



Smile Write

from
Dr. Mitchell Strumpf



Produced to improve your dental health and awareness

Fall 2010

fromthedentist

Exceeding Expectations Our daily pledge

It's a matter of great personal and professional pride to me and to my team that we provide you and your family with personal, customized attention and the highest quality of care. Do you know how we decide what constitutes excellence in care for you? Every time you return to our practice, give us your positive feedback, and refer someone you know to us, you're telling us that we're continually raising the bar.

Your support motivates us to work hard to provide the services you want ... and to keep them up to the superior standards you expect. In turn, our commitment to continuing education and leading-edge dentistry keeps our practice unique.

Thank you, from all of us, for your wonderful feedback, your loyalty, and your ongoing referrals.

*Yours in good dental health,
Dr. Mitchell M. Strumpf*

turnthepage

What, exactly, is so funny?

Make an impact like never before!

Are you ready to be crowned?

Goodbye Stained Teeth

We can give you a reason to smile

The number one requested cosmetic dental treatment is ...teeth whitening. But if you are among those who feel their smile is not as bright as they would like it to be, we can help! You'll have no reason to hide your teeth after our *KöR Whitening Deep Bleaching™* System. Our practice is offering this service to successfully enhance the smiles of our patients and give you the bright smile you've been waiting for!

The KöR Whitening system is deep reaching. Unlike some other teeth whitening options, it has a very high success rate with tetracycline stains and other set-in stains, which can save you from the need to cover up these unsightly discolorations. KöR Whitening is even safe for those whose teeth are too sensitive for the usual whitening methods and is ideal for anyone between the ages of 14 and 90!

KöR Whitening gives predictable consistent results, without you having to give up stain-causing coffee, tea, or wine. You don't need to experiment with any more "hit and miss" techniques, you can have whiter teeth for life. KöR Whitening is completely safe for teeth and gums, plus there have been very few reports of sensitivity developing after treatment.

Call us and ask about KöR Whitening. Then come into our office and get the WOW smile you have been waiting for!



Thank you for all your referrals - we appreciate them!

Look Great

And save the environment too

Choose eco workout wear. Many fabrics made with organic and recycled fibers such as cotton and soy blends, and athletic footwear made from recycled rubber and vegan materials, are becoming increasingly available.

Shop locally even if you can't find the very latest eco trends nearby. You can choose partially recycled materials, minimal packaging, and you'll be saving the expense and environmental cost of travel or shipping.

Conserve post-workout water and energy with low-flow shower heads that don't release hot water until you actually step in the shower and turn the shower head's valve.

Shave with only 5-7 drops of a natural shaving oil. A tiny bottle can provide about 100 shaves, is ideal for your travel bag, and a number of brands are available online or through large retail chains.

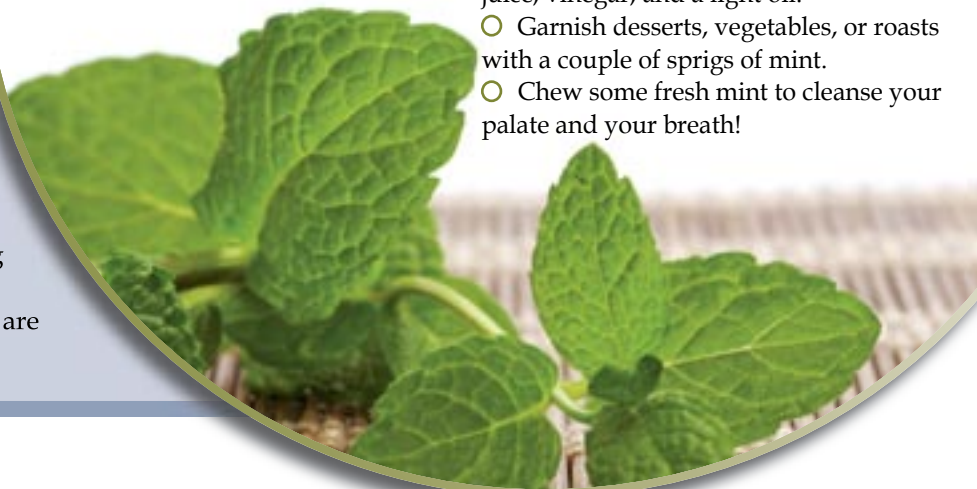
Marvelous Mint

More than a breath freshener

You probably associate mint with toothpaste or breath freshener, but it has been used as an herbal remedy and a spa soother in face packs, foot rubs, and bath soaks. Both peppermint and spearmint are very popular, especially for cooking, and if you're not a gardener, you can easily find commercially dried leaves.

