

# Dr. Henry Finger's **SMILE REPORT**

Produced to improve your dental health and awareness

Summer 2005



## Schedule For Summer

### *Avoid the rush!*

With the arrival of summer, we all expect some disruption of routine in the pursuit of holiday fun. Most times this can work to your advantage. For example, we offer flexible summertime scheduling for all of our patients. In fact, we encourage you to keep up with your recall appointments ... even when the dentist is on holiday!

Our dental hygienist helps keep your teeth and gums clean and healthy, and makes a general assessment of your mouth and overall health. The hygienist's key concern is the prevention of dental disease. The dentist's is the diagnosis and treatment of it. All of your x-rays and assessments are always reviewed by the dentist.

Call for a summer appointment and avoid the back-to-school rush!

## **turnthepage**

Making a statement ... with veneers!

7 smile solutions ... 7 reasons to smile!

Natural radiance? Rely on us!

## fromthedentist

Dr. Finger received his D.D.S. from Temple University in 1963, and after 2 years in the USAF as a Captain serving as a dentist, he returned to Temple to teach part-time for 25 years as a Professor in Radiology. He opened his first practice in Somerdale in 1965 and a second office in Medford in 1984.

Dr. Finger is the recipient of numerous awards and has held elected positions, including President of almost every distinguished dental organization including the NJ Dental Association and the National Academy of General Dentistry. He also was appointed to the NJ State Board of Dentistry and served as President in 1999-2000. The state board is responsible for licensing dentists, hygienists and expanded duty assistants and also reviews patient complaints against licensed personnel to determine if dental treatment performed meets the professional standard of care. He currently is a member of the NE Regional Board who has the responsibility to visit the various dental schools and examine the student applicant's clinical abilities to determine if they are qualified for licenses to practice dentistry or dental hygiene. He also has served on the NJ Board of Radiology Technology since 1983 and was a member of the Federal Office of Radiological health



Top Row: Dee, Becky, Luci  
Bottom Row: Tina, Dr. Finger, Jackie

dental radiology panel that created the patient selection criteria for dental x-ray examinations.

Dr. Finger has been honored with Fellowships in the Academy of General Dentistry, the American College of Dentists and the International College of Dentists. He continues to participate in over 100 hours of advanced education yearly to maintain current clinical knowledge, which enables him to provide his patients with the highest quality of care and utilization of the latest technology.

Dr. Finger loves to ski, golf, play tennis and hunt when time is available and also has a home in Avalon where he spends many weekends in the summer. He is the father of 5 children and grandfather to 13 who keep him busy and young. He still loves dentistry after 40 years and has no intention of retiring in the foreseeable future.

*Yours in good dental health,  
Dr. Henry W. Finger*

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



# Seven Reasons To Smile

Communicate ... express yourself ... enjoy!

Why do *you* smile? Is it because you're greeting someone ... trying to reassure ... sharing joy ... covering embarrassment, sadness, or anger ... putting a good face on things, so to speak?

We'll guess you answered *yes* to all of these! And you're probably surprised at just how often you do smile!

Today we not only communicate with our smiles, we express ourselves with them. Like our clothes, hair, job, and home, smiles convey who we are.

We seek recognition from others, and smiles are one of the ways we find it. A smile is so important that it's the only facial feature humans can identify across the distance of a football field. Smiles make us feel good in another way... They release endorphins to give us a natural high.

That's a lot of good reasons why we want *you* smiling. And it's our pleasure to have just the smile solutions that will give you the feel-good recognition that a warm smile can provide.

<b>1</b> <b>Whitening</b> Lightens the color of teeth that have darkened due to age, smoking, coffee, tea, medication, or endodontic treatment.	<b>2</b> <b>Crowns</b> Cover broken, cracked, poorly shaped, severely discolored teeth to restore natural appearance and color.	<b>3</b> <b>Veneers</b> Cover front of tooth to mask discoloration and improve tooth shape through esthetically pleasing contours.	<b>4</b> <b>Bridges</b> Replace one or more natural teeth by supporting a false tooth attached to one or two crowns.	<b>5</b> <b>Braces</b> Correct crooked or crowded teeth, overbites, underbites, incorrect jaw position.	<b>6</b> <b>Composite/Inlays/Onlays</b> Restore and strengthen decayed areas while looking extremely similar to original tooth color.	<b>7</b> <b>Bonding</b> Masks discolored teeth, and can camouflage other flaws while straightening slightly crooked teeth.
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## Save Energy... Smile

Does it take fewer muscles to smile than to frown? Well, it depends on who you ask. There are 53 facial muscles, and deciding which are involved in frowning or smiling is a bit subjective. By some counts, it takes a mere 11 to smile and an enormous 12 to frown.

Don't feel like smiling? Studies show that even faking a smile can make you feel better ... and it only takes an energy-saving two muscles!

## Tips for Lips! **Frame that smile!**

Poets have waxed lyrical about lips. So have anthropologists and zoologists. But *really*, who sees more lips than your dental team? Here are some of our favorite lip tips.

**Moisten.** Drink plenty of fluids and condition lips with balm.

**Stop.** Do not lick or chew your lips. The skin is very thin and is easily damaged.

**Exfoliate.** To smooth away roughness, take a clean, dry, soft or ultra-soft

toothbrush, then gently brush your lips for several seconds to keep the skin smooth.

