



Smile Write

from
Dr. Mitchell Strumpf



We Create Beautiful Smiles

Fall 2009

from the dentist

We're Here For You!

Keep smiling

If we haven't told you lately – you are valued, you are important to us, and as smile experts, our goal is to make sure your smile is bright, healthy, and happy! That's why we encourage you to come in for your exams and to follow through with treatment plans – even in this very difficult economy.

Actually, keeping up with your appointments is an excellent money-saving strategy. The longer small problems are left untreated, the more serious the consequences to your oral health, appearance, and wallet.

No one is more aware than we are that to you, the oral health care of your family is a necessity – not a luxury. We will do everything we can to provide as many treatment plan, scheduling, and payment options as possible for you.

Please call with any questions.

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

turnthepage

Step into health!

Wake up your dream smile!

Tea for teeth!

It's For Real

Protect your future with dental implants

Dental implants, once considered the wave of the future, have become virtually routine in practices like ours with teams that have received special training. Ideally, an implant should be placed immediately after losing even one tooth to protect you against receding bone and shifting teeth. Even so, in the event that time has passed and bone loss occurred, modern techniques for bone regeneration make dental implants a viable option for many people.

Implants can be used...

- to replace teeth lost by decay, gum disease, or trauma once the jaw has stopped growing.

- to secure and prevent slipping of removable dentures and bridges.

There is little down time, and while there are some procedural differences between placing cosmetic implants and those to anchor bridges or dentures, for best results we prefer to do it in stages...

First...

- We surgically place your implant or implants into the jawbone under your gumline.

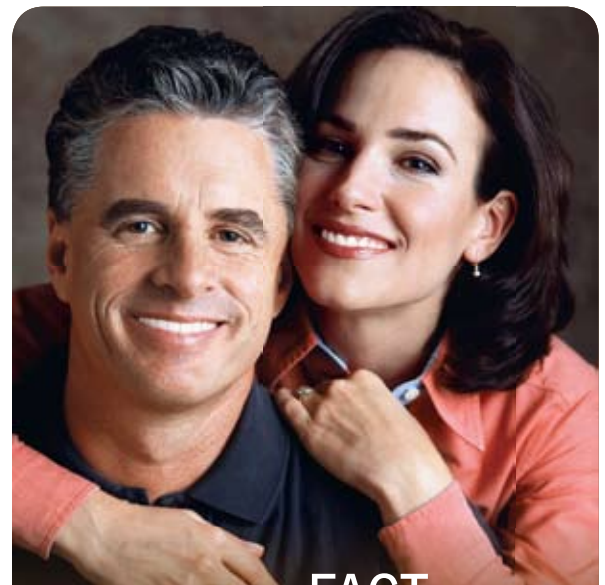
And...

- We can attach temporary crowns so you won't be too shy to smile while you continue with your busy life.

Then...

- After a few months when the implant becomes securely anchored, we will permanently attach a custom-designed replacement tooth that will blend in perfectly with your natural smile.

We consider dental implants to be the gold standard of care and hope you will too. They are time-tested, predictable, and so reliable that millions are placed annually in North America.



FACT:

More than 700,000 dental implants are placed every year in North America.

We welcome new patients. Please pass our phone number to friends and family.



Not For Women Only

6 perio facts

1 Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.

2 Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.

3 Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.

4 Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.

5 Tobacco and alcohol should be avoided, especially in combination.

6 Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

Healthy You

Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

Did you know...?

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



Wish No Longer

Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

Cosmetic veneers could give you your dream smile if...

You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

You are unhappy with the shape and proportion of your teeth.

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

A Little Or A Lot

You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCOLOR



IDEALIZE

TEMPT YOUR TASTEBUDS

TRY WHITE TEA

The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.

Sobering Statistics

Why annual oral cancer exams matter

By now you've heard us emphasize many times that the evidence linking gum disease to systemic diseases like diabetes and heart and stroke continues to grow. That's why we're so thorough at your checkups and focus on prevention and home care routines to maintain your oral health. Another important priority we'd like to stress is the need for regular oral cancer exams.

Recently, more than 25% of oral cancer victims have been under age forty and have none of the known lifestyle risk factors like tobacco, alcohol use, diabetes, or HIV. It has now been established that people can develop oral cancer through the *human papilloma virus* (HPV). Most types of HPV are harmless – skin warts for example, are very common. But some types that can be sexually transmitted have been linked to oral cancers.

If oral cancer is caught early, the five-year survival rate can be as high as 90%. If not, the rate drops significantly. You can help us by pointing out any abnormal condition you might have seen or felt in your mouth, even ones that seem trivial like a small canker or cold sore that just won't go away.

And because in its earliest most-treatable stages oral cancer usually causes no pain or discomfort, we will perform an oral cancer examination for all of our adult patients, from age 20, every year.



office information

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ChaseHealthAdvanceSM
FINANCING OPTIONS



Referrals Inspire Us

...To raise the bar

We love it when our patients refer us to family and friends. It speaks volumes to how much you trust us to provide you with the best possible oral health care. And it even goes beyond that. Your referrals inspire us!

Every time you refer our practice to people you care about, it re-energizes our commitment to ensure that your entire experience at our practice is relaxing, comfortable, and even educational – from the time you arrive, to the attention, care, and support you are given while you're here – to our continued communication beyond your appointment. It compels us to continually raise the bar and discover new ways we can provide you with even more.

So, please keep the referrals coming. Your inspiration benefits everyone – you, as well as your family and friends.

Dry Mouth

Is it bringing your smile down?

Dry mouth can put a damper on anyone's smile, but for some people it's a chronic and serious problem. They have trouble eating, swallowing, and talking. Without enough saliva to protect the mouth, teeth become prone to decay. Dry mouth, affecting 30% of adults, is usually caused by a problem with salivary glands, an underlying disease, or as a result of drug therapy.

If you suffer from dry mouth, it's important to do something about it! Eating foods with strong tastes can help. Chewing fibrous foods like celery and carrots between meals can also bring relief. Sugar-free gum can help. Drink a lot of water and avoid alcohol and tobacco. There are even special toothpastes and lubricants that can help!