



Smile Write

from
Dr. Mitchell Strumpf



We Create Beautiful Smiles

Summer 2009

fromthedentist

Attractive Solutions

CHASE Health Advance

Part of our job as your dental care provider is to try and work with you to ensure that your personal financial circumstances do not interfere with your dental health care decisions. This is why we recommend *Chase Health Advance*, an affordable payment program that has a unique no-interest payment plan. Chase Health Advance enables healthcare providers to offer flexible payment options to cover many costs that many insurance plans currently don't.

With Chase Health Advance, you can pay for treatment over time. There are no up-front costs, or annual fees, no prepayment penalty, and the application process is quick and easy. Chase Health Advance offers monthly payment plans to meet almost every need so that you can focus on what's most important – ensuring good dental care.

Ask for a Chase Health Advance application ... and begin treatment today!

Yours in good dental health,

Dr. Mitchell M. Strumpf

Important Notice

Our office will be closed the week of July 6th for vacation.

Bluecam Digital

A new way to make an impression

Hate those messy, uncomfortable impressions using mushy materials? So do we! That's why we continue to invest in new imaging equipment that eliminates gooey impression material while making your crown, inlay, or onlay restoration even more precisely accurate and natural looking. All this while reducing your wait time!

This leading-edge CEREC® AC technology enhances the power of our CEREC 3D™ – the world's most advanced computer-assisted dental restoration system. Not only can you get your restoration in only one appointment instead of two or three, but now with our Bluecam handheld acquisition camera you'll spend even less time in the dental chair. No more long waits while a tray of impression goop hardens in your mouth!

We believe the Bluecam, which uses a blue light emitting diode (LED) to capture digital impressions, is a superior technology. Its increased computing power completely takes the guesswork out and it displays the sharpest, most detailed digital impressions achievable in only seconds.



Beautiful!

