



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

Produced to improve your dental health and awareness

Winter 2011

from the dentist



As we enter the holiday season we know the new year is coming soon. This should be a cue to make a dental appointment if you are thinking of getting some dental care during 2011 because dental insurance has seasons too. More than 90% of dental plans are based on a calendar year so if you do not use the benefits you are entitled to by the end of the year, they are lost forever and cannot be carried forward into the next year.

In the spirit of this festive season from all of us to all of you, have a safe, healthy, Merry Christmas and a Happy New Year.

Take care,

Dr. Henry Finger

turn the page

Do you have *Hourglass Syndrome*?

The Fountain of Youth ... is here!

Workout for your tastebuds!

Are You Ready?



HAPPY HOLIDAYS *from*

DR. FINGER & STAFF

Thank you for all your referrals. We appreciate them!

Tick Tock

Forget the clock!

Even things that are supposed to simplify life, like computers, can become a source of anxiety. One survey team coined the phrase *Hourglass Syndrome* to describe the frustration participants reported while watching the little hourglass icon spin. You know - as you wait ...and wait ... and wait for the connection.

When you experience frustration you could be grinding your teeth and clamping your jaws without realizing it. That can wear down your teeth, place stress on your gums, create aching jaws, and even headaches that seem unrelated.

No matter what it is that gets you going, try to get in touch with your unique signs and symptoms. That way you'll know better when it's time to de-stress, and you'll feel better in no time!



Look Younger Without Surgery!

Ask us about your dental facelift options



One of the things we are seeing more often is patients choosing dentistry as a non-surgical alternative to a face-lift. It's a great option and it's one that can produce excellent results whether you're a mature adult who requires more volume to soften wrinkles, or a younger person whose appearance is prematurely aged because teeth have worn down from grinding and clenching, or from bone loss due to gum disease, for example. The secret is to select the right cosmetic techniques to reshape and re-proportion the face, rather than just focusing on the mouth.

Veneers made from bonding materials and ceramics can be applied to the teeth to do more than mask enamel stains, cracks, and fill small gaps. They can also create greater facial volume and add length which can open up your bite, making you look instantly younger.

Crowns made from natural-looking materials to match your own tooth enamel can protect and strengthen teeth and fill in gaps from tooth loss. Combining them with permanent dental implants and crown-and-bridge restorations can create a more youthful esthetic and proportion to your face.

Cosmetic Dentistry:

The non-surgical alternative to a facelift!

The results of a smile makeover can help you look significantly younger ...without undergoing plastic surgery. If you think you might be interested, we'd be happy to talk to you about your smile and show you options we think will work for you.

Smiles That Go Miles

Home and pro care

A healthy beautiful smile is one of your best assets. It tells people you are conscientious, approachable, and responsible. And frankly, it ramps up your “attractive quotient.” Isn’t it a relief that keeping your smile clean and healthy takes so little daily effort and just a small portion of your personal home care budget? You know the at-home routine: brush at least twice a day, floss every day, eat sensibly, don’t smoke, exercise, and get sufficient sleep. Easy.

By having your teeth professionally cleaned by us at least every six months, you give us the opportunity to keep abreast of your oral health – preventing, detecting, and remedying a number of unwelcomed and harmful conditions such as gum disease, halitosis, cavities, cancer, and even perhaps identifying systemic disease that may be reflected orally. Plus fresh professionally polished teeth. Beautiful.

VIVACIOUS VENEERS

Once we’ve decided together that cosmetic veneers are the best option for you, the fun begins! In addition to your great new look, we’ll take into consideration your face shape and the proportions and symmetry of your face and smile.

We’ll look at these elements...

- overall dimensions of your face
- midline position of your teeth relative to the midline of your lips and face
- position and fullness of your lips
- tilt, angle, and curves of your teeth
- color of your teeth enamel
- contours of your gumline.

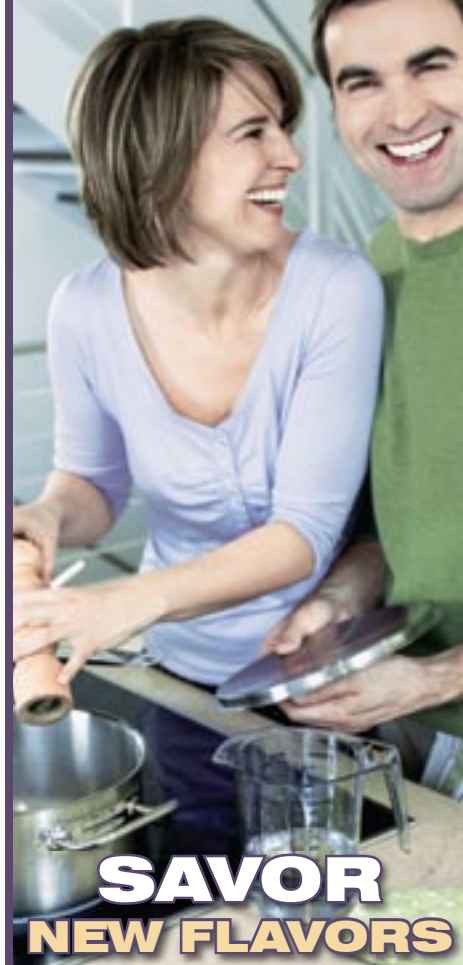
Based on these dimensions, your occlusion (bite), and your preferred smile color, contours, and proportions, we can move on to decide what size, shape, and type of veneers will best complement your smile.

