

Drs. North Shetter and Donald Park

Inci-Dentally

Produced for the Patients of N.E.W. U.P. Dental, PC

Spring 2009

from the dentists

N.E.W. U.P. Dental Update

Since our last letter to you we have completed our transition to digital radiographs. This means at least 50 percent less radiation exposure to our patients. This also means fewer chemicals in the waste stream of our community. Your x-rays instantly become part of your electronic record and can be transmitted over the internet if they are needed by another provider.

Everyone is aware of our difficult economic situation. We are trying to keep the cost of treatment down through the use of technology. Our CEREC™ Cad-Cam milling machine allows us to provide ceramic crowns for you in one visit. Digital x-rays eliminate the need for costly chemicals. You can keep costs down by practicing excellent home care and maintaining proper recare visits in our office. We schedule recare (exam and cleaning) visits specifically to meet your needs. Some individuals need six months visits, some need more frequent intervals. Preventive care is the least costly means of maintaining dental health.

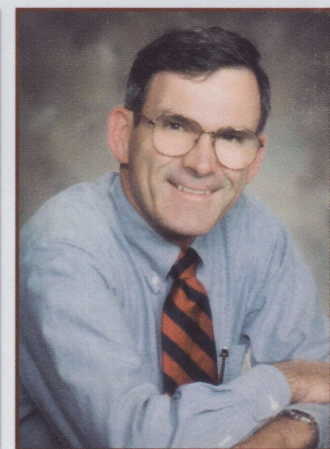
Soon we will be assuming care for the patients of Dr. John Beldo who is retiring May 21st, 2009. We wish John and Lauri a long and happy retirement. We are honored

that he has selected us to help provide care for his patients and welcome them into our practice.

In March, Dr. Shetter and Jan were recognized by *Rotary International* and the government of Jamaica for 30

years of dental service to the island nation. Dr. Shetter has organized small teams of dentists and staff to work with the Rotary club of Christiana Jamaica to provide care to school children for one week per year for over 30 years.

Many of you are aware that Kelly Everson who works in our business office has been dealing with Multiple Myeloma over the past several months. Good News! Kelly got her biopsy report and she has been declared to be in remission. No one knows for how long but for now she can begin to resume a normal life. Friends have organized a Fun Run and Bike Ride benefit event for Kelly, Steve, and Ben to help with their medical expenses on May 2nd. We hope that many of you will be able to participate. For more information contact Kathy Claycomb at (715) 789-2251.



We will participate in the national *Give Kids a Smile* program again this year. We will host the Pre-K and Kindergarten children from Menominee and Stephenson schools for an office visit and home care education. Each child will receive a personal homecare kit with toothpaste, floss, and a toothbrush.

We value the trust you place in us by choosing our office for your dental care. We truly appreciate your referral of new patients. We will always make room for your referrals. We can do this because in our practice we help patients get healthy so that over time all you need is routine recare maintenance.

Yours in good dental health,

*Dr. North Shetter and
Dr. Donald Park*

Thank you for all your referrals. We appreciate them!



