



Dr. Henry Finger's SMILE REPORT

Produced to improve your dental health and awareness

Spring 2006



Celestine was referred to me by a patient of my practice who suggested that I could improve her smile. When Celestine first came to me, she told me how she always covered her mouth when she smiled because she was embarrassed about her smile.

Her teeth were very protrusive and crooked ... with decay and many chips. To give Celestine the smile she always wanted, I completed orthodontic treatment to straighten her teeth. Using appliances so that Celestine could remove them when necessary (at work when speaking, or when eating), the appropriate correction was completed in about three months. This treatment proceeded very quickly because she was very compliant: she wore her appliances as much as she possibly could. Celestine whitened her teeth before I completed crowns on the upper teeth and reshaped her lower teeth.



Her smile is now beautiful, and Celestine says she is much more confident and happy. It is very satisfying to see the very positive change in her personality and appearance!

Thank you Celestine, for being a wonderful and cooperative patient. It is very rewarding and pleasurable to treat patients who want to renew their smile.

Henry Finger DDS

office information

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Your Referrals Matter

Thank you!

One of the things that our patients do – something that makes us feel great and confirms that you think we're doing a great job – is referring friends, family, and colleagues. In fact, your referrals are a vital part of what makes this practice the thriving happy place you find every time you visit.

If we don't ask for your referrals very often, it certainly doesn't mean that we don't care. It simply means that our team doesn't want you to think that we take your recommendations for granted. We consider it an honor every time you express your trust in us by sending someone to us for their oral care.

Thank you for all of your past referrals, and a special thank you in advance for your very welcome future referrals. We really do care!

Thank you for all your referrals. We appreciate them!



Access This Now!

A factory already exists that can mass-produce cells of a donor so that they can be transplanted to repair bone and gum tissue as well as erase wrinkles and other effects of ageing. Even so, it will be some time before this technology will be readily available to everyone. You can access – right now – modern cosmetic dental techniques that can prevent and plump out the wrinkles and lines that can prematurely age you. With crown and bridge restorations that replace teeth and preserve bone ... you will look great!

A crown protects and strengthens a tooth by covering it and improves its appearance by restoring its form and dimension. A bridge secures the crown to adjoining teeth. Crown and bridge treatment is recommended for teeth that...

- are broken or cracked, or are structurally weakened by large fillings;
- have been weakened by root canal therapy;
- are misshapen and discolored.

In addition to looking naturally beautiful, there is another terrific benefit to a crown and bridge restoration. Thanks to their strength and durability, you may avoid more complex and expensive treatments later!



Let Your String Sing!

What's the first thing you search for when you get a piece of spinach caught in your teeth? Dental floss – naturally! It may surprise you to learn that food removal isn't the only reason you need to floss. It's to remove the bacterial plaque that builds up on your teeth. Even if you were fasting, you'd still need to brush and floss!

In fact, if you're not flossing, you're missing about 35% of tooth surfaces that brushing alone can't reach. And if you have a dental restoration like a crown and bridge, flossing will let you pay special attention to the gumline.

There are many flossing products designed for individual needs and preferences.

Ask us – we'll be happy to give you advice!

The Price Of Excess

Erosion of dental enamel is caused by a chemical process involving acids and not by the bacteria that cause cavities nor by clenching or grinding your teeth. Sometimes it is caused by foods; sometimes by acid reflux (from your stomach) which is commonly caused by excess consumption of acidic foods and beverages.

Saliva can naturally restore a temporary acid imbalance ... but it can't challenge constant assault.



The Academy of General Dentistry has identified acids in these common foods...

- Soft drinks – phosphoric acid
- Fruit and fruit products – citric and malic acids
- Fermented products (yogurt) – lactic acid
- Grapes and wines – tartaric acid

And recommends that after eating or drinking, you...

- Brush using a fluoride toothpaste
- Rinse with water for 30 seconds
- Chew sugar-free gum to stimulate saliva flow

NO PAIN DOESN'T MEAN NO PROBLEM!

