

# GRAHAM COURT FAMILY DENTAL

## Smile Update

Produced for the Patients of Graham Court Family Dental

Spring 2008

### fromthedentist

#### Keeping You Informed

If you ask a dentist, they'll *always* say it's an exciting time to be part of the dental profession. Every day new advancements are announced, and I truly believe that it is vital that we share this news with you. That's why we send you our newsletter, and publish it regularly.

We have formulated a guideline for the creation of each newsletter. (1) It must inform you about oral health to help you make educated decisions. (2) It must teach you about our dynamic team of professionals, their special qualities, qualifications, and talents, and inform you about our practice events and updates. (3) It must inform you about the cosmetic and restorative procedures we offer, and help you understand which options may be right for you.

If you have suggestions for our newsletter, please let us know!

*Your Dental Team at  
Graham Court Family Dental*

### turnthepage

Get the competitive edge!

Prevent tooth loss, now!

Restore your smile: reclaim your life!



Back Row L–R: Nancy, Kim, Chris, Cheryl, Lisa  
Middle Row L–R: Sandy, Debbie, Connie, Sharon, Theresa, Janet, Raedeane, Julie  
Front Row: Dr. David Boike, Dr. Shay Ebrahim  
Not Pictured: Ramona, Nancy, Dr. Julie Kerry, Suzette

## Welcome To Our World

### Getting to know us

It is truly a privilege to practice dentistry. Scientific knowledge has exploded, giving us better technologies to improve your oral health and your self-esteem – all while keeping you comfortable.

We are always very happy to welcome new patients to our practice, and we welcome your call to schedule an introductory appointment with us! Please feel welcomed to visit our web site at [www.grahamcourtdental.com](http://www.grahamcourtdental.com); it offers information about our team, our philosophies, and of course, describes our full range of services. It's been designed with you in mind!



*Visit our web site*  
[www.grahamcourtdental.com](http://www.grahamcourtdental.com)

*Communication is important to us. Don't be afraid to ask questions!*

# Set The Trend

## Select your cosmetic veneer option

There's a definite trend among men who choose to revitalize their appearance in the competitive workplace. They're opting for non-surgical procedures that increase facial volume and require only minimal or no downtime. For many, veneers are the non-surgical cosmetic option of choice. Here's why.

When veneers are bonded to your teeth, they can be matched to both the color and natural contours of the rest of your smile, and you can...

- ▶ **Look younger** by adding volume to the lower third of your face and minimizing fine wrinkles.
- ▶ **Camouflage** exposed roots and restore esthetic proportions to your smile.
- ▶ **Close gaps** between your teeth.
- ▶ **Repair** chips and cracks.
- ▶ **Straighten** slightly crowded or overlapping teeth without braces.
- ▶ **Brighten** your teeth and cover even severely stained teeth.

Veneers are hand sculpted from beautiful ceramics by trained technicians. Built-in translucence mimics natural enamel and allows some of the inner light to shine through.

Veneers really are *super* natural! Once applied, they act as a shield for your teeth. Porcelain material is highly resistant to oral bacteria and to permanent staining from smoking, coffee, tea, and food.

Men and women who want to look more successful and more energized in *any* environment can enjoy the advantages of even, straighter-looking, whiter teeth!

Please come and see us at our practice for a cosmetic veneer consultation.



BEFORE

look younger

close gaps

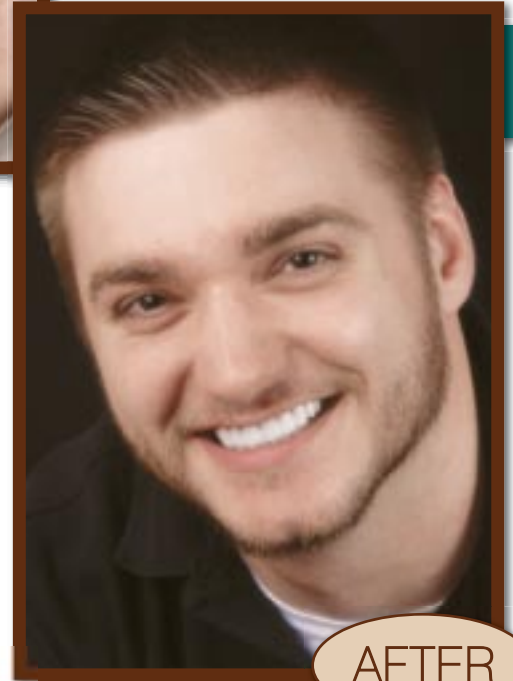
repair

straighten

brighten

camouflage

VENEERS



AFTER

## Avoid Gum Disease

### Here's how...

Chances are you will be affected by gum disease at some point in your lifetime. Initially it often appears without symptoms, but it is progressive and is the leading cause of tooth loss in adults. Furthermore, without treatment, bone loss in your jaw is inevitable and can alter your facial appearance, speech, and diet over time.

#### What We Can Do

**Perform** regular exams and cleanings to remove plaque, the disease-causing biofilm that builds up on your teeth and can harden into tartar.

**Provide** brushing and flossing instruction and explanations about your oral health needs.

#### What You Can Do

**Schedule and keep** regular dental examinations and cleanings to ensure the health of your smile! Remember, with early diagnosis, gum disease can be reversed!

**Commit** to a smile-saving routine of proper brushing, flossing, and healthy eating at home.





## 2 Quick Fixes ..... Ready? Set. Go!

Your face is *the* most looked-at part of your body. And your mouth is the first feature that everyone looks at! Dramatically enhancing your smile can instantly lift your self-confidence, and you can even get transformative results over your lunch break.

These two tried and tested procedures will let you see a new you in no time and without invasive surgery...

