



*There is no time more fitting to say Thank You
and to wish you a Happy Holiday Season
and a new year of
Health, Happiness, & Prosperity*

- From all of us at Dental Expressions

We welcome new smiles!

Something To Chew On

The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

Here are five fruit-friendly tips...

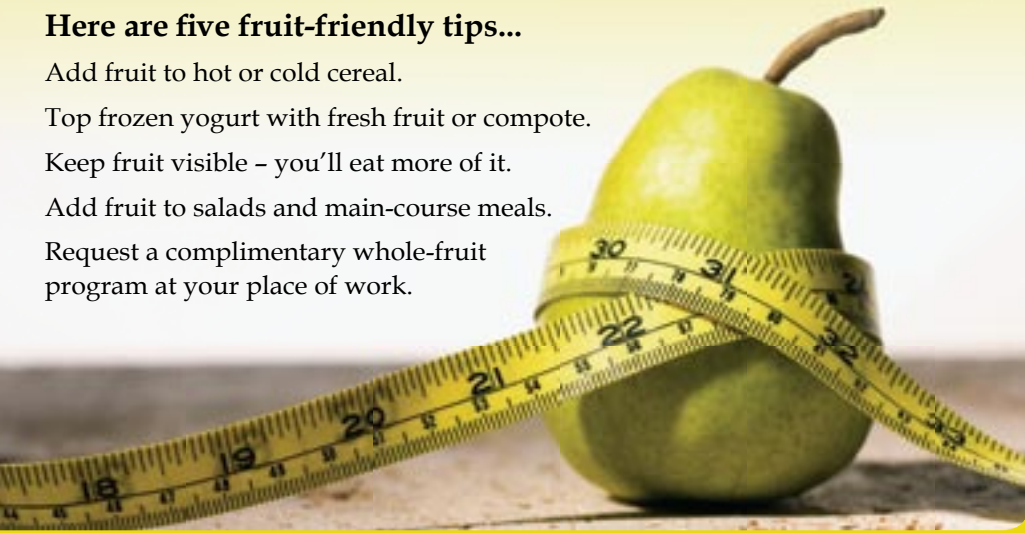
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



Strategies From H To O

You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO₂ than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

What's Precious To You?

Tell the world... every day!

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



What Do You Expect?

Get the most out of life - and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away - like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

About The Mouth-Body Link - Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

About Progressive Discomfort - Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

About Appearance - Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



Secure & Versatile

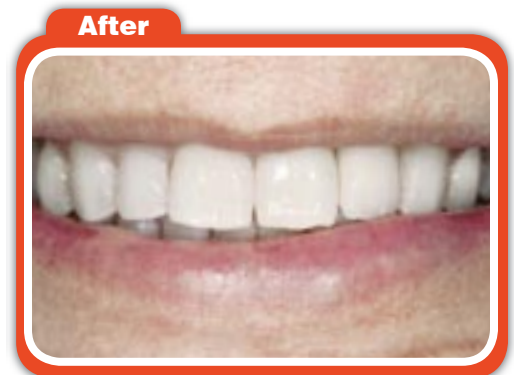
Smile with dental implants

Nobody wants to lose teeth, but let's face it - it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

As if safeguarding your oral health and appearance weren't astonishing enough...

- 1** Implants require only normal brushing and flossing - no special home-care routines.
- 2** There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3** There is no metal visible above your gumline.
- 4** Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!





February Is For Kids

NATIONAL CHILDREN'S DENTAL HEALTH MONTH

In February, for over sixty years, dentists, parents, and children all across America observe *National Children's Dental Health Month*. This all began as a one-day event in Cleveland, Ohio on February 3rd, 1941, and the first national observance of Children's Dental Health Day was held on February 8th, 1949. It has since grown into a month-long celebration. Our message of the importance of oral health goes out to millions of children and adults in communities across the country, and includes such events as health fairs, dental office tours, and visits to the classroom by dentists and hygienists.

One reason for this special annual event is that many people are still unaware of the important role early dental care plays in our children's overall health. We do recommend that your child has a first visit to the dentist as early as one year of age. Early action is great in ensuring the health of your little ones teeth because attitudes and habits established at an early age are critical in maintaining good oral health throughout life.

Our Hygienists spends many hours in February going to classrooms and daycares educating children on the importance of good oral hygiene. We love doing this! We hand out material that is educational and useful in fulfilling children's overall smile health. So perhaps we will see your child soon in the classroom or in the office. Whatever the case, we are so happy to do this service for you!

If you wish any further information on any aspect of your child's dental and oral health, please call us. We'd be happy to help in any way we can!



Calling All Children!

Would you like a chance to win a huge stuffed animal? If you said *yes*, you need to get your name put in our *Adopt A Friend* draw. All you have to do is come in and let us take care of your teeth. Then after your visit, we'll put your name in the big draw.

We will have a new *Friend* up for adoption every three months!

Update Our Number

Since the unfortunate fire at our Appleton office, calls to that number have been forwarded to our Freedom location. But as of the new year, calls to that number will no longer be forwarded. So, please ensure that you update your records to have **920-788-6280** as our main office number. We'd hate to miss your call! We also thank you for your continued support and confidence, it is greatly appreciated!

Dental Expressions

Dr. Robert S. Heil
Dr. Heather Heil
N 3946 Columbia Avenue
Kaukauna, WI 54130-7552

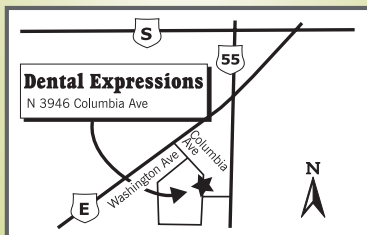
Office Hours

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
.....Dental Assistants
Kari... Treatment & Financial Coordinator
Patti Patient Coordinator



OFFICE NEWS

We would like to let all our patients know that during the months of May and June one of our hygienists, Tara, is going to be out on Maternity Leave and we will be having "Ellen" temporarily fill in for us!

We love Ellen and she has worked with our office many times in the past during this time of need. Ellen is a State Certified Hygienist with a wonderful chair-side manner. Ellen has been a hygienist for over ten years and is very talented as a hygienist. She loves working with people and has a warm smile on her to share all the time! We are sure that you will also feel as comfortable and welcome as we do with her ... We appreciate her helping our office so that Tara can be home with her families' new bundle of joy!

Welcome Ellen and see you soon Tara!