



SmileWrite

from
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Produced to improve your dental health and awareness

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fromthedentist

The Best Thing To Do Come on in!

Every dentist hears amusing and creative excuses for missed appointments – you know, variations on the dog ate my homework theme. Some patients just flat out admit they had something better to do. But the real truth is they only think they've got something better to do. Your oral health is precious – and without regular care – precarious.

Let me explain. Your body is its own ecosystem. If the bacterial balance of your oral environment is lost, it can lead to painful cavities and gum disease with tooth and bone loss. It may affect your general health. The more you postpone, the more extensive and costly treatment can become.

Please don't miss appointments because you're nervous about a treatment or expense. I care about your oral health and I care about you and your family. We'll work something out together.

turnthepage

Let your smile speak for itself!

Don't whine over your wine!

Bad breath? Busted again!

Six Month Smiles™

Put your smile in the fast lane

If you have crooked, crowded teeth or gaps in your smile, we have terrific news for you. Today, new insight into the movement of teeth is revolutionizing orthodontic science. Beautiful smiles that once took years and dozens of appointments to accomplish can now be completed in months. Our office is proud to be on the leading edge of a recent advance in orthodontics, the *Six Month Smiles™* system.

That's right. By using the latest in technology and orthodontic techniques, you could have the smile that you've been dreaming of in just six months! And just in case you've been hesitating because you dislike the idea of a "train-track" smile, *Smile Sarasota* is ahead of the curve on that one, too. This system uses inconspicuous clear brackets and thin tooth-colored wires, so your custom-fitted speed braces don't detract from your smile. No "metal-mouth". Just months to a gorgeous smile.

Using the Six Month Smiles technique, a steady, low force continuously moves teeth toward their



optimum position, slowly and gently. With minimal discomfort, wearing braces that are barely noticeable, and with only 4-9 months to wait for your beautiful smile, no wonder this system has more people smiling every day.

Call us today to learn more about this breakthrough in adult orthodontics and put your perfect smile in the fast lane.



before



after

Thank you for all your referrals – we appreciate them!



White Wine

Say it isn't so!

If you're a connoisseur of the grape, so to speak, you should know that in addition to all the good things wine has to offer, it doesn't have to be red to cause stains on your tooth enamel. Alas, white wine can also create rough spots and grooves that enable staining chemicals in tea, coffee, and other beverages and foods to penetrate deeper into your tooth enamel.

Even so, red wine, long known to stain teeth, should still be seen as more hazardous to whiteness because it contains *chromagen*, a richly colored substance.

Still, you don't need to stop enjoying wine in moderation. The best way to prevent staining caused by wine, and coffee or tea

for that matter, is to rinse often, brush regularly, and ask us about dentist-supervised teeth whitening products.

About Bad Breath

Don't be misinformed

How we process and cope with information has acquired its own academic discipline: *information environmentalism*. Because there is such an excess of information consuming the airwaves, we need to be conscious of – and challenge – what we're absorbing. Well, there's a lot of misinformation about bad breath out there, and that matters to millions of people who experience chronic halitosis.

No matter what the ads say, eating mints or other scented candy, chewing gums, or beverages can only temporarily mask bad breath ... not fix it.

Bad breath that lingers can be caused by:

- bacterial plaque and food particles on and between your teeth;
- untreated gum disease;
- bacteria you haven't brushed away from your tongue.

Here's good information for you. Regular dental visits and scrupulous home care can keep your breath fresh and your smile sweet!

Your Wordless Smile Others will listen ... and look ... at you!



The image you project *is* worth a thousand words. It takes mere moments to make a first impression, and according to a UCLA study, only 7% comes from our spoken words. Body language accounts for more than half of that initial impact! Since your smile is always the first thing people notice, maybe it's time to spark up the power and turn up the volume.

Whitening is by far the most popular way to make over a smile from boring to beaming. Your grin can dim just from enjoying your tea, coffee, wine, or juice that gradually stains and abrades your teeth enamel.

We can...

- Whiten these accumulated surface stains;
- Remove stains trapped in micro-cracks in tooth surfaces;
- Remove discoloration caused by ageing, illness, medication, or heredity.

That's not all! We can help you decide on your best whitening option...

Bonding and veneers are completely natural-looking and can correct the appearance and function of cracked, chipped, or unevenly spaced teeth without surgery or braces.

White fillings can strengthen your teeth – and they'll look like you've never had a cavity.

