

Graham Court Family Dental's DENTAL NEWS

Produced for the Patients of Graham Court Family Dental

Fall 2007

fromthedentists

Welcome!

Our new newsletter

Welcome to the very first issue of *Dental News*, a newsletter designed to keep you informed of new ideas and concepts in the field of dentistry. Over the next few issues we will bring you information on areas such as cosmetics, whitening, oral cancer screening, and many other topics where dentistry has made terrific advances over the last few years. We also hope to bring you information that is particular to our office, of which you are the most important part.

This newsletter relies on your input to be successful, so please mention any topics that you would like to see included in a future issue. If you happen to receive two issues, please share one with a friend who you feel might benefit from the services and care that we provide.

Your Dental Team at,
Graham Court Family Dental

Lumineers™

No more reasons to wait
with Cerinate® veneers

For centuries, porcelain has been used by artists. In the last few years, porcelain veneers – some as thin as contact lenses – have become the technique of choice for treating discolored, chipped, or stained front teeth. In some cases, veneers can even replace traditional braces. Lumineers™ by Cerinate® Porcelain are unique because for most patients, there is no discomfort, no needle, no drilling... and no loss of tooth enamel.

As if that weren't enough, in most cases, your new smile can be created in only one or two dental visits. These revolutionary cosmetic veneers have been clinically proven to last for 18-20 years.

Why is this so important? A beautiful smile has become the new



social barometer for many people today. A smile is the first thing people notice when they meet you – before they notice your eyes! An independent study revealed:

Most attractive smile characteristics?

- ❖ Straightness
- ❖ Whiteness and color of teeth
- ❖ Cleanliness of teeth

Least attractive smile characteristics?

- ❖ Discolored, yellow, or stained teeth
- ❖ Missing teeth
- ❖ Crooked teeth

Lumineers are the veneers of choice. They can give you the smile you've always dreamed of: a smile that looks clean, healthy, straight – and even glamorous.

If you've been waiting to try veneers, don't wait any longer. Please call today to see if you are a candidate.

★ ★ Celebrations And Innovations

★ We are celebrating our 50th anniversary this year. Our practice was established in 1957 by Dr. Arnold Hartz and we are thrilled to be serving the community for all these years. To show our appreciation for your support, we will be having a celebration at our office on Sunday, October 14, 2007 from 2:00 p.m. to 4:00 p.m. Our Doctors and staff will be there to thank each one of you. Dr. Hartz will also be returning for the celebration. To help us plan accordingly please call our office at (810) 230-0077 to confirm your attendance.

After 50 years of service, we continue to improve and update our services to you. We have just recently created our new web site. Please visit our web site for lots of valuable information for you and your family. Our web address is www.grahamcourtdental.com. Please let us know what you think!

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

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Risk Factors

Could *you* lose teeth to gum disease?

Periodontal disease is the leading cause of tooth loss and it has been linked to systemic diseases as well as toxemia and premature births. Gum disease develops gradually over time

if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria. If you or someone you love fits any of these nine risk

indicators identified by dental experts, you or your loved one could be susceptible to gum disease and the tooth loss associated with it.

1
Are you older than 35?

2
Are you male?

3
Have you never received – or avoided – dental care?



4
Have you never – or only irregularly – used dental floss?

5
Do you smoke? Have you ever?



6
Do you have diabetes?

7
Do you have high blood pressure?

8
Do you have rheumatoid arthritis?

9
Do you have gum disease around your front teeth?



These findings make perfect sense. We know that gum disease occurs when oral hygiene is neglected. We also know that men tend to be less conscientious about oral health care.

Gum disease has been linked in studies with diabetes, cardiovascular diseases, and arthritis. But if you don't fit these categories, don't be smug. No one is immune! In fact, teenagers can get

periodontal disease and virtually all adults will have some aspect of it at some point. What can you do? *A lot!* Brush, floss, and rinse, and maintain your regular dental visits!

flossing

Eschew This

Ask us how!

