

The Best Smile Care

with Dr. Robert Haake



Produced to improve your dental health and awareness

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fromthedentist

Snoring...

Linked to stroke

Researchers have found a link between sleep apnea (a particular kind of snoring) and the danger of stroke. Usually affecting overweight, middle-aged men, sleep apnea is snoring marked by the cessation of breathing for up to several seconds. When persons with sleep apnea sleep, their tongue blocks their airway. The struggle for breath makes blood pressure soar which damages the inner walls of the carotid arteries. Cholesterol and calcium stick to the injury sites and amass into calcified plaques that block blood flow to the brain. The result is often massive stroke.

If you think you may suffer from sleep apnea, let us know so that we can discuss diagnosis and effective treatments which may greatly decrease your chance of stroke... and greatly improve the quality of your sleep!

Yours in good dental health,

Dr. Robert Haake

*We are now offering
treatment for sleep
apnea and snoring!*

Referral Rewards Program

Thank you for spreading the word!

The power of the spoken word cannot be denied. When used to help improve the lives of others, words not only bring positive change, they often bring life-long results. And, when spoken as a referral or "personal testimonial," all kinds of good things spring forth.

Do you know how we measure the quality of care we provide for you? Every time you return to our practice and give us your positive feedback, you are letting us know that what we do for you matters. Your support motivates us to continue raising the bar on the superior standards you expect.

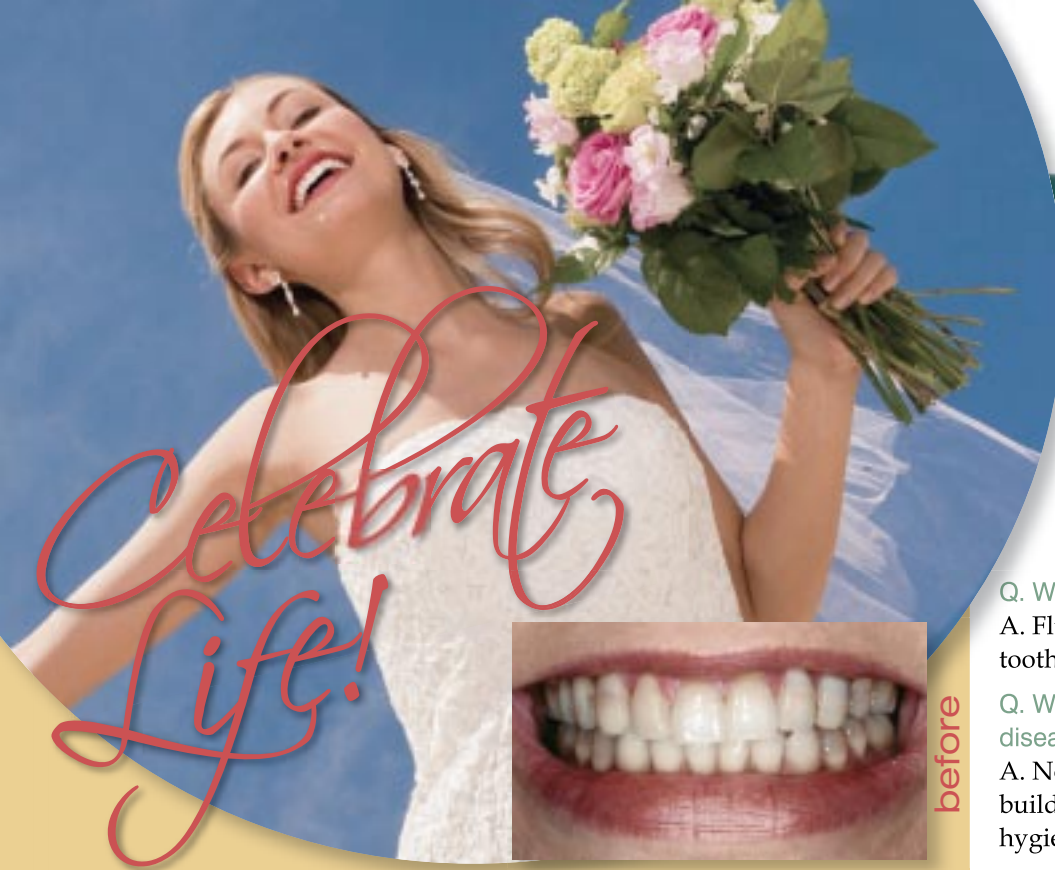
If you are delighted with the excellent treatment you receive at our practice, then you might consider sharing the news with friends, family, and coworkers. They will experience the same commitment, compassion, and concern to which you have become accustomed. But you will earn more than the gratitude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



Please pass along the enclosed *Smile! Pass It On...* referral cards to those you feel would benefit from our services (also available at our front desk). For each new patient who presents this card at their first appointment, we are delighted to give you a gift card for Costco® or Target®, as our way of saying thank you! PLUS, for each new patient you refer, your name will be entered for a chance to win a LCD television to be drawn at the end of the year.

We appreciate your wonderful feedback, your loyalty, and your ongoing new patient referrals!

Thank you for all your referrals. We appreciate them!



Celebrate Life!



before



after

Share your smile with the one you love!

Everybody wants to put their best smile forward. According to a national study, teeth are the number-one facial feature that people would change... three out of four adults think that a nice smile is important to landing their dream job ... 84% think that an attractive smile is important for meeting Mr. or Ms. Right. It seems that we associate a pleasing smile with many of life's passages. Celebrating these milestones means family, friends, and ... photographs. Are you ready to get ready?

Sometimes even subtle changes can turn a nice smile into a sensational smile - often in only one or two visits...

