



## Congratulations, Dr. Arel!

We know that you understand that our team works very hard to deliver only the best dentistry to you and your family. We are proud of the excellent services we provide, and continuing professional development and education is a real priority.

We are proud to announce that Dr. Arel was inducted as the president of the Ohio Academy of General Dentistry on September 29th, 2010. As an AGD member, she has complete numerous hours of lecture, hands-on courses, and conferences. Only those who have demonstrated a commitment to excellence through continuing education can retain membership in this prestigious organization.

As always, Dr. Arel's first commitment is to your healthy future!

### Your Art of Smiles Team

## turnthepage

Tips to tread lighter!

Sugar isn't so sweet after all...

Is your child sleeping with ease?

## Get The Lift You've Been Looking For



*Call today to schedule an appointment to reveal a younger-looking you!*



We are excited to now be offering *Botox*® and *Restylane*® at *Art of Smiles Dentistry*. By improving the balance, proportions and color of your teeth as well as these new nonsurgical cosmetic procedures, we can improve your smile and make you look ten years younger ... right away! When administered by an experienced clinician such as Dr. Arel, these nonsurgical treatments can reduce the lines that result from overactive muscle movement and the passage of time.

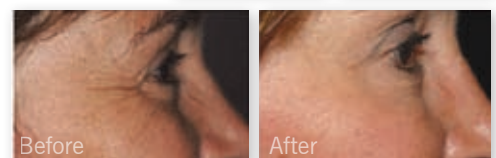
*Botox* is used to relax the stubborn lines between the brows as well as the "crow's feet" at the corners of the eyes. The effects are very localized and the muscle activity that causes frown lines is simply reduced, so you can still frown, smile, laugh, or otherwise show expression.

*Restylane*, the world's #1 wrinkle filler, is versatile enough to treat several types of moderate to severe facial wrinkles and folds, such as:

- Laugh lines
- Marionette lines
- Lipstick lines
- Corners of the mouth

As well as restore youthful volume and fullness to the skin, *Restylane* works immediately by replacing lost volume to smooth away wrinkles.

Patients are raving..." At 57, and in the public eye, I found myself purchasing age defying creams, lip plumper, etc. What a wonderful difference this has made in my being."





## Out Of The Woods

### The value of paper

Did you know that the North American wood and paper industry plants millions of trees daily and today's forests are about the same size as they were 100 years ago? Not only that, but the carbon impact of paper mail for a typical household per year is only about equal to using a kitchen coffee maker for a year.

### You can help make that footprint even smaller...

- Update your address when you move to reduce waste due to undelivered mail.
- Re-purpose retail and shipping boxes to send gifts.
- Send paper materials that can't be re-purposed to the recycling bin to reduce the demand on forests.
- Share this recyclable *Forest Stewardship Council*-certified newsletter and other publications with family and friends.

## Sweet Enough For Nature

Healthy enough for you and your smile

For years consumer groups have actively lobbied for more foods that are lower in fat, salt, and sugar. So you'd expect to find more healthy choices in the grocery aisles. On the contrary - our sugar intake alone has doubled in the past thirty years. A sweet temptation - if only there were no obesity, insulin-release, or tooth decay!

The decay which causes *caries* (cavities) is progressive. Oral bacteria, which feed on sugars left in our mouths after eating, produce the acids which demineralize tooth enamel and destroy your teeth - often painfully. The progress of this all-too-common disease can be hastened by the amount of acid-causing sugar and starches in your diet.

Choosing processed foods and understanding labels designed to confuse can become a minefield, but if you want to avoid tooth decay, there is something you can control.