Which of these tools would be part of your "top ten" to use when dental floss just isn't handy?

- (1) screwdriver (2) earring (3) needle (4) key
- (5) paper clip (6) matchstick (7) nail file
- (8) pencil (9) card (10) none of the above

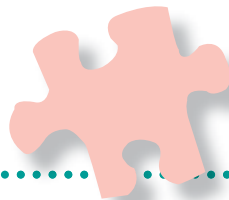
We hope you picked (10) *none of the above!* Believe it or not, over 60% of participants in one survey admitted to using at least one of these potentially gum-damaging methods to remove food from between their teeth. Another 23% just left the food there – increasing the risk of disease and bad breath!

Flossing once a day is essential to oral health, removing food and plaque buildup from between your teeth.

Ask us about flossing instructions and safe flossing alternatives.



Is Something Missing?



Crowns & bridges can bring back your beautiful smile!

A lot of life can happen to a person over the years, and some of it can definitely show up in your smile. Teeth can weaken due to cavities, root canal treatment, and unexpected trauma like a sports injury or accident, and even restorations can deteriorate or detract from your smile. The great news is that today's *crowns* and *bridges* can be very effective methods to prevent the shifting of teeth, bite problems, and altered appearance that accompanies damaged or missing teeth. Here's a rundown on crowns and bridges.

● A **crown** is a strong replica of a normal tooth, and it can be made of gold or other metals but is usually made from materials that look like your natural tooth enamel. It can be used to cover, strengthen, and

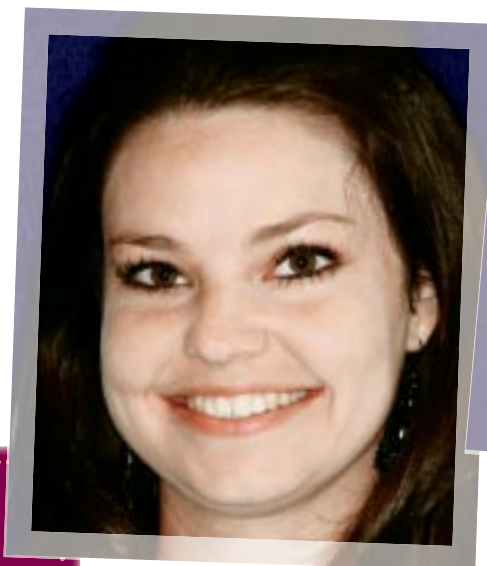
protect a damaged tooth.

● To fill in gaps, crowns are combined with an appliance called a **bridge**. Crowns are placed on the teeth on either side of the space and artificial teeth are attached to them, bridging the gap. They look and feel like your own teeth, and no one would know there were ever any teeth missing. A stable, fixed bridge

has no clasps that show, and is usually preferred to a removable bridge.

Whether your teeth are damaged or missing, crowns and bridges are accessible and attractive in a range of materials to suit your smile needs.

New crown & bridge technology plus veneers brightens old restorations for a perfect smile.



It Could Be Related!

Dental origins

Millions of people suffer from discomfort that only *seems* unrelated to dentistry. Do you have any of these symptoms? Tender jaw muscles... restricted jaw opening ... clicking or grinding jaw joints ... earaches... facial or head pain? Call us. Dental intervention may help.

Here are some discomforts that may be dental in origin...

● **Temporomandibular Disorder (TMD)** can create head, jaw, and ear pain when the jaw joints located just in front of your ears become misaligned or traumatized, or when surrounding muscles become strained.

● **Chronic Heavy Snoring** can interrupt breathing and usually occurs when your lower jaw and tongue drop back during sleep.

● **Headaches** can be related to TMD, interrupted nighttime breathing, and nighttime tooth grinding.

Don't Hold Your Breath!

Dine with friends

A yellow, sulphurish-smelling stain which has survived on an arctic glacier has been linked to extraterrestrial life. You've probably felt a little alien yourself if you've experienced yellow stained teeth or bad breath from volatile sulphur compounds (VSCs) in your mouth. We can help with oral hygiene but you're on your own with what you eat!

