teeth look longer and restore symmetry by reshaping your gums.

Straighten your smile and close gaps by repositioning your teeth with orthodontics.



## Assert Yourself!

### Try whitening

They say that "macho" is making a comeback ... in a good way. Modern macho men are still sensitive and caring but they are also very capable men-of-action. These are men who "clean up good" - rather than men who are just good at cleaning up - and who are focused on their appearance. Think George Clooney. Think Matthew McConaughey. For men who don't want to spend a lot of time with potions and lotions, teeth whitening could hit just the right note for healthy, attractive, and rugged good looks.

Teeth whitening produces the best results when done under a dentist's supervision to remove stains and re-charge your smile batteries. And you get to decide whether to lighten by up to about eight shades, or only a few.

Assert yourself. *Smile!*



Jerry had been a patient of mine for several years and although we discussed improvement of his smile, he really wasn't ready until last year when he agreed to change his smile. We first whitened his teeth and then utilized a natural tooth bonding to restore any stained fillings on his other front teeth. The "hideous, medieval, repressed peasant fang" as Jerry called it was then restored with a

porcelain crown to achieve the very natural result that is evident in the pictures. Thank you Jerry for the very kind, exceptional, humorous testimonial and for being such a cooperative patient.

*Henry W. Finger DDS*

## office information

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### Office Hours

Monday 8:00 am – 6:00 pm  
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Thursday 7:00 am – 4:00 pm  
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### Office Staff

Tina ..... Office Manager  
Dee ..... Registered Dental Assistant  
Jackie ..... Registered Dental Assistant  
Becky ..... Registered Dental Hygienist  
Luci ..... Registered Dental Hygienist

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## Your Referrals...

### Get special care

Huge international corporations and advertising agencies would give just about anything to get something we have that they don't. We're privileged to have your loyalty and your referrals.

Maybe you'll be surprised to know that we get most of our new patients from our existing patients, like you. This is much more valued than any marketing campaign as it's clear that your testimonial speaks volumes beyond any advertising slogan. It's simple really... Because your referrals know you, they trust you. And that means they'll trust us.

We want you to know that we are committed to upholding your trust by providing your referrals with the special care you intend for them.

We welcome your referrals, and we're very proud of them. *Thank you.*

## Allergies And Plaque

### Avoid dry mouth

Signs of spring can bring more than flowers in bloom for people with allergies. Sneezing attacks and running noses can make life pretty miserable, even when the sun is shining. That's why a lot of allergy sufferers turn to antihistamines for relief. What many people don't know is that though many allergy medications are good with noses, they can cause problems by drying out your mouth. That means less saliva to wash away debris from your teeth. Over time plaque will build up around teeth and gums and cause cavities. If you are taking antihistamines, the best remedy is to drink plenty of water and keep your mouth moist. Brushing and flossing after each meal will keep your smile healthy and stop plaque from getting a hold of your teeth.