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

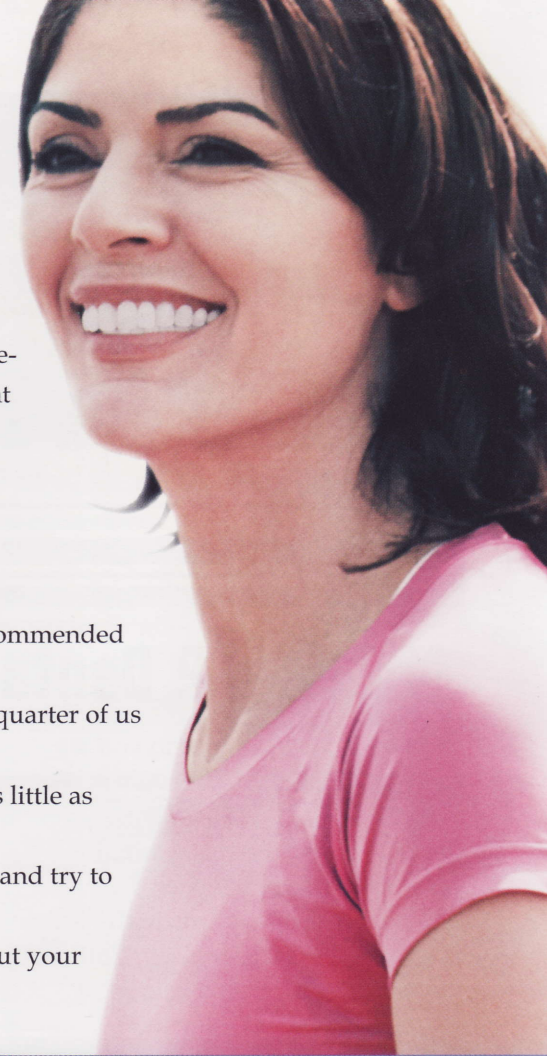
Healthy environment

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.

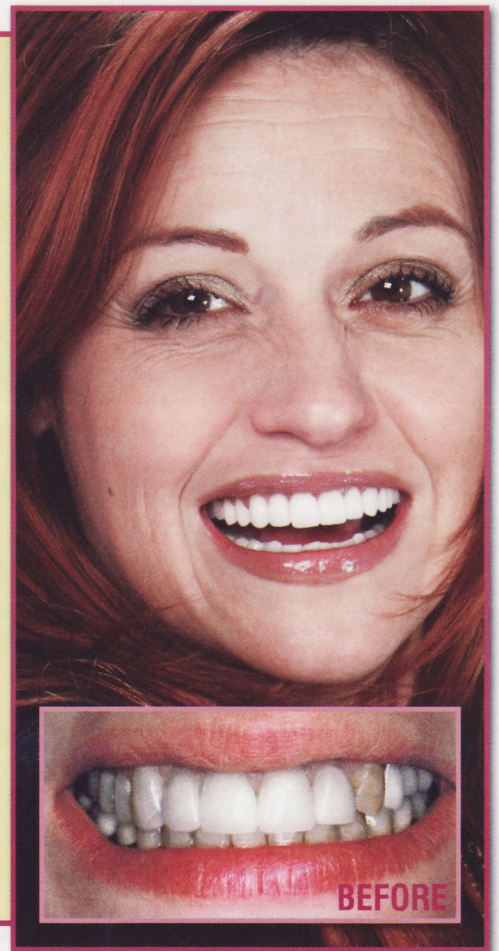
Three-Quarter Crown

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!



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.

Superior Smile Maker

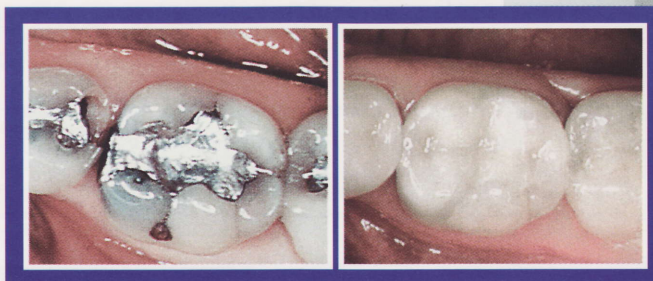
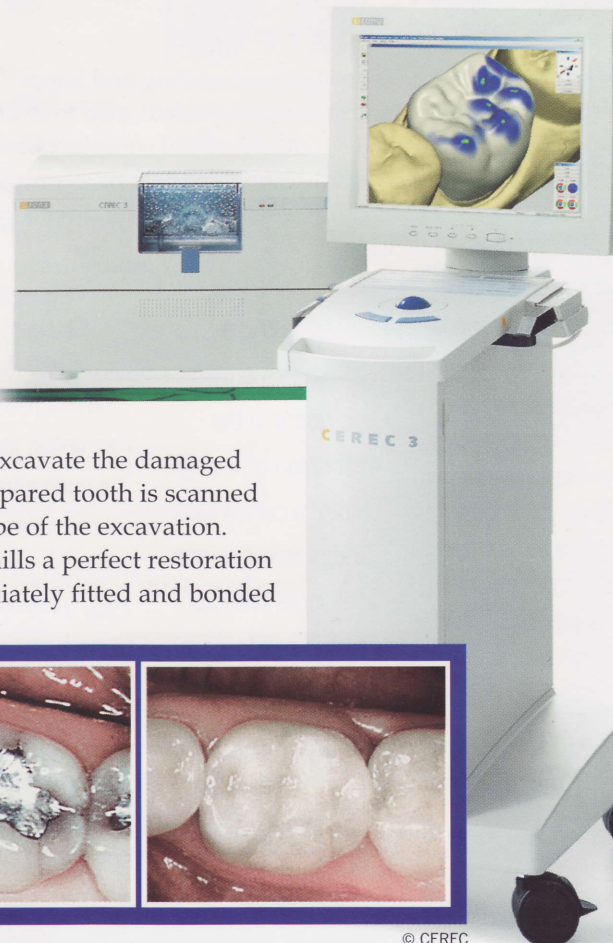
Fast, economical CEREC 3D restorations

