



# Dr. Henry Finger's SMILE REPORT

Produced to improve your dental health and awareness

Spring 2008

## fromthedentist

### Keeping You Informed

If you ask a dentist, they'll *always* say it's an exciting time to be part of the dental profession. Every day new advancements are announced, and I truly believe that it is vital that we share this news with you. That's why we send you our newsletter, and publish it regularly.

We have formulated a guideline for the creation of each newsletter. (1) It must inform you about oral health to help you make educated decisions. (2) It must teach you about our dynamic team of professionals, their special qualities, qualifications, and talents, and inform you about our practice events and updates. (3) It must inform you about the cosmetic and restorative procedures we offer, and help you understand which options may be right for you.

If you have suggestions for our newsletter, please let us know!

*Yours in good dental health,*

Henry W. Finger, DDS, LLC

## turnthepage

Fight bacteria now!

Oral tips for life!

Whitening that works!

## We Are Proud To Announce...

### Vizilite® Plus oral cancer screening

In our continuing efforts to provide the most advanced technology and highest standard of care available to our patients, this practice is proud to announce the inclusion of the Vizilite® Plus exams as an integral part of our annual comprehensive oral screening program.

**One person dies every hour from oral cancer in the United States** – and the mortality has remained unchanged

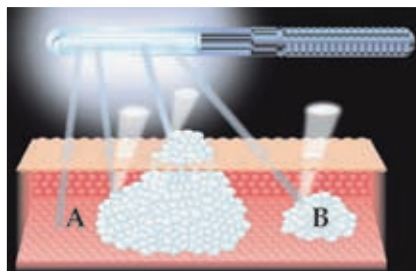
for more than 40 years. Late detection of oral cancer is the primary cause of both the incidence and mortality rates of oral cancer continue to increase. As with most other cancers, age is the primary risk factor, **27% of oral cancer victims have no lifestyle risk factors.** According to the American Cancer Society, more women in the United States will be diagnosed this year (12,000 cases) than will be diagnosed with cervical cancer (10,000 cases), and there are as many cases of oral cancer caused by the human papilloma virus (HPV 16/18), a sexually transmitted disease, as there are HPV-related cases of cervical cancer.

Clinical studies have determined that using Vizilite Plus after the standard oral cancer examination improves the dental professional's ability to identify and evaluate suspicious areas at their earliest stages. Early detection of pre-cancerous tissue can minimize or eliminate the potentially disfiguring effects of oral cancer and possibly save your life. Proven screening technologies such as a mammogram, Pap smear, PSA and colonoscopy offer the same type of early detection of cancer. Vizilite Plus is an easy and painless examination that gives this practice the best chance to find any oral abnormalities you may have at the earliest possible stage.

Oral cancer risk by patient profile is listed above.

Dental insurance might not cover this advanced oral screening as an addition to the standard visual examination. This office will provide you with a medical insurance form for you to use to file this procedure with your medical insurance.

ViziLite™ enhances our ability to identify abnormalities.



A – Normal cells absorb Vizilite illumination and appear dark  
B – Abnormal cells reflect Vizilite illumination and appear white

**Increased Risk:** Patients age 18-39 -sexually active patients (HPV 16/18)

**High Risk:** Patients age 40 and older; tobacco users younger than age 40.

**Highest Risk:** Patients age 40 and older and lifestyle risk factors (tobacco use); patients with a history of oral cancer.

The practice prescribes the Vizilite Plus exam for all patients at increased risk, high risk and highest risk for oral cancer (adult users 18 and older and tobacco users of any age). We will be performing the Vizilite Plus exam annually following the standard oral cancer examination of the oral cavity for a fee of \$65.

*If you would like more information please go to [vizilite.com](http://vizilite.com).*

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



You'll like it!

### Look At That

Ugli fruits are named after their greenish-yellow appearance, odd shape, and lumpy, bumpy skin. Imagine a *really* ugly grapefruit.

### Tasty Treat

This mandarin hybrid has a very sweet citrus taste and is said to combine the best qualities of Seville oranges, tangerines, and grapefruit. Ugli fruits are sweetest from their native tropical West Indies and Asia, though they have been grown in the sub-tropical United States since the 1930s. Nearly seedless, uglis peel easily for quick snacks or as an unusual feature in salads, stir fries, or stews.

### For Your Oral And Overall Health

Ugli fruit is an excellent source of vitamin C, an antioxidant which promotes healthy gums and fights cardiovascular disease, plus it's a good source of fiber as well as folate which is an important B vitamin that promotes oral health.

## Prevention Is Better

### Two things you don't want to share!

We all host bacteria in our mouths so everyone is potentially vulnerable to decay and gum disease. Here are some facts you may not know...

#### ■ Bacterial Infections

In **caries** (decay), *Streptococcus mutans*, is the major bacterium that uses sugar to produce acids that dissolve dental enamel, creating cavities.

In **gum disease**, plaque – the soft thin film you feel on your teeth – is a *biofilm* which hosts many different bacteria.

#### ■ Transmissible

You can pass on **gum disease** and **caries** bacteria to the people you care about – even babies whose teeth have yet to erupt – by kissing, blowing on food, or sharing utensils.

#### ■ Preventable

You can minimize your risk for **caries** by avoiding sugary carbohydrates and keeping saliva flowing. Saliva is your natural buffer against acid. Daily removal of soft plaque by brushing and flossing keeps it from building up then turning into hard tartar or calculus, promoting **gum disease**.

#### ■ Reversible

In the earliest stages when **caries** are white patches, remineralization (assisted by our saliva) can reverse the process. As the caries progressively become darker in color, treatment becomes more complex and invasive.

**Gum disease** can appear silently and we can reverse it with prompt treatment before it progresses to produce swollen, tender, bleeding gums, and deep pockets of infection that can lead to tooth loss.

