

Dental Expressions

Brought to you by Drs. Robert and Heather Heil

Produced for the Patients of Dental Expressions

Winter 2009

fromthedentists

The Good... The Bad... The Challenging in 2009

We think we are safe in saying that a major part of every dentist's philosophy of care is to share information that promotes optimum health. We hope you enjoy receiving our newsletter – as members of your community; it's our way of fulfilling our commitment to dental education.

That being said we would like to take this edition and share some of what we call "The Good the Bad and the Challenging" that is taking place not only at Dental Expressions but also with the Heil's as a family.

As many of you may already know our Appleton location, where Dr. Bob and staff were practicing, burnt down on Saturday January 17th, 2009. This, as you may think, was a tragedy and will take a while to fully recover from. We have temporarily set up our office at our Freedom location. We want you to know that we want to continue to be your family dentist offering you caring and great comprehensive dentistry in a safe and professional environment that you can count on.

OK! Moving on with the some good news! More on a personal family note - we would like to also announce to all that the Heil family has been blessed with two new additions, yes TWINS, due in June, to our family. We are very excited and feel blessed as a family. We will keep everyone informed as we continue our new family adventures.

Now, as with anything in life, the challenges may seem overwhelming at times, but we are confident that we will move forward and remain positive. As the saying goes, "Things happen for a reason", we believe everything happens for some reason and we will tackle it as it comes.

In closing, we want to thank you for all your understanding and we feel blessed for such wonderful patients. We will be here for you and will work hard to get back on our feet and continue to provide you with the care you deserve.

Sincerely,

Robert and Heather Heil, DDS



We welcome new smiles!

Show What You Know

Choose all that apply!

The top offender in a major workplace survey was:

- a) Stealing someone's parking spot
- b) Office romances
- c) Bad breath

Bad breath is caused by which bacterial by-products?

- a) Volatile Organic Sulphur compounds that smell like rotten eggs
- b) Methyl Mercaptan which smells like cabbage or smelly socks
- c) Diamines with descriptive names like Cadaverine and Putrescine

You can't smell your own horrible breath because:

- a) You are too accustomed to it
- b) Humans turn off awareness of bad smells more quickly than good ones
- c) Nature wants to keep you conscious

The most effective breath freshener is:

- a) Brushing, flossing, and rinsing
- b) Breakfast to start saliva flow
- c) Breath mints

The best way to learn about bad breath prevention is through regular dental visits!

Answers: c, all, a&b, a&c



Your Smiling Future

Commit to your prenatal visits

Pregnancy can be experienced as an ocean of calm ... or as shifting waves of unpredictable emotions. The same hormonal fluctuations that contribute to these mood changes can also trigger oral health problems like periodontal (gum) disease. Because research has shown that periodontal bacteria can cross the placental barrier, periodontal evaluation and monitoring is a vital part of prenatal care for both mother and baby.

Here's why...

- Periodontal disease may be linked to pre-term delivery, low birth weight, and low weight for gestational age. The more advanced the periodontal disease, the greater the potential risk.
- Periodontal disease may be associated with an increased risk for toxemia, a condition characterized by an abrupt rise in blood pressure and the presence of toxins.
- Nearly half of women with gestational diabetes, a type of diabetes that occurs during pregnancy, also have periodontal disease.
- For diabetics, periodontal disease during pregnancy may affect blood sugar control, which in turn, increases periodontal risks.

In the earliest stages, gum disease has no symptoms. So please don't wait until you experience red, swollen, or bleeding gums that could indicate infection, or until you develop a bad taste in your mouth and/or bad breath. Protect yourself with regular dental care and thorough daily brushing and flossing, because gum disease may be linked to systemic diseases at every stage of life. If you're expecting, please include us in your regular doctor visits.



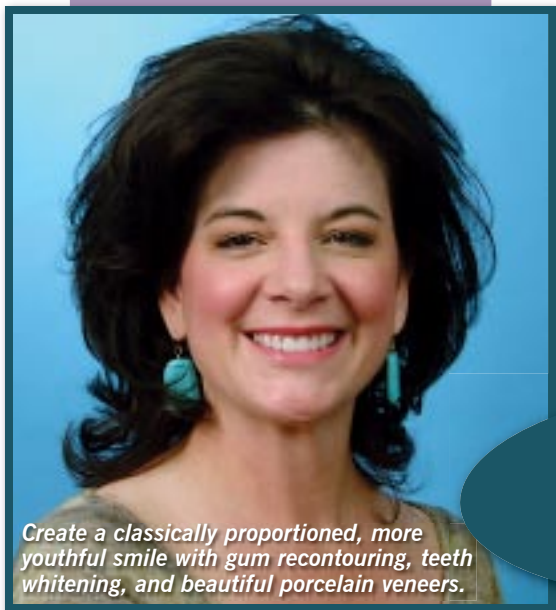
Restore Your Balance

Try yoga!