Today, cosmetic and restorative procedures that formerly required many uncomfortable hours "in the chair" and weeks of waiting for restorations to arrive can be completed in about one hour in our practice! CEREC 3D (Chairside Economical Restoration of Esthetic Ceramics), allows us to repair damaged teeth using the highest quality color-matched ceramic materials in just one appointment. The CEREC 3D system harnesses the power of the computer to create perfect porcelain crowns, inlays, and onlays. Let us explain ceramic inlays and onlays to illustrate how CEREC 3D works.

An inlay is used when repairing the chewing surface of a tooth. We excavate the damaged material, leaving an irregular shaped hole in the tooth's surface. The prepared tooth is scanned with a high-precision, digital camera that records the exact size and shape of the excavation. Computer software generates a virtual model, and then automatically mills a perfect restoration from a solid ceramic block. It is so perfectly formed that it can be immediately fitted and bonded into place. The restoration is extremely durable. In fact, modern ceramic materials may even exceed the performance characteristics of natural teeth!

A ceramic onlay involves a restoration that flows from the tooth chewing surface over and down the side(s). Similarly, the tooth is prepared and scanned, and a perfect color-matched ceramic restoration is permanently bonded to your tooth.

CEREC 3D - providing fast, economical, and superior ceramic restorations.



© CEREC

office information

N.E.W. U.P. Dental, PC
Drs. North Shetter and Donald Park

Menominee Office
4103 10th Street
Menominee, MI 49858-1309

Office Hours
Mon - Thu 7:00 am - 5:00 pm
Friday 7:00 am - 12:00 pm

Daggett Office
Daggett Medical Building
Daggett, MI 49821

Office Hours
Mon & Thu 8:00 am - 4:00 pm

Contact Information

Menominee Office (906) 863-2206
Daggett Office (906) 753-2531
Fax (906) 863-6389
Email newupdental@gmail.com
Web site www.newupdental.com

We Are Proud Of Our Staff!

Assistants - Karen, Lee Ann, Amy, Carol
Hygienists - Laurie, Phyllis, Melissa, Danielle
Front Office - Janice, Jennifer, Mary, Renee
Accounting - Kelly, Robin



Forget About Braces...

With Invisalign®

We're very excited to introduce you to *Invisalign*®, a revolutionary orthodontic technique that has improved the smiles of thousands of patients. *Invisalign* uses a series of clear, removable aligners to gradually straighten teeth. The aligners are comfortable, and because they're made with medical-grade plastic, they're virtually invisible. No more metal mouth means you'll smile more during treatment, and you'll spend less time in our office having adjustments! Because the aligners are removable, daily brushing and flossing are not affected in any way, and you can eat anything you fancy!

We welcome you to arrange a consultation to discover how *Invisalign* can give you the smile you've always wanted!



Perfect Timing

Welcome to spring and here's a little advice: the New Year marks the beginning of many of our patients' dental insurance year, when your fund is replenished and full, which means it's the perfect time to make certain you're completely up to date with all your oral health needs. We certainly hope you haven't postponed any regular checkups, but if you have, please contact us today so we can perform your regular examination and teeth cleaning. This would also be an ideal time to consider an in-house whitening or cosmetic procedure to greet summer in style!

We look forward to seeing your smile!



Contents may not be reproduced without permission from the publisher.

Information included is not dental or medical advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.



Mixed Sources
Cert no. SW-COC-002303
© 1996 FSC

© PATIENT NEWS PUBLISHING (800) 667-0268
26732-42074 ML09-5