If you are tempted to skip appointments because you don't feel pain and can't see anything wrong, think again. What you can't see or feel can cause the most trouble! These dental problems can be treated, and often reversed, if spotted early.

Here's What We See That You Can't

- A dental examination can detect deterioration in fillings, crowns, and restorations.
- We may spot root cavities (decay on the roots of your teeth) which are exposed by receding gums.
- Close inspection can reveal periodontal pockets caused by gum disease, and we may even identify the early warning signs of oral cancer.
- We may find new decay under the gumline or hidden under existing fillings – two places you just can't see!
- Your teeth may have hairline fractures or signs of enamel erosion.
- We can diagnose an impacted wisdom tooth that is ready to make its presence known ... although you may not feel it yet.
- The onset of gum disease, called *gingivitis* in its early phase, often goes undetected by patients. We can check for any tell-tale signs so that you can take action to prevent its progression toward periodontitis.

Gambling With Your Oral Health?

Gum disease is the leading cause of tooth loss

In addition to breaking down the connective tissues that support your teeth, the bacteria responsible for gum disease can actually destroy the underlying jawbone. For many people it comes as quite a shock to learn that insufficient bone can limit their restorative options. Over time, bone loss also alters bite which can affect ability to chew and speak ... and cause a "collapsed" facial appearance. You've probably seen someone who looks like that.

All of this can be prevented by taking care of your oral health with a consistent home care routine and regular office visits. Why is coming to see us regularly so important? Plaque is the bacteria-loaded biofilm that you can feel when you run your tongue across your unbrushed teeth. If not removed, it will calcify into tartar that you cannot get rid of at home. We, on the other

hand, can remove it. We can even reverse gum disease if caught in time!

Periodontal disease affects up to 90% of the population. It doesn't just affect your appearance - it can affect your overall health as it has been

linked to diabetes, premature birth, cardiovascular and kidney diseases, Alzheimer's, and oral cancer. Don't gamble on your luck. Make sure you take as many preventive measures as possible, and keep your appointments!



Look At This!

We love to see you benefit from our commitment.

We hope you know that *you* are the reason we are so committed to Continuing Education. It is very satisfying to our entire team to see how our patients benefit from the courses that we take. Just in case you've ever wondered how seriously we take our post graduate training, I think this 2006 schedule speaks for itself!

- **February 1st** - Laser Periodontics, Columbia, MD
- **February 23rd - 26th** - Oral Pathology and Cosmetic Dentistry, Chicago Midwinter Meeting, IL
- **March 24th** - Advanced Regenerative and Implant Therapies, Voorhees, NJ
- **March 29th** - Invisalign® Technology, Marlton, NJ
- **April 2nd - 4th** - The American Dental Association Leadership Conference, Washington, DC
- **June 6th - 9th** - New Jersey Dental Association Meeting, Atlantic City, NJ *
- **July** - Hands-on training on use of Laser in periodontal therapy
- **August 1st** - CPR Recertification, Somerdale, NJ *
- **August 3rd - 6th** - The Academy of General Dentistry Meeting, Denver, CO
- **October 15th - 19th** - The American Dental Association Meeting, Las Vegas, NV *



It's especially important to me that you know that the events that are followed by an asterisk are those where our staff members will also be attending. It is both a privilege and a pleasure for our entire team to provide you with the highest standard of preventive dental and oral health care.

Thank you, sincerely, for all the support we receive in return.

Henry W. Finger & Team

Are You Dieting...



In the fast lane?

Is Monday morning "Crash Diet Day" at your household? If so, be aware that on-and-off diet patterns can create deficiencies in some minerals and proteins as well as Vitamins D and B-12, which are important to the health of teeth and gums.

We know that sweet sticky foods can increase calorie intake and cling to teeth, encouraging decay and cavities. But you may be choosing a diet high in fruits and juices without realizing that natural sugars can also decay and erode tooth enamel.

Some cheeses like Monterey Jack and Cheddar can actually protect your teeth from cavities with buffers that neutralize acids.

The key to protecting overall health is to *avoid crash dieting*. A thorough oral hygiene regimen and regular visits to our office can maintain your oral health.