FAQtually Speaking

About toothpaste

- Q. What does fluoride toothpaste do?
A. Fluoride fights tooth decay and strengthens tooth enamel.
- Q. Will tartar-fighting toothpastes prevent gum disease?
A. No. They only help reduce *additional* tartar buildup *above* the gumline, so regular flossing and hygiene visits are essential.
- Q. Are whitening toothpastes okay for sensitive teeth?
A. No. Most contain a higher level of abrasives. Use a toothpaste for sensitive teeth instead.
- Q. Does *The American Dental Association* test toothpastes?
A. Yes. The *ADA Seal of Acceptance* means they meet specific criteria for safety and effectiveness.
- Q. Do children's toothpastes need to taste good?
A. Yes. This encourages brushing, but use a pea-sized amount and don't let them swallow.
- Q. How often should I use toothpaste?
A. You should brush *at least* twice daily with toothpaste for 2-3 minutes and floss daily.



*Whitening Bonding
Tooth-colored inlays/onlays*

Create an even more dramatic impact. We can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile...

*Dental implants
Veneers Crowns*

Whether you want your best milestone smile for a graduation, wedding, or The Big 4-0 - give us a call as soon as you can. You'll have your great new look in no time!

Are You Symptom Free?

Are you ready for biology's next revolution? *The Human Oral Microbiome Database* has been created to provide scientists with comprehensive information on oral microbes. That's good news for you because gum disease is no minor infection. It can change your appearance, your ability to eat, your social life, and your general health. It has been called the *silent disease* because you can have it and be symptom-free. Being young is no protection.

Learn how to avoid the Silent Disease

Here are some more facts you need to know...

- Up to 30% of people may be genetically susceptible to gum disease and six times more likely to develop periodontitis, its most serious form.
- Periodontitis is the leading cause of tooth loss among adults. It can destroy jawbone and supporting tissues as well as your appearance.
- Unnatural-looking indentations left by missing teeth and bone loss can compromise the esthetics of replacement teeth.
- Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- Surveyed U.S. dentists say gum disease is a more pressing oral health concern than tooth decay by a 2-to-1 margin.

Millions of people don't know they have gum disease.

Could you be one of them? Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.

De-Escalate!

Reclaim your world

It's a wonderful world we live in. Yet the excitement and challenges of even the best things in life can create tension. Teeth clenching and grinding are common symptoms of stress which over time can escalate into Temporomandibular Disorder (TMD), a painful problem of the jaw joints. Of course, dentistry can provide relief with oral appliance therapy, but a strategy for self-care will help keep you at ease for the long term.

Martial arts for relaxation? Absolutely. **Aikido, Tai Chi,** and **Qi Gong** combine meditation and movement to improve posture, balance, coordination, endurance, and flexibility.

Yoga is popular, very do-able, and doesn't require special equipment.

Proper breathing, exercise, relaxation, diet, positive thinking, and meditation are tried and true. TMD is *all* about taking the pressure off.

4 Your Health

Too much information! Hardly a day goes by without yet another announcement about lifestyle, health, and longevity. Sifting through the pieces may make it seem complicated, but apparently it's simpler than we think. Researchers say that by combining the following four modest and achievable lifestyle changes, you could prolong your life by 14 years.

- 1** Give up smoking. You could gain an 80% improvement in health. Smoking has been linked to gum disease as well as oral and other cancers.
- 2** Eat five fruits and vegetables daily for a healthy mouth and body.
- 3** Keep active for cardiovascular health, strong bones, and stress relief.
- 4** Drink moderately. Alcohol has been linked to oral cancer, especially when combined with tobacco.

Fourteen extra years of oral and overall health. That should keep you smiling!



You Deserve To Be Happy

Have you already done the groundwork?

The pursuit of health and happiness is a multi billion dollar business ... just ask the experts! Yet taking care of yourself, especially during stressful times, might be simpler than you think. How's this for a strategy? Stay positive and have faith in your own judgment and ability to act.

We think you've likely given some thought to self-improvement *and* you understand how to go about it. For example, any one of these five positive steps could start you on the path to boost your health and self-confidence...

- **Get more active.** Control your weight, fight diabetes, improve cardiovascular health, build strong bones, and provide stress relief.
- **Vary your diet more.** Include five fruits and vegetables a day to maintain oral health, a healthy weight, and promote vigorous cardiovascular, immune, and nervous systems.
- **Stop smoking.** It wreaks havoc with your health and has been linked to gum disease as well as some cancers.
- **Keep your regular medical and dental checkups.** Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- **Re-sculpt your mind.** Through relaxing meditation, you can actually rewire your brain to think more positively throughout your life.

A positive attitude and good health can't solve all the world's problems... or yours. But they can provide a strong foundation for building the happiness you deserve.



officeinformation

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Office Hours

Monday	closed
Tuesday	9:00 am – 5:00 pm
Wednesday	9:00 am – 6:00 pm
Thursday	9:00 am – 5:00 pm
Friday	8:30 am – 12:30 pm
Saturday	8:00 am – 12:30 pm

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Welcome To Our World

Check us out on-line

As part of our continued commitment to communicate with our patients, you can visit us 24 hours a day, 7 days a week on-line at www.roberthaakedds.com. Our website is a fantastic resource of information about our practice, including the dental treatments and services we provide, financial options available for you, patient testimonials ... you can even request your next appointment on-line. View our patient smile transformations by clicking-on the *Smile Gallery*; you'll be amazed at what we can do to enhance your smile!

In addition to helping us with our continuing education, the Internet will provide another medium in which we can discuss dental health and answer any of your questions. At our web site you can view various articles on dental health and new technologies and send us email. Feel free to comment or ask questions about any of our services via email. You can access our email from the web site or mail us directly at info@roberthaakedds.com.

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Any time
...any day
...any
where...
we're just a
click away.