

Yes! We Will!

Answers to core questions

Here's how we answer the top three questions that the people you refer to our practice like to ask us...

Will you take time to provide personal attention to me? Yes. We pride ourselves in creating a warm, supportive atmosphere and building trusting relationships.

Will you provide instruction and explain preventive and home care techniques? Yes. We are committed to preventive care. The best patient is an informed patient.

Will you provide fee and payment plan information before treatment? Yes. We'll also help you prioritize treatment that's essential, can be phased, or is elective.

We sincerely appreciate your referrals of family and friends.

Sheri our Dental Hygienist will soon be able to administer anesthetic to her patients. We are excited we will be able to offer this additional new service to you.

Dental Expressions will soon have products available for our patients to purchase directly from us. Call the office for more information!

from the dentist



Our New Expressions

It comes with great enjoyment and excitement that we introduce the new identity of our office. Starting with this production of our Newsletter, we have adopted the identity *Dental Expressions, by Dr. Robert Heil. Smile with renewed confidence today!* It is time that we capture what it is that we provide for our patients. And this says it all!

It is our mission and always has been our mission to provide the individual and comprehensive dental care that you deserve. So, when looking at a name for our practice we took that in consideration, and *Dental Expressions* seems to fit all the way around!

In closing, our office hopes that you and yours will embrace our new identity. We are looking forward to seeing everyone soon.

Sincerely,
Robert Heil, DDS and Staff

DENTAL ANXIETY

Shifting The Focus

Stay positive

In a study where people were asked to solve math problems, there was no difference between men's and women's scores until the women were required to wear bathing suits. Suddenly their focus shifted to self-consciousness. Uneasiness and anxiety can hold anyone back. Don't let these feelings keep you from benefiting from preventive, restorative, or cosmetic dentistry.

What you can do

- Share your fears with us;
- Keep appointments – delaying

may complicate treatment;

- Avoid caffeine and sugar;
- Interrupt us if you need a break;
- Ask questions – knowledge is power!

What we can do

- Consult with you to develop your best treatment strategy;
- Provide you with distractions;
- Use technology to minimize discomfort;
- Offer sedation so that you can have more treatments in one visit;
- Provide non-surgical treatments.

Ask Us Anything!

Can't figure out how to keep the paste on your electric toothbrush without it splattering? Try waiting until the brush is in your mouth before turning it on. So you see... You *can* ask us anything about dental procedures or home care techniques!

5 Great Reasons For Good Home Care

[1] Saves on both dental and medical costs particularly if you are diabetic or suffer from cardiovascular disease.

[2] Expands cosmetic options that require a solid oral health foundation.

[3] Keeps your breath sweet by managing the bacteria and sulphur compounds that cause oral malodor.

[4] Saves your smile for years to come – every minute in the US, a patient loses a tooth due to cavities or gum disease.

[5] Boosts your social life – everyone notices your smile first!

CLOSING THE GAP

Men, women, & health

The gap between men and women's oral health concerns is less than you might think. Here are some similarities triggered by hormones...



- Adolescent hormonal fluctuations can contribute to gingivitis for both genders.
- Oral contraceptives can intensify existing oral problems in women, encourage gingivitis, or reduce saliva flow.
- "New-mom gums" happen when progesterone causes inflammation of the gums after the baby arrives.
- Andropause is a normal mid-life stage of male development that can increase risk for cardiovascular disease and osteoarthritis which have been linked with periodontal disease.
- Menopause may trigger dry mouth, jaw pain, or a burning sensation in women's mouths.
- Millions of men, as well as women, have osteoporosis which

has been linked to gum disease which has been linked to systemic diseases, jawbone loss, and tooth loss.



Change For The Good!

Look really great ... for real!

Don't you feel badly for people who wear themselves out trying to improve things about themselves that they just can't change? It's great to know that there are still some enhancements you can make where you will absolutely, positively see a for-real difference ... and everyone else will too. Restorative dentistry can help change your smile for the better.

enhancement

Brighten stained or discolored teeth, or replace missing or worn teeth

technique

Teeth whitening can be enough but if your teeth have become stained or discolored through age or from tetracycline or other medications, bonding or veneers are a beautiful solution.

enhancement

Rebuild chipped, cracked, or worn teeth

technique

We can strengthen damaged teeth with custom-designed crowns or restore the appearance of less damaged teeth with bonding materials or ultra-thin porcelain veneers. All of these methods are completely natural looking.