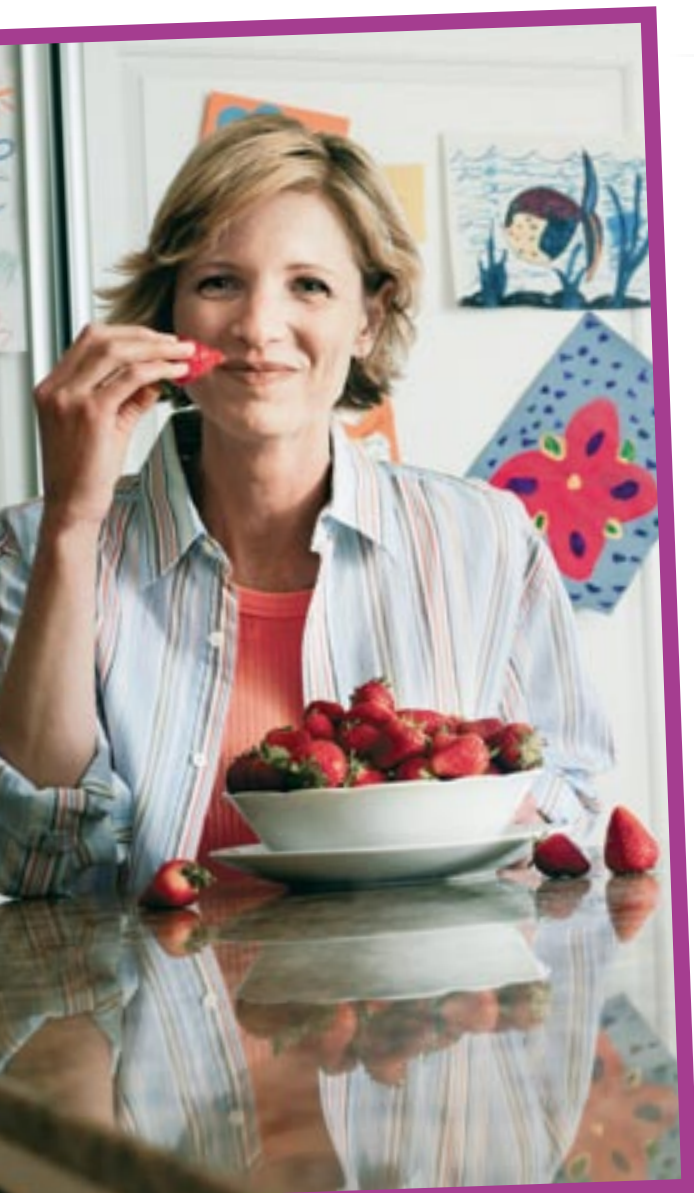
### Eat five servings a day of fruits and vegetables.

Many fruits that are low in naturally occurring sugar are some of the highest in nutritional value, including antioxidants and other phytonutrients. These include **strawberries, papaya, watermelon, peaches, nectarines, blueberries, cantaloupes, honeydew melons, apples, guavas, and apricots.**

### What vegetables are low in sugar?

Too many to list here - almost everything, really. You may also enjoy these good-for-you but naturally sugary **beets, carrots, corn, parsnips, peas, plantains, potatoes, and winter squashes.** But you might want to take an extra minute to brush and rinse.

Enjoy your 5-a-day the natural way!



