

fromthedentist

Relax And Enjoy...

Mind your teeth!

The holiday season is almost upon us, and more than any other time of year, this season sees our daily routines changed or ignored.

It's very important for you and your family, especially the youngsters, to pay particular attention to your home dental care over the holidays. All those sticky treats, soft drinks, and rich foods aren't doing your teeth any favors. And if the adults or teenagers in your family suffer from gingivitis, or periodontal disease, a holiday from daily care can quickly and easily reverse any progress you've made.

But enough lecturing! All of us in this office would like to wish you and your family a lovely seasonal celebration. Relax and enjoy all the seasonal traditions that make this such a special time for family and friends!

Yours in good dental health,

Dr. Joseph Gulak & Staff

turnthepage

Your Immediate Total Smile Makeover

Xerostomia: Is it threatening your smile?

Great Gifts For Your Lefty

So Many Toothpastes...

Sorting through your choices

Nowadays there are so many kinds of toothpastes it can be confusing. Here's a helpful guide of different toothpastes and how they work:

Tartar Control - These may help prevent tartar buildup (the hardened plaque that can lead to gum disease) by as much as 36%. Only a professional dental cleaning can remove tartar below the gumline where these toothpastes can't reach.

Baking Soda - Mildly abrasive, baking soda helps to remove stains from teeth but don't have any proven effect on periodontal disease. Be careful though as excessive use may irritate your gums.

Desensitizing - These products protect the exposed root surfaces of your teeth. It will take about four to six weeks of regular use before you notice any sensitivity improvement. *You should have your sensitivity checked by us first, to be sure it is not the result of a more serious problem.*

Antibacterial - These brands control mild superficial inflammation of the gums (gingivitis) by reducing levels of bacterial plaque. They won't reverse more severe gum disease.

Whiteners - These can abrade tooth enamel so avoid exclusive use. If you do want your teeth whitened, talk to us. These pastes really aren't strong enough to make a difference.

And let's not forget the toothbrush - The new Sonicare® Elite toothbrush is truly revolutionary!

Studies have shown that the Sonicare removes nearly twice as much plaque between teeth as a manual toothbrush,

Regardless of which toothpaste or toothbrush you choose, brush at least twice a day using a soft-bristled toothbrush, and floss once a day. Even the best toothbrush and toothpaste can't remove plaque trapped between teeth.





Are You SURE That's Really you?

Children are fascinated by mirror tricks like decoding secret messages, but adults forget how deceptive a mirror can be. When considering a cosmetic dental procedure, consult with us to ensure that your new look is *really* you.

Mirrors reverse images from left to right, altering your perception of slight imperfections like an elevated lip line that others see clearly.

Only a few millimeters can alter the proportions of your smile - and face! Taking into account lip and jaw lines, tooth alignment, or gumlines to give you a balanced, pleasing smile and attractive facial appearance is part of your dentist's artistry! So remember ... the *real* you and the *dream* you is only millimeters away!

If you're wondering why the looking glass doesn't turn you upside down, just hold this page up to a mirror to decode the answer below. Or better yet, ask us! See all - know all...

your images is looking south. The mirror reverses front and back, mirror, much like the directions on a weather vane. When you are looking north, north and south must be up and down. Not so. They are perpendicular to the left and right and west and east, it is tempting to assume that

Waterworks

If you have ever suffered from dry mouth, or *xerostomia*, you know how much we rely on saliva to speak, eat, chew, and swallow. Dry mouth can result from disease, hormonal changes, or as a side effect from medical treatment that can interfere with the production of saliva.

Saliva, a very important and complex component of your oral and overall health, contains 40 essential proteins, 13 electrolytes and minerals, and 7 small organic molecules that:

- Protect teeth and gums from bacteria, helping to prevent cavities;
- Help buffer teeth from hot and cold temperatures;
- Aid digestion by initiating the breakdown of food.

We can help you to relieve the discomfort of your symptoms with safe and effective products.

Got A Lefty Who's Hard To Shop For?



Now there's a whole new range of oral health products designed just for left-handed consumers! *Just kidding...*

The truth is that all dental home care tools can be used by right-handed or left-handed people. So the next time you're shopping for a lefty, a righty, or even someone who's ambidextrous, think about putting together a gift basket with some of these items!

Travel toothbrushes

Electric toothbrush

Dental floss

Toothpaste

Tongue scraper

Dental mirror

Gum massager

Mouthrinse

Changing Priorities Investing in yourself

Today's mature adults are investing in their own well-being. Updating your appearance with dentistry can often mean improving oral health and function. Here are answers to some commonly asked questions about cosmetic dentistry. You *can* improve self-confidence, appearance, and oral health! Please call us for a consultation.

How do I remove stain and discoloration from my teeth?

Supervised tooth whitening is a simple, quick, and affordable way to remove coffee, tobacco, wine, or medication stains, and even yellowing

associated with ageing. Bonding and veneers can also brighten your smile.

How can I make my old fillings look more attractive?

Metal-free porcelain, ceramic, or resin filling materials can make your smile look fresh, appealing, and natural! These materials can look as good – or even better than – your own teeth.

How can I repair worn, chipped, or cracked teeth?

Translucent laminates or veneers cover flaws but reflect light like natural

tooth enamel. Custom-made by hand, they are micro-thin and look totally natural. Modern bonding materials and non-metallic crowns can also camouflage flaws.

How can I replace missing teeth?

Completely natural-looking restorative bridges can span the spaces left by missing teeth, and dental implants can permanently replace one tooth or many.