Volatile sulphur compounds are infamously present in some popular foods like onions and garlic. Both foods are low in calories and fat and have no cholesterol, but contain fiber, vitamins,



minerals, and antioxidants. Many people simply can't do without their intense and wonderful flavors.

What can you do about garlic or onion breath?

- Feed them to other people so no one will notice?
- Eat a bouquet of parsley?
- Your best bet is to brush, floss, and rinse!

Just What You Asked For!

Faster. Safer. Environmentally friendly.

We learn a lot about your oral health through a visual examination of your teeth and gums. But even with 20/20 vision, there are things that can't be seen with the naked eye. Technological tools are invaluable in helping us detect potential trouble, and by far the most effective of these is the *dental radiograph*, or x-ray.

We are now able to offer our patients a new type of x-ray, the *digital radiograph*, which offers benefits beyond the traditional x-ray. We place a sensor that is about the size and shape of a domino on the inside of your cheek. It sends signals to a computer which are translated into large, crisp, electronic pictures of your teeth, supporting bones, and gums. The pictures can be enlarged and colored for clarification and are stored in your file for future reference.

Digital radiographs require 90% less radiation than traditional x-rays, so now you can relax because the

radiation is so low.

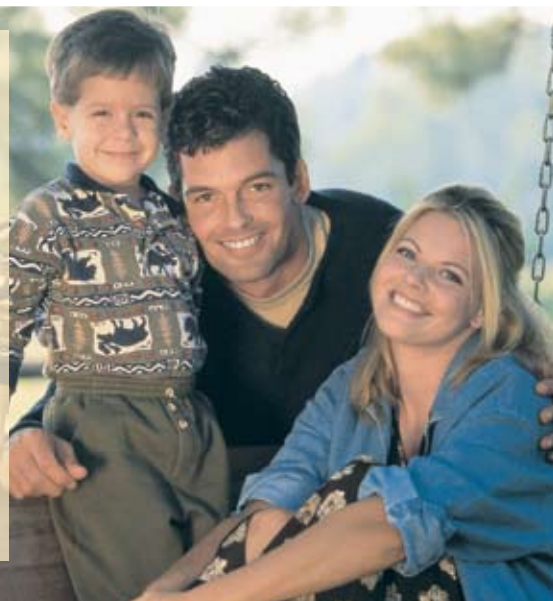
The digital radiograph makes it easier and less expensive to detect, diagnose and plan treatment long before problems become visible to the

naked eye. We'll recommend digital radiographs periodically, as you need them. It's the best and safest way to guard your smile against unexpected problems!

Quick Tips

Information for everyday use

- Make sure your child wears a custom-fitted mouthguard when playing sports.
- Never allow your infant to go to sleep with a bottle containing formula, milk, or juice.
- Provide toothbrushes with soft bristles, always use a fluoride toothpaste, and teach your child daily dental care.



officeinformation

Graham Court Family Dental

Dr. David A. Boike, DDS

Dr. Shayhana Ebrahim, DMD

Dr. Julie Schmidt, DDS, MS

G4007 W Court Street, Suite D
Flint, MI 48532-3560

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

Office Staff

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



Our Door Is Open

New Patients Welcome!

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.

Bright As A Jewel Rembrandt Sapphire

Dental technology has made tremendous progress over the past twenty years. Front and center is the Rembrandt® Sapphire™ in-practice whitening process that can lighten your teeth by up to ten shades in only an hour.

The process uses a specially formulated whitening gel with a highly advanced plasma arc curing light that can whiten all teeth at once or one tooth at a time – without heat. This technique produces beautiful, uniformly white results. As well, the specially formulated Rembrandt gel contains an effective desensitizing agent for patients with sensitive teeth, virtually eliminating discomfort.

We want to make sure your smile is at its dazzling best! Please book a consultation to see if our fast, convenient, comfortable, and economical Rembrandt Sapphire system is right for you!