

Dr. Henry Finger's SMILE REPORT

Produced to improve your dental health and awareness

Summer 2006

Spotlight On Renee

Renee has been a patient of mine since 2001 when we first whitened her teeth and discussed the possibility of veneers. Even though she was still not happy with her smile, she could not make the commitment until now. Thank you Renee for allowing me to renew your smile. You are a great patient and your cooperation allowed us to obtain such great results.

BEFORE



Henry W. Finger DDS

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I was always self-conscious of my smile because of my upper front teeth being different sizes. I would never naturally smile in a picture due to making sure my teeth weren't showing. Dr. Finger discussed with me getting porcelain veneers but to be honest I was scared.

After I became a first-time mom, I became envious of those portraits with mother and child smiling together. I then decided to have porcelain veneers and was surprised how fast I got my new smile. Dr. Finger and his staff made sure I understood the procedure and I always felt comfortable.

I now feel so proud to smile and have received many compliments. It was great to hear one of my friends say, "Every time I look at you I can't stop looking at your smile." I have also taken many, many pictures, proudly smiling with my son.

I would like to take the opportunity to say to Dr. Finger and his staff, "Thank You For Giving A Smile To Smile About!"

Sincerely,

Renee Carrillo



Thank you for all your referrals. We appreciate them!



Cause For Concern

Why should you be concerned about periodontal (gum) disease?

Periodontal disease is so common that estimates of those affected range from between 75% to more than 90%. It is an insidious bacterial infection that begins with no symptoms and can progressively affect the appearance of your gums, cause bad breath, and eventually lead to tooth loss which can affect your ability to chew, speak, and socialize. It causes progressive bone loss which can alter the proportions of your face. Periodontal disease has also been linked to cardiovascular diseases, diabetes, osteoarthritis, premature births, kidney disease, oral cancer, lung disease, and Alzheimer's.

What causes it?

Plaque, the soft thin film you may feel on your teeth, is a natural *biofilm* with its own ecosystem of bacterial environments. If this film is allowed to build up, it hardens into *calculus* (or *tartar*) which can cause gum inflammation and bleeding. Calculus can damage the natural seal formed by your gums against the migration of oral bacteria into your bloodstream. The earliest and most common stage of gum disease is called *gingivitis*. As it progresses, it is called *periodontitis*.

How can you prevent or manage gum disease?

It's very important that you maintain a home care routine to prevent plaque from becoming calculus. Maintaining adequate nutrition and avoiding stress, teeth grinding and clenching, and tobacco can help. Keep your regular appointments so we can keep on top of things, because once calculus is formed, only your dental team can remove it. Thanks to modern dentistry, periodontal disease can be managed – and even reversed!

Go Pro-Active!

Prevent cavities and gum disease

We know that bacteria has been linked to cavities *and* gum disease. A pro-active approach to your home care routine will go a long way to preventing oral health problems that can affect your appearance and overall health.

- Brush to prevent the buildup of the bacterial biofilm that can contribute to cavities and harden into the tartar that causes gum disease.
- Floss to reach below your gumline and in-between teeth where your brush can't reach.
- Rinse with antibacterial mouthrinse. We can recommend alcohol-free products.
- Remineralize enamel that has weakened and become porous. We can help here in the office, and can recommend and prescribe fluoride gels, mouthrinses, drops, or tablets that will keep your teeth strong and resistant to decay.

Think Positive!

Benefit from a whole new point of view!

Can't you just *see* yourself tripping on your way across the stage? That kind of thinking can become a self-fulfilling prophecy – you just might *make* yourself fall down. Negative thinking happens to many people who are afraid to visit the dentist. We'd like to help you benefit from a *positive* self-fulfilling prophecy.

If someone you care about is prone to worrisome visions, they don't need to avoid or delay dental appointments. Encourage them to imagine a caring dental team that is trained to help ... modern dental technology that maximizes their comfort ...improved appearance and oral health. Good oral health benefits overall health! Encourage them to call us!

We can help replace

outdated fears and

imagery with

positive experiences.

Have you booked your

recare appointment?



It's In The Numbers!

One Tip You Might Not Know

● Cosmetic dentistry can plump out lines on the lower third of your face – without surgery!

Two Things You May Not Know About Facial Ageing

● The pull of gravity on facial tissues is *not* a significant component of facial ageing. Loss of fat beneath the skin and sun exposure play a bigger role.

● Your smile, dulled by age, can add years to your appearance.

Three Smile Spoiler Facts

● A smile that reveals discolored or cracked teeth, a receding gumline, or just a generally dull look has a subtle but profound effect on how old you look.

● Coffee, tea, smoking, red wines, and certain antibiotics are all contributors to a dimmed, stained smile which suggest ageing.

● Time and gum disease can shrink the underlying bone and gum tissue that hold your teeth in place, collapsing the proportions of your face, exposing teeth roots ... and adding years to your appearance.