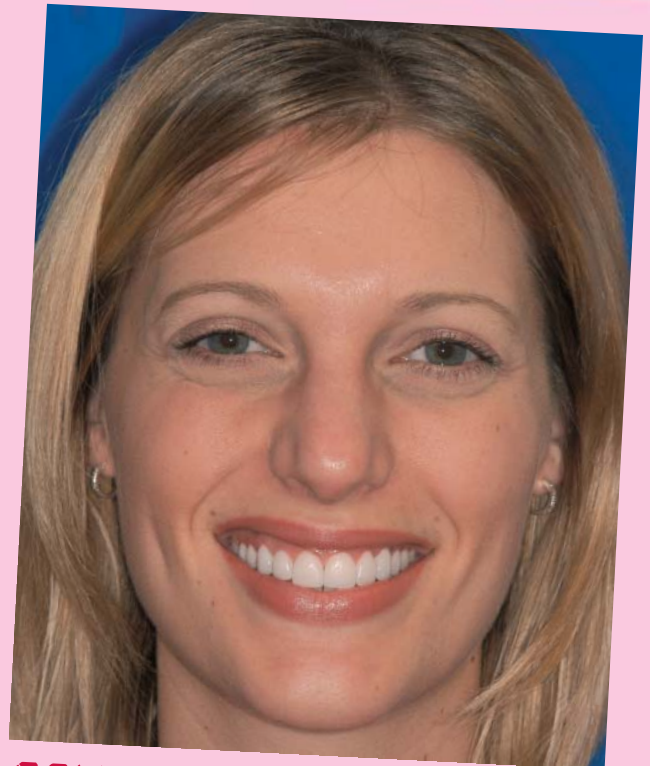
How can I make my gumline more attractive?

We can re-sculpt your smile and transform the appearance of *too small* teeth or an *uneven* gumline.

CASE STUDY: 221297



PROBLEM: Uncentered square teeth & old bonding compromise appearance



SOLUTION: Gum lift and porcelain veneers ... beauty, balance, & brightness

Arresting Gum Disease...

With Arestin™

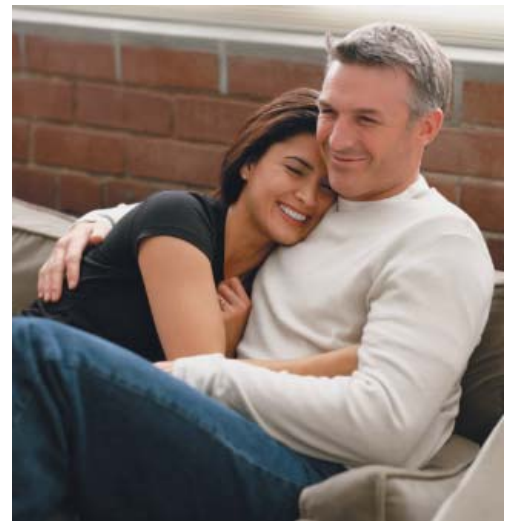
Gum disease, or periodontitis, is the most serious oral health problem our country faces. Over fifty million North Americans suffer from it.

Conventional treatment includes a combination of treatment here in our office, and a strict regimen of home oral care. We get rid of the bacteria-producing plaque on your teeth and gums with regular cleaning, scaling, and root planing. You then follow up with brushing and flossing morning and night, and eating nutritiously.

Now there is a product called *Arestin™*, a tetracycline-derived

antibiotic applied in powder form. Arestin is placed at the site of the infection to reduce the disease-causing bacteria over a period of about two weeks – painlessly. Clinical tests have shown a remarkable reduction in the pockets caused by tissue decay.

The antibiotic is usually used during or after scaling and root planing treatment, but can also be applied at your routine cleaning appointment if needed. Its best use is in arresting or reversing moderate periodontal disease, before the



problem gets to a critical stage. We can re-apply the antibiotic if necessary. Often the use of Arestin means we may be able to avoid more serious procedures such as periodontal surgery.

Periodontal disease is chronic and must be maintained with regular dental cleanings and good home care. Please come and see us about this new treatment if you have, or suspect you might have, periodontal disease.



LEFT: Without brushing and flossing, bacteria have the potential to damage your gums which could eventually lead to tooth loss.

RIGHT: Research has shown that we see teeth as whiter when they are surrounded by pink gums.

office information

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The Sporting Essential!

Your active smile

Each year literally millions of teeth are lost due to sporting activities. Athletes are 60% more likely to sustain tooth damage when not wearing a mouthguard. It's been estimated that properly fitted facemasks and mouthguards prevent thousands of injuries yearly in high school and collegiate football.

You can buy boil-and-bite types, but tests conducted by sports dentists and health professionals prove that these do not provide the protection or comfort that a properly diagnosed and fabricated custom-made mouthguard does. Don't take chances! Call us. We'd be happy to ensure your teeth and mouth are protected, because we can never impress too strongly how important it is to take care of your smile!

Mid-Life Smiles

Fabulous Forty +

Do you still think of the dental office as only for teeth cleaning and polishing? Think again! Many people in their forties and older are wisely investing in esthetically enhanced smiles!

Whitening can give just about anyone a brighter smile. Silver fillings can be replaced by **white composite** fillings or custom-designed **inlays** or **onlays**. For extensive discoloration or chips, porcelain **veneers** restore teeth to their original shape and function, and improve smile proportions. If teeth are cracked, misaligned, or have undergone root canal treatments, **crowns** can be used to strengthen them and improve appearance. **Implants** – man-made teeth permanently anchored in the jawbone – could be the answer for missing teeth. They're a pleasing alternative to dentures and bridges.

It's always time for the perfect smile!