enhancement

Give proportion to an uneven or too-gummy smile

technique

We can even out your gumline and reveal your natural enamel by removing excess gum tissue.

enhancement

Replace missing teeth or correct a bad bite

technique

Crowns, bridgework, dental implants, or a combination of all three could offer your best improvement for functional or structural problems.

enhancement

Close gaps between teeth

technique

Some gaps can be filled by using porcelain crowns or camouflaged with veneers which have been called *instant orthodontics*. Sometimes braces and other appliances are required to move teeth over time.

before



after



before



after



Smile Signals

It's about complex interrelationships

At the *Institute for Human and Machine Cognition*, researchers are using helmet-mounted cameras and other technology to send signals to the brain ... through the tongue! People without sight have perceived people walking in front of them and have been able to locate doorways. If this doesn't demonstrate the complex interrelationships between our mouths and other systems in our bodies, then what can?

Gum disease has a tendency to sneak up on you. That's probably why so many people lose teeth because of it. If we don't keep our teeth and gums scrupulously clean and healthy, then plaque (bacterial film) will build up and harden into calculus. If allowed to accumulate, it can cause swelling, tenderness, and even bleeding ... and that's not all! Gum disease has been *linked* to **toxemia, premature births, cardiovascular diseases, diabetes, and osteoporosis.**

Only a dentist or hygienist can remove calculus. But the best cure is prevention through regular brushing and flossing, a diet adequate in vitamins like A, C, and B-complex that build healthy gums, and regular dental exams.





Keeping You Updated

Do you need preventive premedication?

We welcome the new guidelines established by the *American Heart Association* limiting the need for premedication with antibiotics prior to dental procedures for patients with some heart conditions. Scientists now believe most of these individuals do not require antibiotics as a preventive measure against infective endocarditis, an

infection of the heart's lining or valves. This rare condition is caused by bacteria – including oral bacteria – entering the bloodstream and traveling to the heart.

You are no longer required to take preventive antibiotics if you have:

- bicuspid valve disease;
- calcified aortic stenosis;
- mitral valve prolapse;

- rheumatic heart disease;
- congenital heart conditions such as ventricular or atrial septal defect, and hypertrophic cardiomyopathy.

You are still recommended to take preventive antibiotics if you have:

- a history of infective endocarditis;
- artificial heart valves;
- a cardiac transplant that develops a problem in a heart valve;
- some specific, serious congenital heart conditions or repaired heart conditions.

If you have been premedicated with antibiotics for dental procedures like teeth cleanings, extractions, or root canals in the past, we recommend that you contact your physician for clarification about where you fit in with these new recommendations.

And please remember that according to these guidelines, maintaining your oral health to prevent periodontal disease with good home care and regular dental visits is more important in reducing your risk of infective endocarditis than premedications.

office information

Dental Expressions

Dr. Robert S. Heil
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Office Hours

Monday 8:00 am – 5:00 pm
 Tuesday 8:00 am – 5:00 pm
 Wednesday 8:00 am – 5:00 pm
 Thursday 7:30 am – 4:00 pm
 * Lunch 12:00 pm – 1:00 pm

Contact Information

Office (920) 739-1168
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Office Staff

Sheri, MaryDental Hygienists
Tina, NaomiDental Assistants
KariSchedule/Financial Coordinator

Communication is important to us – don't be afraid to ask questions!

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Using Herbs?

Let us know

There's been an explosion in the number of herbal remedies now available. If you've been using a herbal solution to remedy a health problem, please let us know! Like pharmaceutical drugs, some herbal remedies can cause harmful interactions, damaging your oral health. For example, ginkgo supplements make it harder for your blood to clot, and that means injuries can take longer to heal and diseased gums can bleed excessively, sometimes uncontrollably. And herbal tea can do a great job of soothing your nerves, but it can also lower your blood pressure putting you at risk of fainting when you get up from a dental chair.

Like all drugs, herbal remedies should be used with caution. Be sure to let us know if you are taking a herbal or homeopathic remedy.

A Penny Saved... Kids' money matters

Here's some practical advice from Gail Vaz-Oxlade, author of *The Money Tree Myth*, on allowances and how to teach children about money management:

- Some families give \$1 for every year of age, each week.
- Help your child to allow 10% for savings, 5% for charity, and the remainder for things they want.
- Pay children in small change to teach them about math. Give them a piggy bank for a safe place to keep the money, and emphasize its value.

Try to give up control of the money. With only a little guidance from you, children will learn about money if they have money to manage. Help them make their own decisions ... without telling them what they should do.