# An **Inflammatory** Topic

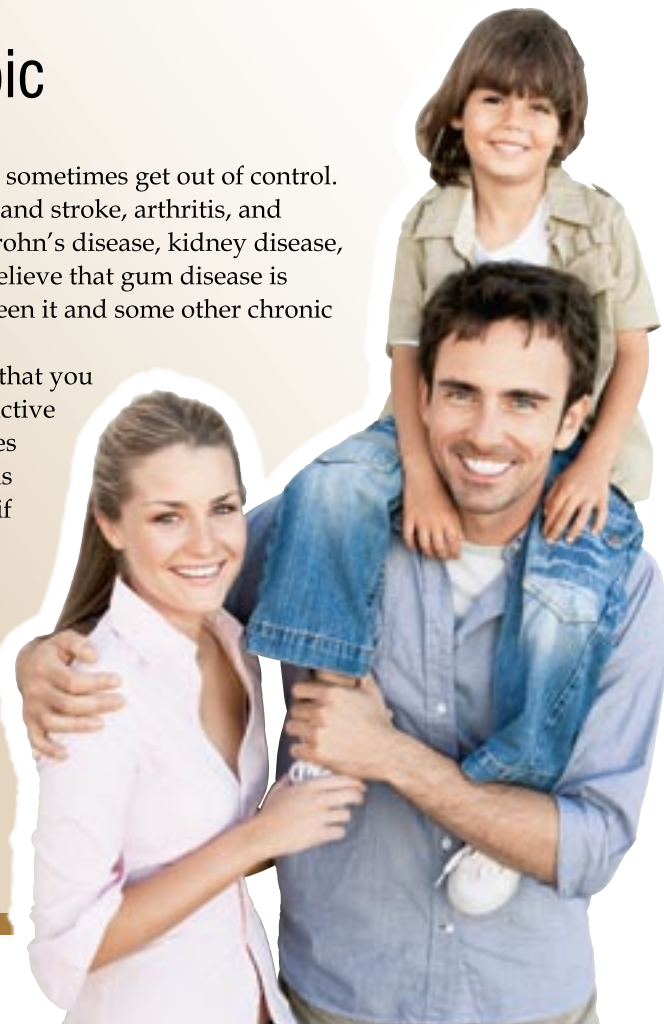
## Your oral health could be the key

Inflammation, so essential in your body's fight against infection, can sometimes get out of control. When it does, it contributes to many chronic diseases like heart disease and stroke, arthritis, and diabetes ... and some which may surprise you. How about psoriasis, Crohn's disease, kidney disease, and cancers among others? One thing we do know is that researchers believe that gum disease is essentially inflammatory in nature and that there is a relationship between it and some other chronic inflammatory diseases.

Gum disease is caused when plaque, the soft invisible bacterial film that you can feel on your teeth, hardens into tartar, a hard yellowish and unattractive deposit. Also known as calculus, it causes gum inflammation and creates pockets in your gums where toxic bacteria can thrive. Once this happens it can only be removed by a professional dental cleaning. The outcome if it isn't removed? Infection and inflammation that scientists believe can negatively affect other parts of your body.

Molecular and systems biology, computational simulations, human and animal studies, and nano-technologies are all being applied by scientists who are designing novel ways to treat inflammation. But you can do your part too.

We recommend a low-tech solution - brush at least twice a day and floss daily to remove plaque from between your teeth, especially below the gumline. We are happy to contribute to your plaque- and tartar-fighting program during your regular checkups!



## **While They Sleep**

### 3 kid facts

1. The rate of **bruxism** (the grinding or clenching of teeth) during sleep seems to be highest in children. About 15% of children brux and about one third continue to do so as adults.
2. About 10% of kids **snore** and although some think it's cute, it could be connected to more serious problems like sleep apnea.
3. 10% of children who snore have **obstructive sleep apnea** which can cause a pause in breathing, reducing oxygen intake.

Of course, just as the majority of children outgrow bruxing, most who snore are completely normal and don't show any signs of ill health. A child may normally and occasionally snore, for example, due to a bad sleeping position.

It's *your* experience that counts. If you're concerned, set your mind at ease - talk to us and your medical professional.

## **Invisible Strategies**

### Visible results

Can an invisible procedure improve your looks with results that everyone will notice? Absolutely....

**White fillings** can be matched precisely to your tooth enamel making your smile brighter and more naturally healthy looking. They won't discolor surrounding tooth enamel or neighboring teeth as silver-colored amalgam sometimes does.

**Enamel-colored sealants** offer an unsung cosmetic advantage. By preventing the invasion of cavity-causing bacteria, they work invisibly to keep your smile immaculate. They take only a few moments to apply, accommodating your family's busy schedule.

