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TOOTHPRINTS

SUMMER 2008

PRACTICE NEWSLETTER

We have 5 parking spaces available in the back parking lot. Please feel free to use them

DON'T FORGET ABOUT
ZOOM!
WHITENING

A patient referral is the highest compliment you can pay us. A personal recommendation from a friend is the most credible form of advertising. We are accepting new patients and we also love to see children. Please mention us when you are visiting with your friends, neighbors, and co-workers.

Are you worried about lead in dental crowns? Well don't be. Our laboratory, Keller Lab, does not outsource any of their crown work products to other laboratories. Their materials are FDA approved and ISO Certified. You can be sure that we are both looking out for you.

CHANGING OUR PATIENT SMILES ONE AT A TIME



INVISALIGN
 WOW!



THE OTHER THREE PATIENTS WANTED A NEW SMILE. THEY EACH HAD AT LEAST 8 CROWNS DONE. NOW ONE OF THEM WILL BE STARTING ON THE LOWER IN A FEW WEEKS. DON'T THEY LOOK GREAT!



WANT TO MAKE A CHANGE IN YOUR SMILE?

Do you want to change your smile, but you are hesitating because you are unsure how your teeth will look? We can help!

Thanks to technology, we can utilize two different techniques that allow you to see what the final outcome might possibly look like.

The first option would be for us to take pictures of your current teeth. We would send those pictures to the laboratory and they would do a "mock up" on the picture and forward them back to us.

The second option is to take pictures along with molds of your current teeth. These would be sent to the

laboratory and they would actually create what your mouth could look like on the model. With this option you could actually hold your new smile in your hands.

So don't wait on something you really want because of fear of the unknown. Let us show you the possibilities.

BLOOD PRESSURE CHECKS COMING YOUR WAY

Have you ever had a dental office check your blood pressure? If not, then get ready. Our office may be taking your blood pressure at your very next hygiene visit.

High blood pressure is called the silent killer because, although it contributes to such potential as stroke and heart attack, those who suffer from it often have no signs or symptoms.

More and more it is becoming standard of care for dental offices to do a blood pressure check at your regular recall appointment. Many of the procedures that we do may be affected by high blood pressure. We want to give you the best of care along with making sure your health is not at risk.

Many patients are more likely to see their dentist than

their doctors for check-ups. It is even more important for dentists to take the lead in making blood pressure determination a standard part of the office visit procedure.

We want you to know that there will be no extra fee for this service to you. We feel that our office will be giving you, our patient, more adequate care.

We have a new defibrillator in our office. The staff is trained in CPR as well as use of the defibrillator. This is just one more way we are providing you, our patient, with the latest and most comprehensive care available.

Do you dread having your teeth cleaned because of discomfort? If so, then Oraqix might be for you.

Oraqix is a topical gel applied to the tissue, that numbs the area for 20 minutes. Your dental hygienist can apply the topical as needed throughout the appointment.

If this is something you might be interested in, please let your dental hygienist know. The fee is only \$10, and may make your cleaning appointment a little more comfortable in the future.

ARE YOU IN A CLENCH?

How well did you sleep last night? Before you settle down for "a long winter's nap" to have that "midsummer's night dream," you might want to see if these questions apply to you:

- ◇ Do you wake up with an earache or headache?
- ◇ Do your jaw muscles feel sore or tight?
- ◇ Do your teeth or gums feel sensitive or tender?
- ◇ Do your teeth appear worn down or chipped?
- ◇ Do you frequently have unexplained facial pain?
- ◇ Does the inside of your cheek feel chewed up?
- ◇ Does your teeth grinding wake up others?
- ◇ Do you wake up tired?

These are symptoms of bruxism. "Bruxism" means to grind, gnash, or clench the teeth. This condition affects

all ages and the sleeper might have 25 bruxism episodes each night. There are several theories about the causes of bruxism, but stress is often a contributing factor.

If bruxism is not treated, your teeth, fillings, or crowns may become worn down. You may also fracture teeth. Eventually you might grind away your tooth enamel and loosen the teeth themselves. So what can you do to alleviate damage to your teeth and the discomfort from bruxism?

Here are some tips:

- ◇ Go easy on caffeine and stimulants such as "energy drinks".
- ◇ Do not use tobacco, alcohol, or drugs.
- ◇ Try a warm shower or soft music to relax.

If these techniques do not relieve your symptoms, then

maybe we can help. We can fit you with a bite splint or mouth guard. This appliance is made from a mold taken of your teeth. It is a hard plastic piece that fits over the 6 front teeth on your upper jaw. The appliance is made to wear at night and to keep your jaw in line and maintain a space between your back teeth so no damage is done.

Most people find that wearing this appliance at night is not too annoying, and their symptoms are relieved. After wearing the appliance for several months, many patients find that they cannot sleep without it.

The appliance can be made in about one week. If you have any questions, our staff will be happy to answer them.

So settle down for the night with a new night guard, and forget about the worries of the day.

NOT JUST A CLEANING ANY LONGER

What most people think is a teeth cleaning, is actually much, more. At that appointment our dental hygienists do the following:

1. Oral cancer exam
2. Probing of pocket depths
3. Scaling and polishing of your teeth
4. Charting of recession
5. Cursory exam to check for decay
6. Fluoride treatments & flossing
7. Blood pressure checks
8. Discuss any problems
9. Update your records on your health
10. Patient education

What a bargain for your dental health dollar!

Office information

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OFFICE HOURS

Mon, Tues 8:00— 6:00
Wed 8:00— 4:00
Thurs 8:00— 5:00

CONTACT INFORMATION

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OFFICE STAFF

Jill Hall.....Office Manager
Carol Kasselmann.....Business Administrator
Serena Herzner.....RDH
Andrea Coleman.....RDH
Jill Krebsfanger.....CDA
Cathy Hart.....CDA, EFDA



Dr. Mays completed the 1/2 marathon in the Flying Pig on May 4, 2008! Congratulations Dr. Mays!

38.5 = total days an average American spends brushing their teeth over a lifetime

73% of Americans would rather go grocery shopping than floss

The average woman smiles about 62 times a day!
A man? Only 8!

78% of Americans have had at least 1 cavity by age 17

The office will be closed:

July 14-18 for summer vacation
September 1 for Labor Day
September 18 for Ohio Dental Assoc. Meeting
November 26-28 for Thanksgiving
December 24-January 4, 2009 for Christmas break
(As usual we will make sure that you are taken care of during our off days. Our answering machine will have that information for you.)