7 Mint Hints For Your kitchen

- Steam vegetables with mint in the water.
- Mix chopped mint with butter for boiled new potatoes.
- Toss whole mint leaves in cooked rice before serving.
- Freeze whole mint leaves in ice cubes for tea or lemonade.
- Make salad dressing with mint, lemon juice, vinegar, and a light oil.
- Garnish desserts, vegetables, or roasts with a couple of sprigs of mint.
- Chew some fresh mint to cleanse your palate and your breath!



before



after



▲ Crowns ▼

before



after



Crown FAQs

Your best decision is an informed decision

What Is A Crown?

A crown is an artificial cover that is used to restore, protect, and strengthen your tooth and keep it healthy.

When Would I Need One?

- If you have a tooth that has been worn down by teeth grinding, an improper bite, or decay, a crown restoration could save it.
- Crowns will give cracked or broken teeth much-needed support.
- A tooth that has loosened due to gum disease can be stabilized by crowning it and connecting it to the neighboring teeth.
- Gaps in your smile can be replaced by incorporating a single crown onto the root of a dental implant placed into your jawbone.

What Are My Options?

Ceramic crowns are the most natural-looking and can be as translucent as your own enamel. They are the perfect choice for those with metal allergies, but people usually choose them because of how they look.

Ceramic-fused-to-metal crowns combine this natural look with the strength of metal underneath, but they are not as translucent as ceramic alone.

Feel free to call now. You don't have to wait for your next appointment to discuss treatment.

Defy The Trend

Subtle measures - radical results

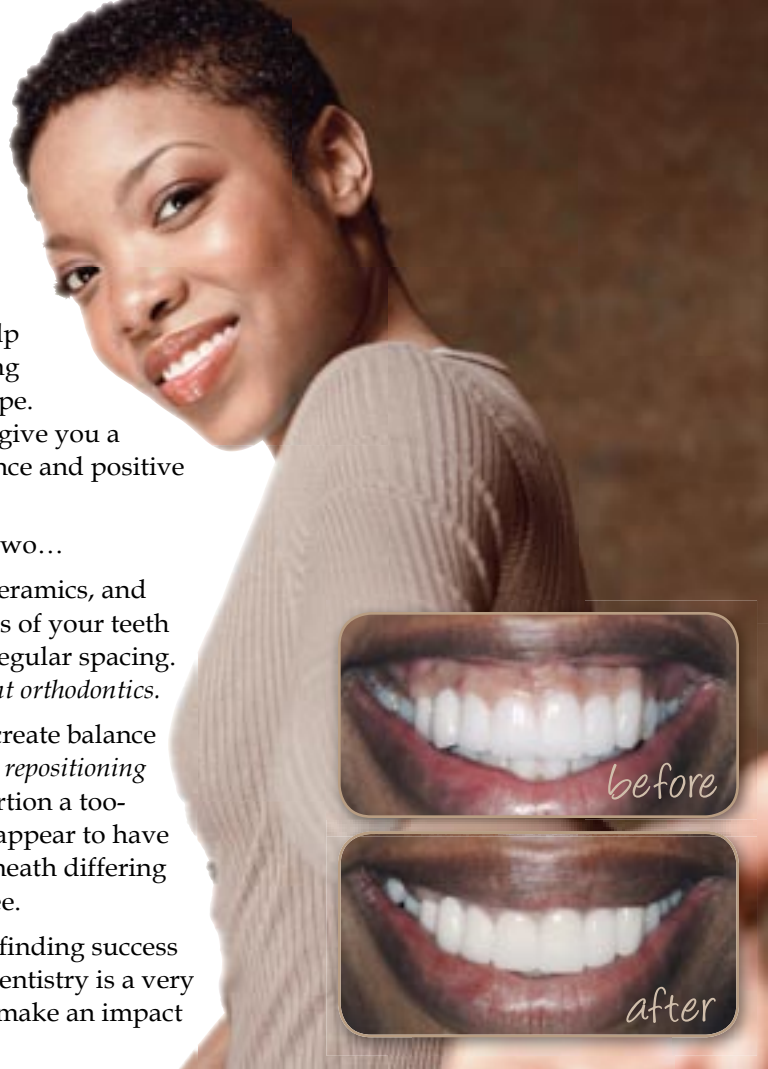
Have you seen some of the guerrilla tactics and extreme stunts people are deploying to reboot their careers? Believe us - singing telegrams or renting a hot air balloon are not your only answers! We can help you create a unique, engaging, and thought-provoking impression that will generate buzz without all the hype. For example, a subtle smile makeover can do a lot to give you a more youthful pick-me-up, and give you the confidence and positive attention you deserve.