Crowns can repair severely damaged teeth, and when combined with bridges and permanent dental implants, can replace gaps.

So, please – go ahead. Give yourself the gift of a great-looking makeover like the one in this after photo. Without saying a word, your smile will shout, "I'm the best I can be!"

Your Crowning Achievement

Making strong choices can be beautiful

Many believe that yoga offers the inner harmony and body awareness required to achieve a healthier and more-fulfilling approach to life. Getting in touch with yourself helps to define and refine your esthetic perception, deal with the moment, and look to the future with greater clarity. This can help you to find the confidence to make long-term choices that will enhance your oral health and create your strongest most-beautiful smile.

Like your choice to have a strong body and mind through yoga, choose strength, longevity, and esthetics with beautiful porcelain and ceramic crowns that look so natural no one will guess you have them. Besides being durable, they are highly resistant to bacteria, chipping, staining, and cracking.

Crowns are versatile as well...

1 Protect your damaged tooth by capping it with a crown.

2 Close a gap due to decay, genetics, or an accident with a crown plus a bridge. This excellent option can prevent your other teeth from drifting and altering your ability to chew, speak, and socialize.

3 Create a new tooth with a crown attached to a "root" implanted permanently into your jawbone. These *implants* can also be used to secure a denture, and several crowns can be attached to an implant bridge.

We'd be proud to help you reach your personal best and to keep your distinctive esthetic. Please feel free to ask for a consultation!



Before



After

Crowns

WE'VE DONE THE MATH About popcorn

Believe us when we say that we understand the attraction of buttery-smelling popcorn. North Americans consume 54 quarts per person each year and about 70% is cooked and eaten at home. Sad to say, we don't recommend it.

Here are 5 reasons why:

1. Popcorn is the #1 cause of tooth fracture.
2. Kernels get lodged in between teeth and between the cusps of teeth.
3. Hulls can get jammed under the gum and irritate the tissue, which can eventually lead to infection.
4. Sharp bits can scrape and irritate your tongue.
5. Rough edges can damage cosmetic restorations.

It's hard to give up a satisfying snack ... but why not consider fresh raw fruits and vegetables or low-salt pretzels? And if you can't always brush and floss, please rinse with water afterwards!



BOTTOM LINE? DENTALLY SPEAKING, POPCORN JUST DOESN'T ADD UP.

Good Gums And Health

Oral health helps with overall health

As if good teeth are not a sufficient reason to keep your gums and mouth in peak condition, your overall good health is ample motivation.

Gum disease — gingivitis — commonly caused by inadequate brushing and flossing, and lack of regular professional cleaning, is present in about 90% of the population; that in turn leads to more serious periodontal disease, which causes or exacerbates other bodily health issues, including holistic well-being.

Conditions caused directly by gingivitis and periodontal disease include: bad breath, gum abscesses, tooth loss, digestive disorders, and oral pain. Plus it results in greater health care costs to you. Prevention is better than the cure!

Because the micro-organisms and bacteria in your mouth travel into your bloodstream, your mouth becomes the gateway to your overall health. For example, there is a labor-inducing fluid in oral bacteria that is proven to cause premature and low-weight births. In diabetics, who are more susceptible to various other diseases, studies show that regular professional dental cleaning helps control their blood sugar levels.

Most of the oral bacteria that enter the bloodstream are harmless, but in a weakened heart or compromised immune system, opportunistic bacteria increase the risk of stroke or heart attack. Periodontal disease can also worsen respiratory problems and complicate osteoporosis.

Be sure to brush at least twice a day and floss daily, but there is no substitute for regular professional cleaning to prevent gum disease. Call today!



Oral Cancer Checkups

Detect it early!

Did you know that one person dies each hour of each day in the United States from oral cancer? In fact more people die from oral cancers than either cervical or skin cancer. And because two-thirds of oral cancers are discovered in the late stages of the disease, prognosis is poor. When discovered late, the 5-year survival rate is a frightening 50%. It is imperative that oral cancer is detected early, before the disease advances. Conscientious dentists keep a keen eye for telltale signs like lumps and discoloration, and many are employing high tech devices to detect changes even before they are visible. But patients can have a role in early detection through the self-exam process – see www.oralcancerselfexam.com for a complete tutorial!

Call us at (941) 957-3311 for your comprehensive exam.

office information

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FINANCING OPTIONS



New Patients Welcome!

Our door is open

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients – the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.