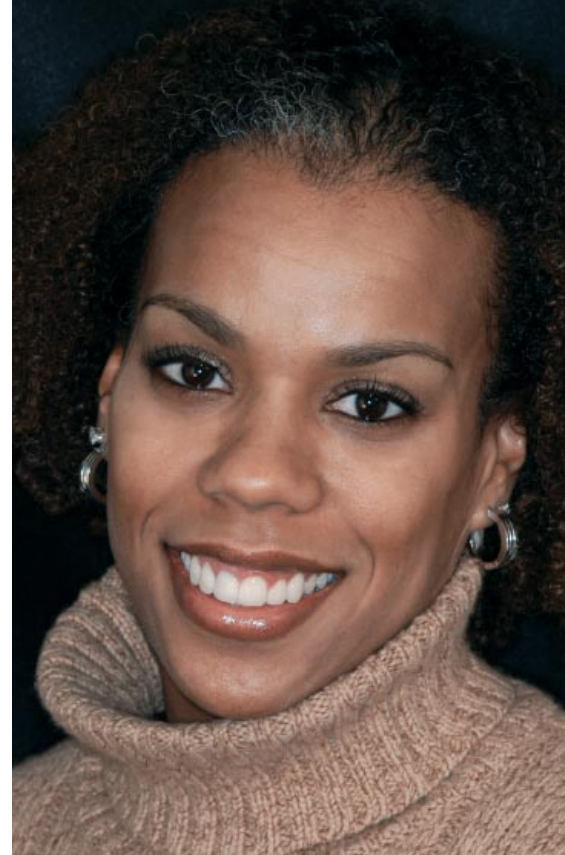
Four Beneficial Smile Solutions – Right Now!

● Professional whitening can lighten and whiten stains – even after root canal therapy.

● Natural-looking tooth-colored materials can replace silver fillings and even fill in chips and cover cracks so no one will ever notice.

● Bonding or veneers can plump out fine wrinkles by building up tooth surfaces, restore normal shape to worn-down teeth, and fix widely spaced teeth and gaps in your smile.

● Crowns & bridges and implants with modern natural-looking materials can close very wide gaps and restore function, appearance, and the proportion of your smiling face!



ONE
Beautiful
Smile!

INFORMATION OVERLOAD?

Ask your personal smile-consulting team!

As dental professionals, we find it ironic that in an era of unprecedented good health, people seem *more* anxious about illness. Could it be the overabundance and ease of access to information out there?

Self-directed research on the Internet or in health-reference texts can be very helpful ... but it can also be confusing and even seem contradictory without proper training. The media can also overwhelm by introducing statistics into everyday language or by presenting anecdotal accounts as factual.

How do you stay informed without feeling besieged by provocative headlines and unfiltered data? You can rely on us – your personal smile-

consulting team.

We will be happy to answer your questions and discuss your oral care options with you... accurately and concisely.



ARE YOU INCLUDED?
8 out of 10 Internet users have looked online for health information on various topics.

Nutrient Deficiency

Baby boomers plan for their oral health

One great thing about many baby boomers – they bring their passion for education and advocacy to everything that they do. That includes investing in their own future by applying their knowledge of health to preventive oral health care. Unlike previous generations, the boomer generation has unprecedented access to scientific knowledge and unprecedented opportunities to plan for their future health.

Take oral health, for example. A University of Iowa study shows that preventive oral health care and regular dental care can pay off in the long run. The study found that these measures may decrease nutritional problems in elderly people. Deficiencies in nutrients like protein and zinc can decrease immune function and can increase an elderly person's susceptibility to infection. According to the study, low vitamin C intake has been linked to impaired thinking processes and to an increase in some types of arterial disease.

Thanks to self-discipline, knowledgeable home care, and regular dental checkups, many baby boomers are keeping their own teeth. To ensure your future oral health, eat a balanced diet, snack on nutritious foods, brush, floss, rinse, and visit the dentist regularly.



Color Me Healthy Superfoods and your oral health

At a time when your oral health has been linked to systemic diseases like diabetes, some cancers, osteoporosis, and cardiovascular diseases, healthy eating is an important component of a healthy mouth ... and body. Experts recommend superfoods that range from beans to nuts and yogurts....

Beans
Blueberries
Broccoli
Oats
Oranges
Pumpkin
Salmon
Soy
Spinach
Tea (green or black)
Tomatoes
Turkey
Walnuts
Yogurt

We've presented these foods alphabetically, but here's a hint. Think color! The nutrients in foods that are deep blue, purple, red, green, or orange can protect against heart disease and cancer. They also boost our ability to recall, our reasoning skills, and our sense of balance.

With regular checkups to support your healthy diet, and a regular home care routine of brushing, flossing, and rinsing, dentistry can keep your mouth healthy!



The entire staff attended the New Jersey Dental Association meeting in Atlantic City to review what is new in the exhibit hall and to take a course "Nutrition and Oral Medicine for Baby Boomers". Dr. Finger also took an all day course the day before on "Adhesive Dentistry for the New Millennium".