Many cosmetic techniques involve only a visit or two...

Veneers crafted from translucent porcelains, ceramics, and other bonding materials can be applied to the surfaces of your teeth to disguise deep stains or other flaws like chips or irregular spacing. In fact, the veneering technique has been called *instant orthodontics*.

Esthetic gum re-proportioning can create balance and symmetry for your smile with techniques like *lip repositioning* and *gum recontouring*, as seen here. You can re-proportion a too-gummy smile, teeth that look too short, or teeth that appear to have different lengths because their crowns are hidden beneath differing amounts of gum tissue ... or a combination of all three.

We understand that sometimes, in today's world, finding success means getting yourself noticed. Stunt-free cosmetic dentistry is a very reliable and worthwhile investment that will let you make an impact - on your terms.



it's laughable

For millennia, Tibetan monks have laughed out loud on awakening - no joke! Seriously, though, even faking a laugh cues your body and your mind to stay calmer and more focused.

How? By shutting off stress hormones and triggering the release of feel-good endorphins. What else? We can show you how to laugh out loud enthusiastically, vigorously, and confidently day or night - with or without an audience.

Natural-looking fillings and whitening can certainly help, but it's also about getting back to basics. Brush and floss, avoid sugary snacks, and maintain regular dental visits.

We promise - once you get the hang of it, the rewards are nothing to scoff at...

- Clean attractive decay-free teeth
- Clean pink tongue
- Clean healthy gums
- Clean fresh breath.

& so
easy



Don't Wait For Symptoms

This can affect your health silently

A preliminary study suggests that the incidence of periodontal disease, the most advanced form of gum disease, may be 2-3 times higher than previous estimates. We find this very disturbing because only about 3% of those afflicted with gum disease seek treatment for it. Why so few? We've chatted about this at our staff meetings, and all of us believe it's because people don't understand that gum disease has long-term and potentially life-threatening implications if untreated.

Knowledge is power, and we feel the responsibility to ensure that you have it...

- Gum disease has been linked to diabetes, heart disease, arthritis, lung disease, some cancers, and also to complications in pregnancy.
- It can arrive without symptoms or discomfort.

- It's highly treatable and can sometimes be reversed.
- Regular recare visits and effective home care can halt its progression and its potential impact on your body.

How can there be a mouth-body connection? Your body is comprised of a number of different vital and interdependent systems. Your mouth is part of the digestive

system, for example. If any one of these systems falters, your overall wellbeing is in jeopardy. As science reveals more about the complex associations between them, it grows increasingly clear that healthy teeth and gums are essential to your overall health.

We really care about you, so if it's been a while since your last appointment, please call us today.

Make sure you're fit inside & out!



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ChaseHealthAdvance™
FINANCING OPTIONS



Sticky Business

Benefits of gum

Most people, unless they are experiencing tooth or jaw discomfort, have used chewing gum to relax, avoid snacking or smoking, and to reduce ear discomfort when flying. Gum can help moisten your mouth and help clean your teeth after meals. It also comes in many breath-freshening flavors.

One popular cinnamon-flavored chewing gum temporarily eliminates more than 50% of the anaerobic bacteria that causes bad breath. It contains Cinnamic aldehyde, an essential oil which is the active ingredient that inhibits disagreeable odors.

Gums with xylitol help to prevent periodontal disease and cavities. Some chewing gums assist with the remineralization of tooth enamel, while others whiten teeth.

Whatever you choose, always stick to sugar-free gum!

Don't Fall Behind!

Use your benefits

We know that by now you understand that any advice we give to you is out of genuine concern for your well-being. Whether we recommend a treatment plan, suggest a lifestyle change, or encourage you to use up your annual insurance benefits, our sole motive is to help you achieve optimal oral health.

As we get further into the year, time starts to run out for you to make the most of your insurance before it expires on December 31st.

Please take a moment to check your remaining insurance benefits ...then call us ASAP to book an appointment to make the most of them!