

# Spring Update

*produced by  
Dr.'s Robert and Heather Heil*



Produced for the Patients of Dr. Bob and Dr. Heather Heil

Spring 2010

fromthedentists

## Think Spring

### **It's in the air!**

Long before the warm kiss of the sun and the first balmy breeze, we all started the countdown to spring's arrival. Gray skies, frigid temperatures, and early sunsets cannot diminish anticipation of the springtime self-improvement ritual. Whether you'll be making an appearance at a graduation, wedding, or garden party, we know your focus is forward... to looking and feeling your best.

We can help your smile with a spring cleaning that will invigorate your mouth. We can also catch and control potential problems, and give you a refresher on home care. Prevention is the real secret to a problem-free smile! And with cosmetic dentistry, you can smile with an extra dash of verve and confidence.

*New  
patients are  
always welcome  
and we look forward  
to meeting your  
family and  
friends.*

*So spring into action! Call us  
to arrange your appointment!*

*We welcome new smiles!*



## White Wine

### Say it isn't so!

If you're a connoisseur of the grape, so to speak, you should know that in addition to all the good things wine has to offer, it doesn't have to be red to cause stains on your tooth enamel. Alas, white wine can also create rough spots and grooves that enable staining chemicals in tea, coffee, and other beverages and foods to penetrate deeper into your tooth enamel.

Even so, red wine, long known to stain teeth, should still be seen as more hazardous to whiteness because it contains *chromagen*, a richly colored substance.

Still, you don't need to stop enjoying wine in moderation. The best way to prevent staining caused by wine, and coffee or tea

for that matter, is to rinse often, brush regularly, and ask us about dentist-supervised teeth whitening products.

## About Bad Breath

### Don't be misinformed

How we process and cope with information has acquired its own academic discipline: *information environmentalism*. Because there is such an excess of information consuming the airwaves, we need to be conscious of – and challenge – what we're absorbing. Well, there's a lot of misinformation about bad breath out there, and that matters to millions of people who experience chronic halitosis.

No matter what the ads say, eating mints or other scented candy, chewing gums, or beverages can only temporarily mask bad breath ... not fix it.

Bad breath that lingers can be caused by:

- bacterial plaque and food particles on and between your teeth;
- untreated gum disease;
- bacteria you haven't brushed away from your tongue.

Here's good information for you. Regular dental visits and scrupulous home care can keep your breath fresh and your smile sweet!

## Your Wordless Smile

Others will listen ... and look ... at you!



The image you project *is* worth a thousand words. It takes mere moments to make a first impression, and according to a UCLA study, only 7% comes from our spoken words. Body language accounts for more than half of that initial impact! Since your smile is always the first thing people notice, maybe it's time to spark up the power and turn up the volume.

**Whitening** is by far the most popular way to make over a smile from boring to beaming. Your grin can dim just from enjoying your tea, coffee, wine, or juice that gradually stains and abrades your teeth enamel.

#### We can...

- Whiten these accumulated surface stains;
- Remove stains trapped in micro-cracks in tooth surfaces;
- Remove discoloration caused by ageing, illness, medication, or heredity.

That's not all! We can help you decide on your best whitening option...

**Bonding and veneers** are completely natural-looking and can correct the appearance and function of cracked, chipped, or unevenly spaced teeth without surgery or braces.

**White fillings** can strengthen your teeth – and they'll look like you've never had a cavity.

**Crowns** can repair severely damaged teeth, and when combined with bridges and permanent dental implants, can replace gaps.

So, please – go ahead. Give yourself the gift of a great-looking makeover like the one in this after photo. Without saying a word, your smile will shout, "I'm the best I can be!"

# Your Crowning Achievement

## Making strong choices can be beautiful

Many believe that yoga offers the inner harmony and body awareness required to achieve a healthier and more-fulfilling approach to life. Getting in touch with yourself helps to define and refine your esthetic perception, deal with the moment, and look to the future with greater clarity. This can help you to find the confidence to make long-term choices that will enhance your oral health and create your strongest most-beautiful smile.

Like your choice to have a strong body and mind through yoga, choose strength, longevity, and esthetics with beautiful porcelain and ceramic crowns that look so natural no one will guess you have them. Besides being durable, they are highly resistant to bacteria, chipping, staining, and cracking.