**Invisible orthodontics** are available in several types: clear aligners, lingual, and clear ceramic.

**White bonding** material is so strong and beautiful, it can be used as veneers to disguise flaws.

We can help you access these options which are available for every age and every budget!



# Ready ... Set ... Smile!



Snap-On Smile is a patented, revolutionary dental appliance that requires no prepping, no injections, and no adhesives. Its exclusive design is flexible, incredibly strong, and snaps right over a patient's natural teeth. Snap-On Smile is easily removable, completely reversible and is an excellent option for patients looking for a non-invasive, affordable approach to restorative and cosmetic dentistry.

Snap-On Smile is much more than a beautiful set of white teeth. This revolutionary appliance is the ideal solution for solving a wide variety of short- and long-term clinical challenges. Applications include using Snap-On Smile as an aesthetic temporary for implant restorations, as a cosmetic removable partial denture, and even as a long-term smile enhancement. Snap-On Smile can last for years and yet is affordable enough to be temporary.

Our patient, John, has a Snap on Smile replacing a missing tooth. He plans to permanently restore the area and place Lumineers™ as a permanent cosmetic solution in the future. His wife, Phyllis, however, has enhanced her smile with Lumineers. What a lovely couple!

*The Snap-On Smile lives up to its name! Call today to learn more about how the revolutionary Snap-On Smile or Lumineers can change your smile and your life in just about two weeks.*

## Does Your Husband Or Wife's Snoring Keep You Up At Night?

If so... *Silent Night Snore Guard* is just for you! Ask Dr. Arel how to get a silent night from Silent Night Snore Guard!!!

It is estimated that more than 80 million people in North America snore while sleeping. When you consider their spouses and children, that's nearly 160 million people that may be negatively affected by snoring. There is something you can do about it! Silent Night:

- Is affordable
- Custom made just for you
- Flexible, thin and comfortable
- For the prevention of annoying and unhealthy snoring

Without Silent Night, the tongue falls into the back of the throat and causes the airway to be reduced, and a vibration in the back of the throat occurs. Silent Night positions the lower jaw forward, opening the airway. Ask Dr. Arel about Silent Night, and get a restful night's sleep!

## office information

### Art of Smiles Dentistry

Dr. Diane T. Arel  
1008 Harrison Ave  
Harrison, OH 45030-1522

### Office Hours

Monday 9:00 am – 6:00 pm  
Tuesday 8:00 am – 5:00 pm  
Wednesday 8:00 am – 5:00 pm  
Thursday 9:00 am – 6:00 pm

### Contact Information

Office (513) 367-4441  
Fax (513) 367-2346  
Email smile@artofsmilesdentistry.com  
Web site www.artofsmilesdentistry.com

### Office Staff

Missy..... Office Manager  
Registered Dental Hygienist  
Meagan .....Registered Dental Hygienist  
Angie, Kathy..... Schedule Coordinators  
Mandy, Andrea, Sheree...Dental Assistants



## Art Of Smiles For The Cure!

### Breast Cancer Awareness

**Month** is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention and cure. The campaign also offers information and support to those affected by breast cancer.

As well as providing a platform for breast cancer charities to raise awareness of their work and of the disease Breast Cancer Awareness Month is also a prime opportunity to remind women to be breast aware for earlier detection.

To aid in the fight against breast cancer, *Art of Smiles Dentistry* will donate \$50 to the Susan G. Koman Breast Cancer foundation for every ZOOM bleaching that is performed in the office during the month of October. If each of us contributes just a little, we can accomplish something really big!



## The Winner Takes Home...

### An Apple® iPad™

**Congratulations to Erica** our most recent winner of an Apple iPad. Our next winner for referring their friends and family will take home a BluRay player.

As a reminder here's how you can be entered. **Refer a friend, colleague or family member to Art of Smiles Dentistry, both you and your referral will receive a \$25 credit on your account and your name will be entered in the Grand Prize Draw!** It's that easy!

*Refer ... and you'll be entered in our draw to win big!*