A new smile in just a little while

Veneers can immediately provide you with whiter, even, straighter appearing teeth by...

Camouflaging

- pitted, worn, and dingy or yellow teeth due to enamel erosion, foods, beverages, age, or medications
 - gaps that trap food and make you feel self-conscious about smiling
 - overlaps and crowding that create an accordion appearance, especially in profile
 - unsightly chips or cracks that catch on dental floss and attract stains like magnets.
- ### Reproportioning
- an uneven or too-gummy gumline
 - teeth that appear too long due to receding gums
 - poorly shaped or sized teeth that don’t suit the proportions of your smile
 - worn down teeth from clenching and grinding or enamel erosion.



SAVOR NEW FLAVORS

Train your taste buds

Ever since you were a kid, you’ve known that sugar is bad for your teeth. Even so, who can resist a sweet now and then? But people with high blood pressure, diabetes, cardiovascular diseases, and other health challenges sometimes have to adjust their diets and retrain their taste buds to appreciate flavors they might otherwise avoid.

The transition need not be painful...

- Experimenting with aroma, texture, shape, and color can all improve anyone’s dining experience.
- Scientists say humans can detect six distinct tastes: sweet, sour, salty, fat, bitter, and umami, which means “savory” in Japanese. You can mix ‘n’ match foods and seasonings that are more healthful and yet appeal to your palate.
- Nutritionists say your taste buds will adjust in only 3-5 servings!

Your health, your teeth, and all of us salute your good taste!



Fit For Life

How to gain oral health no matter what your age



Here's some news you'll be happy to hear! Experts estimate that for every \$1 you spend on prevention and oral health care, you'll save as much as \$8-50 on future emergency and restorative procedures. Here are some cost-saving and health-saving examples.

Kids and teens: Each year, kids lose about 51 million hours of school to dental-related illness, plus their parents lose valuable work time and in some cases, wages.

Young adults: Changes in eating patterns, more lax home care, and fewer dental visits can create oral health problems. Destructive gum disease increases three-fold between the 20s and 30s!



Boomers: Serious destructive gum disease jumps to nearly 30% for people in their 40s, and nearer to 50% by your 50s. Severe gum disease may be linked to systemic health problems like diabetes and heart disease. And those older fillings and restorations that may be compromised? They need dental attention to prevent further tooth-structure damage.

Seniors: By your 60s and 70s, chronic conditions requiring the use of medications can contribute to oral health complications. Many older adults are unaware of the mouth-body connection and the importance of prevention and regular care.



The solution? Call us! Neglected oral health can influence the quality of life at any age and prevention is your most cost-effective option. Fluoride treatments, sealants, and regular checkups can keep your smile healthy for a lifetime.

office information

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Office Hours

Monday by appointment only
Tuesday 8:00 am – 6:00 pm
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Office Staff

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Relationships Inspire

We thank you!

Every season has a way of inspiring thoughtful moments, and our thoughts often turn to important relationships. Since much of our life is spent as professionals, that's a lot of relationships!

When you return time after time, we understand that you are expressing your trust in our professionalism. When you refer your friends and family, we understand that you are placing your relationships in our care.

These relationships are important to us, and we look forward to meeting the people you send our way. We will always provide the same kind of reliability, friendly service and professionalism to them as we give to you. No exception!

Your referrals are most welcomed, and we thank you for them.

Stuff Their Stockings...

With oral health

Choosing stocking stuffers can be a challenge. We recommend...

- Smile-smart candy and gum – We'll be happy when candy canes are sweetened with Xylitol or stevia! Choose brands that won't promote decay!
- Toothbrushes – choose the color, design, and type that best reflects the recipient. Toothbrushes should be replaced every 3 months, making this a practical gift.
- Toothpaste – cleans teeth and gives that fluoride boost. Choose what works for the recipient: whitening, sensitive, even sparkly!
- Floss – one of the most undervalued dental tools, floss can actually help save lives. Research has shown a connection between gum disease and health issues.

Giving the gift of oral health is sure to brighten Christmas smiles!