



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

Produced to improve your dental health and awareness

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fromthedentist

Defeat Dental Anxiety

Become worry free

These are a few tips to help make your visit to our office worry-free.

Ask questions. If you understand what's going to happen, you'll have less reason to worry.

Don't drink caffeine - it doesn't relax you! Eating a protein snack beforehand will help stabilize your blood sugar and reduce irritability.

Establish a signal -raising your hand - to let us know you want to take a break. It will make you feel more in control, and it gives you a chance to ask for more anesthetic if you feel any discomfort.

Using headphones, listen to relaxing music. This will also muffle noises.

Don't be afraid to ask us for a helping hand because that's what we're here for!

Yours in good dental health,

Henry W. Finger

turnthepage

Your lower teeth: the forgotten feature

Brush without toothpaste?!

Gain health, not weight

Why DOESN'T MY INSURANCE PAY FOR THIS?

This is a common question that patients ask when trying to determine what benefits are provided by their insurance company. First of all dental insurance is not truly insurance but a benefit that your employer provides to assist you with your dental expenses. Most dental benefit plans have a yearly maximum, which is lost if not used by the end of your benefit year and this yearly maximum by and large has not been raised in over thirty years. All plans pay an established percentage of the dentist's fee or pay the plan sponsor's "customary" or "reasonable" fee limit. Although these fees are termed "customary" by the insurance company, they do not reflect the fees that area dentists charge. There is no regulation or law as to how insurance companies determine reimbursement levels resulting in wide variations in the fees paid by different carriers. Many dental plans only allow benefits for the least expensive treatment for a condition that is termed the "least expensive alternative." One example of this is in utilizing tooth colored bonded fillings on back teeth. Although these are esthetic and bond tightly to the tooth

margins to help prevent subsequent fractures that will require a crown, most plans will only pay for the least expensive alternative which is a silver filling which can weaken the tooth and of course turn black and do not look pretty. A silver filling also requires removal of a greater amount of healthy tooth for retention. Another example is when a patient with periodontal disease requires three or four visits a year to properly maintain the health of their gums but the insurance company will only pay for two by contract. A third is when a crown is indicated and the company will only pay for a large silver filling. Of course all insurance companies will allow you to choose the best options for your oral health if you pay the difference. Therefore it is very important that you consider the health of yourself and your family when we present your treatment recommendations. Remember insurance companies are in business to make money and not to benefit what is best for the patient. However if you have any questions about your particular plan or treatment recommended please contact us.



Silver-colored fillings can seriously dull a smile while white fillings project healthy vitality.

Thank you for all your referrals. We appreciate them!

The Forgotten Feature

Don't let your lower teeth spoil your smile

Your lower teeth are special. They are the first to come in – and the first to be forgotten. Have you ever seen a dazzling smile dim when stained, worn, uneven lower teeth come into view? That doesn't have to happen to you. Here are some popular cosmetic techniques to get your bottom teeth – and your entire smile – in tip-top shape.

If... stained or metal fillings are ageing your smile, consider white composite fillings and tooth-colored porcelain inlays that are so natural looking, they are virtually invisible.

If... your teeth are stained and discolored, consider teeth whitening. It is the number-one cosmetic dental procedure because it is so easy and so effective! Say goodbye to stains from food, beverages, nicotine, root canal treatments ... and age!

If... your teeth are chipped, cracked, or spaced, consider bonding materials that cover these flaws. They're tooth-colored, and look and feel just like your own enamel. Also consider porcelain veneers which are ultra-thin, hand-sculpted shells which cover the front surface of teeth.

If... your teeth have been weakened by root canal therapy, clenching, grinding, or an impact injury, consider metal-free crowns which entirely cover the affected tooth to restore appearance and function. They're strong restorations, with a very natural look.

Each of these esthetically pleasing techniques whitens or protects or strengthens your smile. The restorations even resist the bacteria that cause gum disease. You can double the wattage of your smile with a cosmetic dental makeover – from the bottom up!

Dry Brushing Works

Brush without toothpaste first

According to the *American Dental Association*, adults are flossing and brushing more. Other research reports that brushing *first* without toothpaste or water can reduce plaque deposits by 67% and gum bleeding by 50%! Dry brushing your teeth first adds only 90 seconds to your home care routine. Here's how it works.

- Starting with the inside surfaces of your teeth, place your dry brush at a 45° angle so it's half on the gum and half on the tooth.
- Gently vibrate the toothbrush bristles in a forward and backward motion, working some of the bristles under the gum.
- Brush the inside surfaces of your teeth, the outside, and the biting surfaces.
- **Repeat the process – this time, using toothpaste and water.**

Always floss daily and clean your tongue. If you can't brush, rinsing with water after eating can reduce bacteria by 30%.

Art conservators have restored stained, darkened masterpieces using information from the library of the *American Dental Association*. Modern teeth whitening techniques are considered both gentle enough and powerful enough to restore some drawings that were formerly considered "lost causes."