We have many effective strategies to prevent and treat these two diseases, so please – keep your regular appointments.



## The Flossing Question

### Ever too young?

As soon as two teeth touch, between six months and one year, kids need daily flossing to avoid gum disease. Only flossing can remove the biofilm and food particles that build up between their teeth and below the gumline where a toothbrush can't reach. Here's how to floss your child's teeth...

First, wrap an 18-inch strand of floss around your middle fingers just as you would for yourself, and hold a one-inch section tightly.

Then, gently ease floss between each of your child's teeth, unwinding clean floss as you proceed.

Too squirmy? Consider colorful, flavored, kid-friendly floss sticks that can change colors and come in favorite character shapes.

Between the ages of 5-10, most children can floss their own teeth. And thanks to your perseverance and great example, they'll want to!



# Evaluate Your Family Dental Values

At every stage of life, your oral health and attractive smile are invaluable assets

## LIFE STAGE

## FOCUS

## HOW WE CAN HELP

Infants & Children



- Healthy gums and teeth
- Proper spacing and bite alignment
- Protection against sports and play injuries

- Prevention and monitoring with regular dental visits starting when teeth erupt
- Early orthodontic assessment
- Oral hygiene instruction
- Custom-fitted mouthguard
- Emergency care

Teenagers



- Greater awareness of social value of nice smile and fresh breath
- Greater susceptibility to gum disease, enamel erosion

- Positively reinforce importance of nutrition, regular oral care routines, and professional oral care for an attractive smile
- Provide strategies for fresh breath and a whiter, brighter, straighter smile

Young Adults  
20s & 30s



- Greater maturity and awareness of mouth-body link
- Continued interest in appearance and lifestyle issues like teeth staining from coffee, wine, and tobacco

- Regular preventive and maintenance visits to maintain healthy teeth and gums
- Cosmetic consultations for teeth whitening and other procedures

Mid-life Adults  
40s & 50s



- Continued interest in appearance
- Increased risk of oral cancer
- Risk of receding gums, root caries, and loose teeth as hormonal levels decline, bone mass decreases, and teeth become worn and stained

- Regular oral health exams
- Natural-looking restorative treatments including crowns, bridges, implants, and veneers, plus cosmetic whitening

## 8 Is Great!

Boost your smile!

A jolt of morning java might boost your day, but over time it could take supervised teeth whitening to jumpstart your smile again! Red wine, tobacco, dark fruits and juices, and some medicines can also trigger staining.

### What can affect your whitening outcome?

#### Your Age

Whitening is the most in-demand cosmetic procedure and although we recommend teens wait 'til after age 14, there's no upper age limit. If thinning tooth enamel is a consideration, cosmetic bonding and veneers are excellent whitening alternatives.

#### Your Dental Team - That's Us!

We make absolutely certain that the whitening ingredients we prescribe for you are safe, reliable, and appropriate. Stains caused by illness or medications can only be removed by a dentist.

#### Your Foundation

Teeth may be whitened up to an average of eight shades lighter than the color you start with!

Where does your smile rate on our whiteness scale?



# Smile Of The Month

This patient fell down the stairs fracturing one central incisor and chipping another. We placed a porcelain jacket crown on one tooth, and a porcelain veneer on the other which provided an extremely esthetic result.



## Attractive Solutions

Access CareCredit® and Capital One®!

Part of our job as your dental care provider is to try and work with you to ensure that your personal financial circumstances do not interfere with your dental health care decisions. This is why we recommend CareCredit®, an affordable payment program that has a unique no-interest payment plan. CareCredit enables healthcare providers to offer flexible payment options to cover many costs that many insurance plans currently don't.

With CareCredit, you can pay for treatment over time. There are no up-front costs, or annual fees, no prepayment penalty, and the application process is quick and easy. CareCredit offers monthly payment plans to meet almost every need so that you can focus on what's most important - ensuring good dental care.

We are also pleased to introduce Capital One® Healthcare Finance<sup>sm</sup>, a new way to finance general dental treatments, crowns, veneers, implants, and more over time ... and within your budget!

Capital One offers an excellent plan for treatments ranging from \$300-25,000, and will cover procedures that fall under general and cosmetic dentistry. You make no initial payment for four weeks. Payments can be made over a time period of up to sixty months, rates are fixed and lower than most credit cards, there is no pre-payment penalty, and it's confidential.

We are always looking for way to make your life a little easier.



## office information

**Henry W. Finger, DDS, LLC**

30 Jackson Road, Suite B-1  
Medford, NJ 08055-9283

### Office Hours

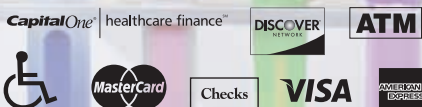
Monday	8:00 am – 6:00 pm
Tuesday	8:00 am – 6:00 pm
Wednesday	by appointment only
Thursday	7:00 am – 4:00 pm
Friday	by appointment only

### Contact Information

Office	(609) 953-0077
Fax	(609) 953-9409
Email	hwfinger@hotmail.com
Web site	www.dr.fingersmiles.com

### Office Staff

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



## Spring Is Here!

We deserve it!

Open up the windows and breathe! It's time to throw the weight of winter off of our shoulders and put some new life into our steps. When brightening things up why not include your smile?

Spring is the perfect time to come in for a cleaning and get your mouth feeling its best. And we would be happy to give you a refresher on how best to care for your teeth at home - the best way to avoid repairs.

You may also be considering some of the new cosmetic techniques. We can whiten, mask stains, fill gaps, and cover cracks quickly and painlessly. Just ask for a free consultation.

Looking your best helps you feel your best. We're always happy to help. How better to say welcome spring than with a dazzling smile?