**Whitening** - We can design and supervise whitening that may lighten your teeth by up to eight shades! Safe, reliable, and predictable teeth whitening technology may even remove stains caused by illness or medication.

**White Bonding** - We can cover the deepest stains by bonding material directly onto your teeth, and we can use it to replace older stained or silver fillings!

Choose one technique or two ... it's up to you!

### What's On Your Menu?

#### Smile savers!

Brushing and flossing to remove yellowing plaque is an essential strategy to keep your brightest smile. But for at least some of the time, start dining *white... and light!*

**Add** low-fat milk to sugar-free coffee or substitute with skinny lattes.

**Swap** black tea for green which has beneficial antioxidant properties.

**Switch** from stain-producing desserts like blueberry or cherry pie to fresh or baked apples, pears, or gooseberries.

**Rethink** soy and Worcestershire sauces and consider yogurt or trans-fat-free oils flavored with white vinegars, herbs, or garlic.

**Replace** red wine with white, and dark berry juices with light.

#### Avoid...

■ hot and cold liquids that expand and contract tooth structure, creating fine lines and cracks into which stains can penetrate;

■ regular consumption of acidic foods and drinks that can soften enamel and encourage staining.

## Suit Yourself!

4 ways to restore your smile

You know, when even one of your teeth becomes severely damaged or is lost altogether, it can affect more than your appearance and self-confidence. With time, your speech can be affected and your food choices limited. That's why restorations including fillings, crowns, bridges, and implants were invented. They can restore natural-looking form and function.

Here's how restorations work.

A **filling** is a restoration that repairs part of a damaged tooth. When modern composite or ceramic materials are combined with precision techniques, fillings can fit and fill most types of cavities without removing large amounts of healthy enamel. And they can be color-matched to look completely natural.

A restoration that strengthens and protects the tooth is called a **crown** and you may have heard it called a cap because it actually caps the entire tooth.

A **bridge** is a combination of crowns and artificial teeth that closes a gap left by a missing tooth (or teeth), restoring your smile and redistributing the workload.

An **implant** is an artificial crown and root which is permanently implanted right into your jawbone. Once placed, it acts like a natural tooth to avoid bone loss and prevent drifting of surrounding teeth. Different implant types and techniques are available to provide individual solutions, from replacing one tooth to anchoring dentures securely.

Whatever your need, restorative treatments can save time, money, and your smile!

### IMPLANT & VENEERS



### COMPOSITE FILLINGS



# Give Kids A Smile® Day!

## 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. Our message of the importance of oral health goes out to millions across the country, and includes events like health fairs, dental office tours, and visits to the classroom by dentists and hygienists. Graham Court Family Dental participated in a nationwide program called *Give Kids A Smile®!*

On February 1st, Dr. Ebrahim, two of our dental assistants, three hygienists and three front desk staff provided free exams, x-rays, professional cleanings,



fluoride treatments, oral health instruction and fillings for many children. The goal of the



Give Kids A Smile event is to ensure access to quality dental care for every child in America. For some, this was their first much-needed dental visit. Many people are still unaware of the important role early dental care plays in our children's overall health. We strongly recommend that parents take action early to ensure the health of their children's teeth and good oral health throughout life.

If you wish any further information on any aspect of your child's dental and oral health, please call us.

## Spread Smiles! Share rewards

If you are delighted with the excellent treatment you receive at our practice, then you might consider sharing the news with friends, family, and coworkers. You know they will experience the same commitment, compassion, and concern to which you have become accustomed. But you will earn more than the gratitude of those whom you refer.

For each patient that you send our way, you and the person you refer will each receive a \$20 credit on your account, after the new patient has completed an exam, cleaning and x-rays.

Our practice has grown over the years from the many referrals we have received from our patients. This is our special way to thank you for sharing our office with your family and friends.

## office information

**Graham Court Family Dental**  
**Dr. David A. Boike, DDS**  
**Dr. Shayhana Ebrahim, DMD**  
**Dr. Julie Kerry, DDS, MS, Periodontist**  
 G4007 W Court Street, Suite D  
 Flint, MI 48532

### Office Hours

Monday 9:00 am – 8:00 pm  
 Tuesday 8:30 am – 5:30 pm  
 Wednesday 8:30 am – 4:30 pm  
 Thursday 7:00 am – 5:30 pm  
 Saturday 8:00 am – 2:00 pm \*  
*One Saturday per month*

### Contact Information

Office (810) 230-0077  
 Fax (810) 720-1306  
 Web site [www.grahamcourtdental.com](http://www.grahamcourtdental.com)

### Office Staff

Kim ..... Business Manager  
 Debbie ..... Insurance Coordinator  
 Sandy, Ramona Connie ..... Receptionists  
 Chris, Raedeane, Nancy .....  
 ..... Dental Hygienists  
 Julie, Cheryl, Janet, Sharon, Suzette .....  
 ..... Dental Assistants



## Thank You!

### From Dr. Hartz and our Team

We were privileged to have Dr. Hartz return for our 50th Anniversary Celebration. Many of you were there to see him and celebrate with him. He was thrilled to see you, his long time patients. Dr. Hartz, Dr. Boike, Dr. Ebrahim, Dr. Kerry and our *Graham Court Family Dental* team want to thank all of you for attending. We are looking to many more years of serving you and our community.



Dr. Hartz and the staff that had the privilege of working with him.  
 Bottom Row:  
 Dr. Boike,  
 Dr. Hartz,  
 Dr. Ebrahim  
 Middle Row:  
 Elizabeth, Jan,  
 Debbie, Theresa,  
 Marsha, Julie,  
 Raedeane  
 Top Row: Linda,  
 Kim, Chris, Cheryl