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

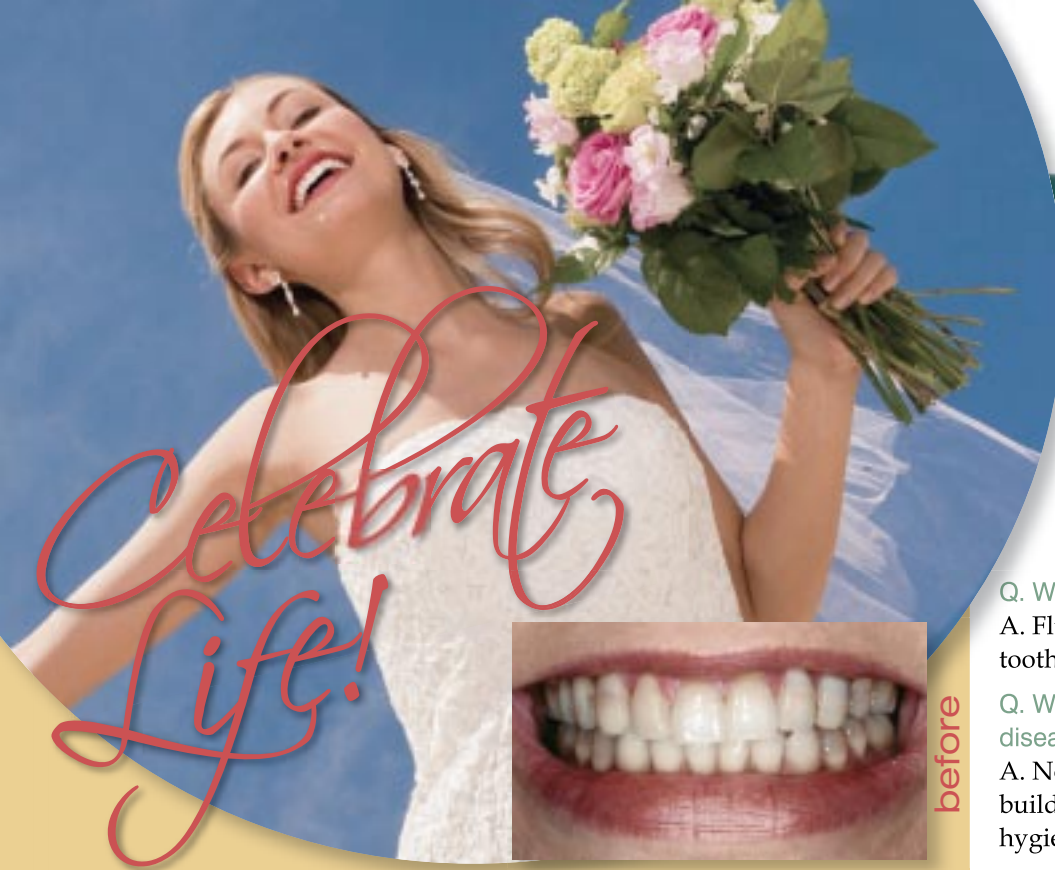
© CEREC



Once the Bluecam scans are assembled to generate a virtual model of your tooth, the CEREC 3D system harnesses the power of the computer to create perfect porcelain crowns, inlays, and onlays. It takes only 15 minutes, while you wait. Your new tooth can be immediately fitted and bonded into place – no more temporaries.

Thanks to Bluecam digital scan precision, getting your beautiful smile back just got easier. Neat!

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



Celebrate Life!



before



after

Share your smile with the one you love!

Everybody wants to put their best smile forward. According to a national study, teeth are the number-one facial feature that people would change... three out of four adults think that a nice smile is important to landing their dream job ... 84% think that an attractive smile is important for meeting Mr. or Ms. Right. It seems that we associate a pleasing smile with many of life's passages. Celebrating these milestones means family, friends, and ... photographs. Are you ready to get ready?

Sometimes even subtle changes can turn a nice smile into a sensational smile - often in only one or two visits...

FAQtually Speaking

About toothpaste

- Q. What does fluoride toothpaste do?
A. Fluoride fights tooth decay and strengthens tooth enamel.
- Q. Will tartar-fighting toothpastes prevent gum disease?
A. No. They only help reduce *additional* tartar buildup *above* the gumline, so regular flossing and hygiene visits are essential.
- Q. Are whitening toothpastes okay for sensitive teeth?
A. No. Most contain a higher level of abrasives. Use a toothpaste for sensitive teeth instead.
- Q. Does *The American Dental Association* test toothpastes?
A. Yes. The *ADA Seal of Acceptance* means they meet specific criteria for safety and effectiveness.
- Q. Do children's toothpastes need to taste good?
A. Yes. This encourages brushing, but use a pea-sized amount and don't let them swallow.
- Q. How often should I use toothpaste?
A. You should brush *at least* twice daily with toothpaste for 2-3 minutes and floss daily.



*Whitening Bonding
Tooth-colored inlays/onlays*

Create an even more dramatic impact. We can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile...

*Dental implants
Veneers Crowns*

Whether you want your best milestone smile for a graduation, wedding, or The Big 4-0 - give us a call as soon as you can. You'll have your great new look in no time!

Are You Symptom Free?

Are you ready for biology's next revolution? *The Human Oral Microbiome Database* has been created to provide scientists with comprehensive information on oral microbes. That's good news for you because gum disease is no minor infection. It can change your appearance, your ability to eat, your social life, and your general health. It has been called the *silent disease* because you can have it and be symptom-free. Being young is no protection.

Learn how to avoid the Silent Disease

Here are some more facts you need to know...

- Up to 30% of people may be genetically susceptible to gum disease and six times more likely to develop periodontitis, its most serious form.
- Periodontitis is the leading cause of tooth loss among adults. It can destroy jawbone and supporting tissues as well as your appearance.
- Unnatural-looking indentations left by missing teeth and bone loss can compromise the esthetics of replacement teeth.
- Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- Surveyed U.S. dentists say gum disease is a more pressing oral health concern than tooth decay by a 2-to-1 margin.

Millions of people don't know they have gum disease.

Could you be one of them? Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.

De-Escalate!

Reclaim your world

It's a wonderful world we live in. Yet the excitement and challenges of even the best things in life can create tension. Teeth clenching and grinding are common symptoms of stress which over time can escalate into Temporomandibular Disorder (TMD), a painful problem of the jaw joints. Of course, dentistry can provide relief with oral appliance therapy, but a strategy for self-care will help keep you at ease for the long term.