**Switch.** Matte lipstick shades have less moisturizer than shiny, so alternate them periodically.

**Prevent.** Age lines around your mouth - and skin cancer - can be prevented by quitting smoking and wearing sunscreen. If you have some premature lines, cosmetic dentistry may even plump wrinkles out!

# Sarcopenia

## You can prevent it

Osteoporosis and the bone loss that precedes it directly affect the health of your jawbone and teeth. The inactivity that contributes to osteoporosis can also lead to *sarcopenia*, a loss of skeletal muscle mass that can result in muscle atrophy.

Both genders are affected, but women are at greater risk than men for both diseases because they start out with less muscle and bone mass. Sarcopenia sufferers have fewer reserves to fight illness when the body withdraws muscle protein to aid in healing and fighting infection.

One in three people over age sixty fails to eat the required amount of protein, a dietary risk linked to poor dentition.



Your overall health affects your oral health. That's why we encourage weight-bearing exercise and a healthy diet throughout your life.

# How Radiant?

## Rely on us

No matter how dazzlingly white you want your smile to be, you can rely on us for completely natural results. The flat, matte, chiclety-looking restorations and whitening effects of the past really *are* a thing of the past.

If you look closely, you can see that there is a slight color gradation in natural tooth enamel. Enamel appears dense from the gumline to the middle, and thinner and more translucent at the tips or biting edge. The enamel at the front of your mouth differs from the back.

Using clinical microscopes that show color, texture, and micro surface anatomy, scientists have developed whitening systems and restorative materials that can virtually replicate the real thing.

Translucent restorations like veneers, crowns, bonding, and dentist-supervised predictable whitening procedures, ensure a totally natural look.

# Glitz or glamor?

## Make a statement with porcelain veneers

Glitz is glitter. Glamor is gold. Glitz is a rock diva. Glamor is an unattainable film icon. Wherever you fit on the glitz-glamor continuum, there is no better way to express your personal style than with a gigawatt smile. And whatever your trademark, exquisite porcelain veneers are all

about *you*. These *before & after* photos prove that a picture is worth a thousand words. Please call for *your* consultation!

### Veneers: What's So Special

- Hand-sculpted just for you.
- Long-lasting.

- Whitening adds youthfulness.
- Dramatically recontour your smile.
- Translucence and natural color create depth and high realism.
- Applying veneers doesn't involve moving your teeth.
- Won't stain/wear like natural teeth.
- Resists disease-causing bacteria.



Improve  
teeth size & gumline



Transform  
discolored & crowded teeth



Correct  
spaces between teeth



# Waterlase™ Millennium®

We're proud to offer Biolase technology

Dental researchers and scientists are constantly inventing new ways to make our dental practice more efficient and pain-free. Our practice has just acquired an amazing new invention called the *Waterlase™ Millennium®*.

What does it do? The Millennium uses Waterlase technology to perform a variety of dental procedures, including cavity preparation, caries (or decay) removal, tooth etching, and a wide range of soft tissue (gum) procedures.

How does it work? The Millennium system uses laser-energized water. It significantly improves your comfort in the dentist's chair, and causes no heat or vibration in your mouth, no drilling noises, or over-heating of your teeth. Remarkably, it also treats soft tissue gently and efficiently. The highly precise spray of air and laser-energized water particles, when directed at the tooth, rapidly remove enamel, dentin,

and decay.

With the Millennium, most dental procedures can be performed with no pain, virtually eliminating the need for anesthesia in most cases. The laser is very precise, so we can leave behind as much healthy tooth structure as possible. The Millennium also performs numerous soft tissue (gum) procedures with little or no bleeding. Now you can have many procedures that previously required referral to a specialist performed at our office during your regularly scheduled appointment.

We're proud to be able to offer this new technology to all our patients. Please ask us about it at your next appointment!

Dr. Finger has completed his training and has purchased a laser.



## office information

### Henry W. Finger, DDS, LLC

30 Jackson Rd Ste B-1  
Medford, NJ 08055-9283

### Office Hours

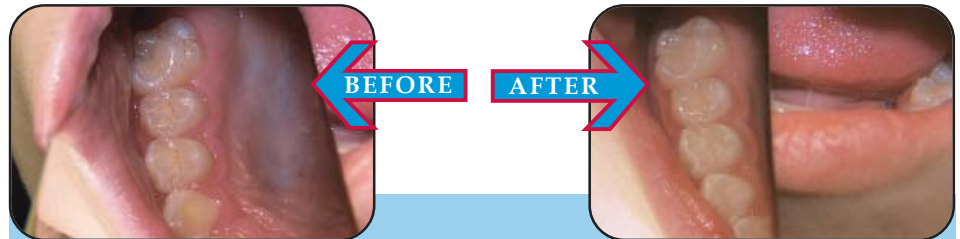
Monday 8:00 am – 6:00 pm  
Tuesday 8:00 am – 6:00 pm  
Wednesday by appointment only  
Thursday 7:00 am – 5:00 pm \*  
Friday by appointment only  
\* Thursday hours – July - August  
7:00 am–3:00 pm

### Contact Information

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Email [hwfinger@hotmail.com](mailto:hwfinger@hotmail.com)  
Web site [www.dr.fingersmiles.com](http://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



This 15 year old girl developed her first cavity but by using the laser we were able to remove the decay and restore the tooth with bonded tooth colored composite without needing a needle or the drill.

JoAnn had some older stained fillings in her front teeth however by completing home whitening and replacing the fillings with bonded tooth colored composites, we were able to create a very attractive smile.



JoAnn and Dr. Finger

