



Dr. Henry Finger's SMILE REPORT

Produced to improve your dental health and awareness

Spring 2009

fromthedentist

We Can Help

In uncertain times

These are difficult times filled with much uncertainty about the future. But there are a few certainties that you can count on. Winters will come and springtimes will follow, and we will be here for you. We are willing to work together with you to ensure that your good oral health continues uninterrupted.

As you know, it is also a certainty that oral health is linked to our overall health and wellbeing, so regular recare and follow-up visits are very important. Let us explore creative ways to finance your dental care, including CareCredit®, the "no interest" plan that works just like a credit card, and monthly payment options tailored to your circumstances.

The tonic for difficult times is confidence, and you can be confident in our continued commitment to your good oral health.

Yours in good dental health,

Henry W. Finger, DDS, LLC

turnthepage

Live 14 years longer!

Gum disease ... me?

Let's talk *toothpaste!*

The Secret Is Strength

Crown & bridge can restore your smile

A crown restoration or cap can do wonders for your smile! The benefits of this natural-looking and durable restoration are evident even for inconspicuous zones like your side or back teeth! A single crown or a crown and bridge will eliminate gaps, drifting, crooked teeth or a malocclusion (bad bite). The secret is in its strength.

A crown is used for protection and support when a tooth is weakened by a break, a fracture, or a very large filling. For one or more missing teeth, a bridge (one or more replacement teeth) can be anchored by one or more crowns.

Crowns and bridges restore tooth function and appearance. Beautiful materials that reflect light like natural enamel ensure the completely confident and natural-looking smile that everyone notices!

Bonnie has been a patient of mine for over 25 years and during that time has had many single fillings or crowns placed on her front teeth. Because of staining and different shades of these old crowns and fillings, we finally decided to restore all of her front teeth with crowns to create an esthetic smile. The result was very dramatic as the pictures demonstrate. Thanks Bonnie for being a great patient.

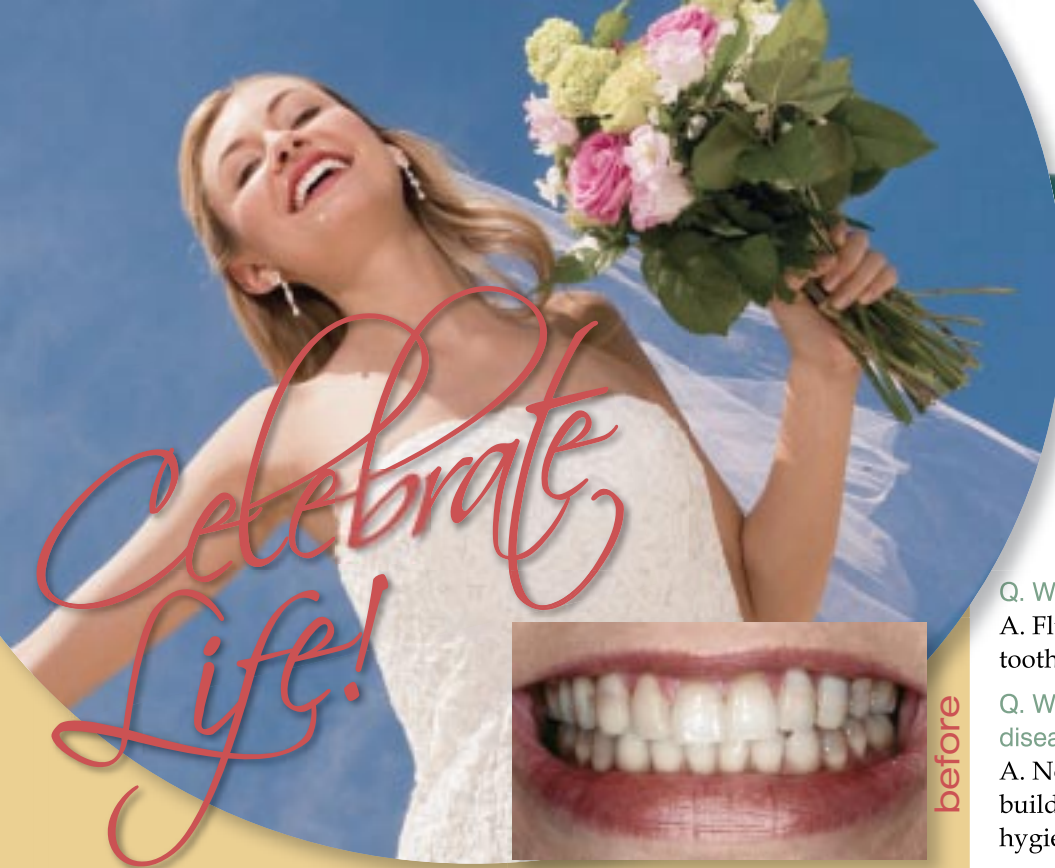


before



after

Thank you for all your referrals. We appreciate them!



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 doable, 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!



Becky & Joe

Wishing the two of you
bright and beautiful
days filled with warm
and wonderful moments
...today, tomorrow and
always!



Congratulations!

office information

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Office Hours

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Thursday	7:00 am – 4:00 pm
Friday	by appointment only

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Becky Registered Dental Hygienist
Luci Registered Dental Hygienist



Information included is not dental or medical advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.

The Magic Of Spring

...Celebrate your smile!

Mother Nature in all her glory casts the greatest magic of all ... spring! The blossoming of trees and flowers ... the return of bird songs, sweet to our ears. It's also a time of personal renewal, and celebrations – weddings, graduations, sports, and social events – wonderful, memory-making times. You will want to make sure you look great, feel great, and get your smile in photo-op shape!

After all, during the winter holidays, it's hard to say no to sweet foods and drinks – a natural part of socializing. Grandma's chocolate-covered ginger and candied yams, and Aunt Lily's peanut brittle carrot cake. You can almost feel a cavity coming on just thinking about it! Now is a great time to make sure those off-diet times weren't also teeth-damaging times. Come in to us so we can nip any tooth decay in the bud – whiten and brighten your teeth, mask stains, fill gaps, and cover cracks quickly and painlessly.

Yes, it's time to clear out the old, bring in the new. And, while you're at it – give your teeth a spring cleaning to invigorate your smile. And if needed, we'll even give you a refresher on how best to care for your teeth at home so you can avoid repairs.

Get ready for outdoor activities you want to share and social gatherings you're sure to remember. Spring is a magical time. Make sure *your smile* is magical too!

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