Martial arts for relaxation? Absolutely. **Aikido, Tai Chi,** and **Qi Gong** combine meditation and movement to improve posture, balance, coordination, endurance, and flexibility.

Yoga is popular, very do-able, and doesn't require special equipment.

Proper breathing, exercise, relaxation, diet, positive thinking, and meditation are tried and true. TMD is *all* about taking the pressure off.

4 Your Health

Too much information! Hardly a day goes by without yet another announcement about lifestyle, health, and longevity. Sifting through the pieces may make it seem complicated, but apparently it's simpler than we think. Researchers say that by combining the following four modest and achievable lifestyle changes, you could prolong your life by 14 years.

- 1** Give up smoking. You could gain an 80% improvement in health. Smoking has been linked to gum disease as well as oral and other cancers.
- 2** Eat five fruits and vegetables daily for a healthy mouth and body.
- 3** Keep active for cardiovascular health, strong bones, and stress relief.
- 4** Drink moderately. Alcohol has been linked to oral cancer, especially when combined with tobacco.

Fourteen extra years of oral and overall health. That should keep you smiling!



Inflammatory Statement

You need to know about this connection

Bacterial infections are known to spread throughout the body. So it doesn't take a giant leap of logic to consider that an infection in your mouth might affect other parts of you. For many years scientists believed that oral bacteria alone was the primary culprit in linking gum disease to other systemic diseases. But according to the *American Academy of Periodontology*, inflammation, which is also associated with infection, is worthy of particular attention.

Gum disease has been linked to chronic inflammatory illnesses. These include cardiovascular diseases, arthritis, and diabetes. So it makes sense that treating inflammation may help you to manage your oral health ... and that by maintaining your oral health you could be helping your overall health.

Let's use diabetes as one example. Gum disease has been called the sixth complication of diabetes and for good reason. Diabetics are more likely to have gum disease than others, especially if their diabetes is uncontrolled. As well, diabetics have more difficulty controlling blood sugar levels if they have gum disease, which increases their risk of other diabetic complications.

Gum disease can appear silently without any symptoms so regular checkups are important for everyone. If it's been a while since you've had a thorough dental exam, or if you have been diagnosed with an inflammatory condition such as heart disease, arthritis, or diabetes, we particularly recommend that you book an appointment.



Stroke
New studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% comes from the mouth.

Heart Disease
Bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.

Pre-Term Births
Women with periodontal disease are seven to eight times more likely to have premature or low-birth-weight babies.

Diabetes
A study conducted in Arizona showed that diabetics with gum disease were three times more likely to have heart attacks.



Georgia On Our Mind

This year ushered in a real milestone in our office. Georgia, one of our outstanding dental assistants secured her "rocking chair in heaven" when she reached the twenty-year mark of working by my side. Yes, this is an easy accolade to write because you all know how special she is. From anticipating my every need and often thinking a step ahead, she performs flawlessly. Whether behind the scenes or working center stage Georgia is the consummate professional. She has an unparalleled work ethic and truly cares about every patient's comfort and well being.

It has been my honor to be blessed with her and I sincerely hope that she continues to grace us with her presence for a long time to come.

Please be sure to congratulate Georgia next time you're in the office. She deserves it!

Dispelling Myths ...About root canal

Root canal treatment is a procedure that may save an infected or damaged tooth. Check out these popular myths!

1st Myth: Root canal treatment is painful. Root canal treatment relieves pain. Somehow the term "root canal" has become synonymous with toothache symptoms instead of the treatment which is usually comfortable. Symptoms other than pain? Visible trauma, swelling, and temperature sensitivity.

2nd Myth: It's better just to remove the tooth - it will have to come out eventually. No ... and no. Root canal treatment is 95% successful. Removing a tooth will lead to shifting teeth and bone loss or the time and expense of restorations.

The fact is, we can save the roots and the tooth. If you are suffering with pain due to fear of any dental procedure, call us! We'll quell those fears and have you smiling in no time!

officeinformation

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Chase Health Advance
FINANCING OPTIONS

