

Dr. Robert & Heather Heil

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

Winter 2010

from the dentists



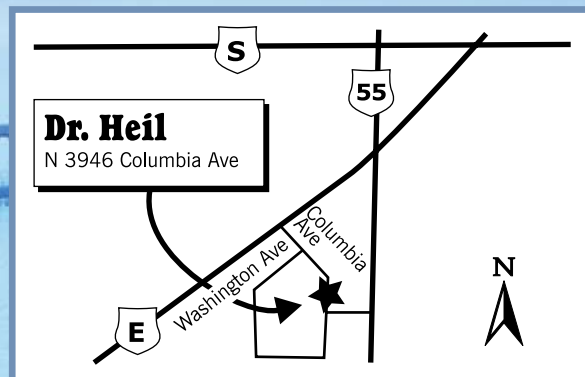
At this time of the year many of our patients are busy chasing snowflakes and visiting friends and family. Although we couldn't invite you all over for dinner, we'd like to extend our warmest and sincerest thanks for making 2009 a year of many changes and additions a success. You may not think much of it, but we consider your ongoing loyalty a privilege we earn by providing top-notch dental services in a welcoming atmosphere.

Winters are all about giving thanks and taking the time to renew bonds with important people in our lives. That's why we'd like to let you know that it's been a pleasure serving you, and as far as we are concerned, the patients in this practice are family. If it's time for a checkup, just give us a call... We'd like to thank you in person!

Enjoy the winter season and we will see you soon!

Sincerely,

Drs. Robert and Heather Heil



turnthepage

Step into health!

Wake up your dream smile!

Tea for teeth!

We welcome new smiles!



Not For Women Only

6 perio facts

1 Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.

2 Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.

3 Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.

4 Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.

5 Tobacco and alcohol should be avoided, especially in combination.

6 Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

Healthy You

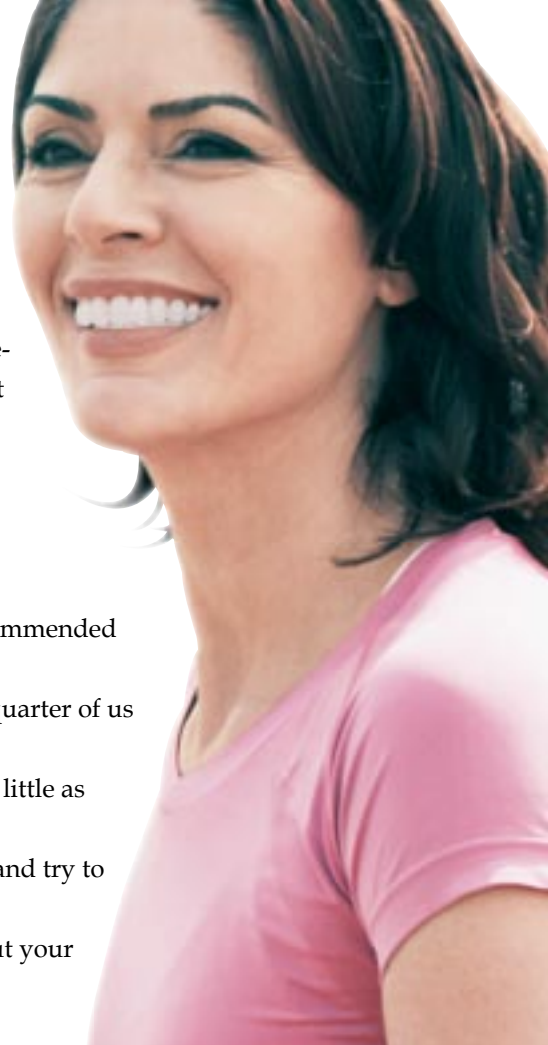
Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

Did you know...?

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



Wish No Longer

Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

Cosmetic veneers could give you your dream smile if...

You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

You are unhappy with the shape and proportion of your teeth.

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

A Little Or A Lot

You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCLOSE



IDEALIZE

TEMPT YOUR TASTEBUDS

TRY WHITE TEA

The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.

Up Close!

Wow, Can You See What I See?

It has been a long time coming and took some planning, but we finally have accomplished it. The "it", you may ask, is being able to have you, the patient, see your teeth the way we do with our magnifying glasses on! We have installed in each room a TV and intra-oral camera to allow us to spend time showing you what we see. We can now take pictures of your mouth and teeth and show them up on the "Big Screen" This allows you to know what it is that we are talking about when we see something that looks great or has possible concern. It is a very helpful tool for everyone - it helps breakdown the barriers of dental terminology by simply displaying what we see for any questions and wows that you may have.

It is really fun and at no extra cost to you.

We look forward to seeing you up on the "Big Screen" soon.

Take care,

The team of Dental Expressions



Seasonal Tooth Tips

Stay away from starchy foods – they can be just as bad for your teeth as sweets.

Brush after every meal or at least twice a day.

Choose healthy foods like cheese and crunchy vegetables.

If you can't brush after every meal, try chewing on a piece of sugarless gum or biting into a carrot or apple.

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..... Schedule/Financial Coordinator

Ashley..... Patient Coordinator

*New Patients
Always
Welcome In
Our Practice*



CareCredit

VISA



Checks

Dental Home

When is the first visit to the dentist? This is always a question we hear from new moms. Well the Wisconsin Dental Association recommends that dentist see children 6 months after their first tooth erupts. These are some of the reasons:

- To get children comfortable at a younger age.
- To detect any problems early on.
- Home care instructions
- Diet evaluations.
- Cavity risk assessments.
- The ride in the chair of Course!

Dental Expressions is a firm believer that taking care of your child's dental needs at each stage of their adolescence is very important to a healthy mouth throughout their lives.

- Dental Expressions

We look forward to seeing you throughout the new year!

Care Enough To Share

We understand that in today's economy money can get tight. We have made the choice to care and offer the "Care Enough To Share" program. Basically, this program is a referral based program. If you refer someone to our office you will receive \$50 on your dental account to use for anything dental related. AND your friend or family member will receive the same gift! Wow that is caring...

We look forward to meeting your family and friends.

Sincerely,

Dr. Bob and Dr. Heather