The ancient Indian practice of yoga has been credited with curing just about everything, including the common cold. But improving your oral health? Yes! Studies show a reduction in blood pressure, heart rate, and stress. That's important for oral health, because...

- Stress diminishes resistance to infections including gum disease, and makes us susceptible to the discomfort of canker sores and dry mouth.
- Jaw joints that are strained with tension due to stress can become sore and cause headaches, teeth grinding can wear and crack your teeth, and biting inside your cheeks can be a real pain.

Of course, self-medicating anxiety with tobacco, alcohol, and other substances, and letting your oral hygiene slide, can throw your oral health out of balance too. Get your balance back. Take the pressure off with yoga instead!



Create a classically proportioned, more youthful smile with gum recontouring, teeth whitening, and beautiful porcelain veneers.

Don't Chance It!

Find out how to preserve your smile!

Is your scrupulously healthful lifestyle placing you at risk for an unattractive smile? You may associate receding gums, exposed roots, and yellowed teeth with chronological ageing, but they're often the cumulative result of environmental damage. Eating and drinking a lot of healthful but acidic fresh fruit and vegetable products can demineralize and stain your tooth enamel. And overzealously brushing your teeth can damage your gums and thin your enamel, revealing the yellow dentin underneath.

Here are some preventive and protective cosmetic procedures that you can choose to improve your smile ... for a lifetime.

Dentist-Supervised Teeth Whitening - **Prevent damage** to your gums and tooth enamel from abrasive whitening toothpastes and remove the risk of over-the-counter whitening products. We can design and supervise a whitening program for you to **lighten** stained, discolored, or dull teeth.

Enamel-Colored Restorations - **Strengthen, brighten, and protect** your teeth and make your smile look healthier and more youthful with natural-looking **white fillings** and **bonding** materials, **porcelain** or **resin crowns**, or translucent, custom-designed **porcelain veneers**. **Avoid** drifting teeth and a misaligned bite with **bridges** and **implants** to replace one or more missing teeth.

You're doing it all and you're doing it all right. An active life, a healthful diet, and disciplined home care routines are the routes to excellent oral and overall health. But sometimes just a little bit of the right kind of knowledge can give you a *lot* more power.

Let dentistry help you look your best!

Can you guess which tooth is an **IMPLANT**?



A Smart Investment

Dental implants: bank on a beautiful restoration

IMPLANT FACTS

- Biocompatible so bone cells grow on the implant root
- Bacterial-resistant
- Minimally invasive procedure
- Predictably high success rate whether replacing one tooth or many

HEALTH BENEFITS

- Stops or prevents jawbone loss & drifting of adjacent teeth
- Crown of implant can't ever decay and gum-damaging plaque buildup is inhibited
- No adjacent teeth involved to secure a restoration
- Ability to eat unlimited nutritious food choices

APPEARANCE BENEFITS

- Ensures a more youthful appearance by avoiding sunken jaws or misaligned bite
- Whiter, brighter smile and youthful, pink, healthy gums
- Immediate superior cosmetic results
- Maximizes options for healthy teeth and gums and overall appearance

Which tooth is the implant? The upper right central incisor.

Fun Internet Surfin'

Check it out!

Fun, crazy claims are flying across the Internet. Are they true? Some, perhaps. Either way, they made us smile and we hope they put a chuckle in your day, too. Here goes...

- It's against the law to pawn your dentures in Las Vegas.
- Every year, kids in North America spend close to half a billion dollars on chewing gum.
- More people use blue toothbrushes than red ones.
- Adults laugh about 35 times an hour during social situations.
- The average North American drinks about 600 sodas a year.
- Like fingerprints, everyone's tongue print is different.
- Every second, North Americans collectively eat 100 lbs of chocolate.
- Chewing gum while peeling onions keeps you from crying.



Dental Expressions

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Our door is open

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients – the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.

New Patients Welcome!



*New Patients
 Always
 Welcome In
 Our Practice*