## Crowns are versatile as well...

**1** Protect your damaged tooth by capping it with a crown.

**2** Close a gap due to decay, genetics, or an accident with a crown plus a bridge. This excellent option can prevent your other teeth from drifting and altering your ability to chew, speak, and socialize.

**3** Create a new tooth with a crown attached to a "root" implanted permanently into your jawbone. These *implants* can also be used to secure a denture, and several crowns can be attached to an implant bridge.

We'd be proud to help you reach your personal best and to keep your distinctive esthetic. Please feel free to ask for a consultation!



Before



Crowns

After

## WE'VE DONE THE MATH About popcorn

Believe us when we say that we understand the attraction of buttery-smelling popcorn. North Americans consume 54 quarts per person each year and about 70% is cooked and eaten at home. Sad to say, we don't recommend it.

### Here are 5 reasons why:

1. Popcorn is the #1 cause of tooth fracture.
2. Kernels get lodged in between teeth and between the cusps of teeth.
3. Hulls can get jammed under the gum and irritate the tissue, which can eventually lead to infection.
4. Sharp bits can scrape and irritate your tongue.
5. Rough edges can damage cosmetic restorations.

It's hard to give up a satisfying snack ... but why not consider fresh raw fruits and vegetables or low-salt pretzels? And if you can't always brush and floss, please rinse with water afterwards!



**BOTTOM LINE? DENTALLY SPEAKING, POPCORN JUST DOESN'T ADD UP.**

# Oral Cancer Self-Examination

## Early detection a must

First the grim, then the good... Did you know that more people die from oral cancers than skin cancer? And because two-thirds of oral cancers are discovered in the late stages of the disease, prognosis is poor – the 5-year survival rate is a frightening 50%. It is *imperative*, therefore, that oral cancer is detected early, before the disease advances.

With each recall appointment you have with us, we always keep a keen eye for telltale signs like lumps and discoloration, and for suspicious areas or roughness or of any change whatsoever. We check your whole mouth (the top of the tongue and underneath, your lips, cheek lining, and gums). To help us out, make sure you play an active role in early detection too. Make it a habit to “know your mouth” and regularly examine it for any changes.

1. Lift your upper lip and check for discoloration or sores on your lips and gums. Then repeat for your lower lip.
2. Check your inner cheeks for white, red, or dark patches. Use your finger to feel the cheek surface for lumps or roughness.
3. Look at the roof of your mouth. Any changes?
4. Check your tongue – top, side, and bottom – for any color changes or swelling.

If you find an area of concern, call us right away. And always remember, like we do ... the first step in prevention and successful treatment is awareness.



## Dental Expressions

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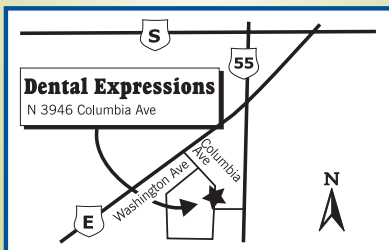
### Office Hours

Mon-Wed 8:00 am – 5:00 pm  
 Thursday 7:30 am – 4:00 pm  
 \* Lunch 12:00 pm – 1:00 pm

Office (920) 788-6280

### Office Staff

Sheri, Tara, Nicole.....Dental Hygienists  
 Tina, Naomi, Tami, Amy W., Amy H.....  
 .....Dental Assistants  
 Kari... Treatment & Financial Coordinator  
 Ashley, Patti .....Patient Coordinators



## Hazy...

### Not lazy!

As more and more people just like you are paying closer attention to their health, they're becoming more active. This is especially true in the summer months when playing outdoors is that much more enjoyable! Whatever the sport, make sure you and your children play it safe and watch for hazards. To avoid chipped or cracked teeth – or the worst-case scenario, an unexpected visit from the tooth fairy – protect your child's teeth and your own with a sports mouthguard. We can make and custom-fit mouthguards in our office, and we can clean your teeth to ensure your smile looks as healthy as you do!

Put your right foot forward this summer, followed by your left, and have a few laughs too ... because hazy days aren't lazy days any more!

## DENTAL WORD SCRAMBLE

Try your hand at our dental word scramble.

eioldruf  
 sofsl  
 thosbhrtu  
 lomra  
 ctaiyv  
 sornici  
 lamene  
 iivtigngis  
 lerotdpain

periodontal  
 Answers: fluoride, floss, toothbrush, molar, cavity, incisor, enamel, gingivitis,