Did you know?

Breaching The Barrier

Hospitable microbes encourage gum disease



Archaea. är'kè-ə

Now you know a word that hasn't even made it into many mainstream biology textbooks. You might want to remember it though. It may have important implications for the future of your oral health.

Archaea is a class of microbes that look like bacteria but are actually completely different. Commonly found in nature, they have never been associated with disease. But now, for the first time, these microbes have been

linked with periodontal (gum) disease. The more abundant the archaea in the mouth, the more severe the gum disease. Scientists suspect that the archaea microbes do not directly cause gum disease but contribute to it by creating a friendly environment for the bacteria that do cause it.

When bacteria are allowed to build up on your teeth, they create plaque, an invisible sticky film that can harden into tartar. Over time, tartar damages your gums which are a natural barrier that protects the inner tissues of your mouth. When this barrier is breached, harmful germs can cause bone loss, tooth loss, and may even enter your bloodstream.

How can you prevent progressive periodontal disease? Don't let your home care routine lapse. Brushing morning and night, flossing once a day, getting enough rest, and eating nutritiously are important steps for good dental care. Be sure to maintain your regularly scheduled visits with us to help control the bacteria-producing plaque and tartar buildup on your teeth and below your gumline.

Dispelling The Myths

Don't let anxiety interfere with your life

Avoiding dental visits can actually interfere with your life because poor oral health can negatively affect your overall health. Here are some misconceptions people have about their dental anxiety.

Myth: Dentists don't like to treat fearful patients.

Fact: Our team will welcome you. We understand your need for trust, and we are committed to building a relationship with you.

Myth: In today's world, avoiding the dentist is rare.

Fact: Studies suggest that about 20% of people worldwide are afraid of the dentist. That is more than a billion people!

Myth: There's something wrong with me if I'm afraid of the dentist.

Fact: Fear is an emotion. People who are anxious about dental visits are as normal as anyone else.

Together we will create the care strategy that works for you.

Gain Your Health

Quit smoking

Since tobacco use is the leading cause of oral cancer, it's definitely worth it to rise to the challenge. Weight gain has been cited by many smokers as the primary reason they won't quit.

First, it's been estimated that you would have to gain about 125 pounds to put your health at a comparable risk to smoking. The average weight gain after quitting is only 5-10 pounds.

As your energy levels increase, you will begin to feel better and more interested in physical activity...

- A moderate increase in physical activity can help keep weight off.
- Eliminating 200 calories of food intake per day may negate the extra calories acquired from not smoking.

Strive for success by planning a diet and fitness program *before* you quit. And never take a "pass" on your regular oral health exams.





Actual Patient-After

The dramatic results of Betty!



Before



After

Patient Experience

Betty has been a patient of ours for many years but finally decided to consider improvement of her smile. I first constructed crowns to align and shape her front teeth. I then removed her old silver fillings that had stained her back teeth and also restored them with porcelain crowns. The results are quite dramatic with a very beautiful smile.



Smile Facts:

Did You Know...

- ;) Three quarters of adults believe that an unattractive smile can hurt a person's chances for career success.
- ;) Many adults are unaware that they are still candidates for braces and an improved smile at almost any age!
- ;) More than 92% of adults agree that an attractive smile is an important social asset, and it also encourages a smile in return.
- ;) From the distance of a football field, the only facial characteristic we can notice is a person's smile. We are smile experts, and we're enthusiastic about helping to make your smile sensational!

officeinformation

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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
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Fall Follow-Up

Let's all be pro-active!

Misplaced your fall recare appointment card? Don't worry - we understand about summer priorities. But fall is back, and we're all on track ...and a call to remind you is our pleasure.

Following up with continuing dental care is part of the commitment we make to all of our patients. We are pro-active when it comes to prevention and to maintaining your excellent level of oral health. Keeping your teeth and gums scrupulously clean and disease-free, ensuring that simple problems don't become more complex and costly, and checking for oral cancer are always high priorities.

Fall also signals upcoming renewal time for many dental plans. Benefits are not usually carried forward from one year to the next, so *now* is the time to schedule your recare appointment.

You Have The Power!

Brush. Floss. Rinse.

There's one lifelong mantra you need to know. Brush ... Floss ... Rinse. Easy to remember. Easy to master. It's a simple yet powerful strategy for oral health home care that brings a healthy sparkling smile and excellent dental examinations!

Brushing away plaque and food from your teeth, tongue, and gums should be done at least twice a day, but ideally after eating or drinking.

Flossing correctly once a day prevents the buildup of plaque and tartar that causes gum disease and its possible complications (infections that may be linked to cardiovascular disease, cancer, diabetes, and Alzheimer's).

Rinsing products can kill germs and bacteria, and freshen breath.

We would be pleased to recommend home care products and techniques specific to your dental needs.