

smile highlights

by Dr. Robert Haake

Produced to improve your dental health and awareness

Summer 2008

from the dentist

Schedule For Summer

Avoid the rush!

During summer we all expect some disruption of routine in the pursuit of holiday fun. Most times this can work to your advantage. For example, we offer flexible summertime scheduling for all of our patients. In fact, we encourage you to keep up with your recall appointments ... even when the dentist is on holiday!

Our dental hygienist helps keep your teeth and gums clean and healthy, and makes a general assessment of your mouth and overall health. The hygienist's key concern is the prevention of dental disease. The dentist's is the diagnosis and treatment of it. All of your x-rays and assessments are always reviewed by our entire team - including the dentist upon return from vacation.

Call for a summer appointment and avoid the back-to-school rush!

*Yours in good dental health,
Dr. Robert Haake*

**Visit Us Online At
www.roberthaakedds.com**



Have You Wondered...
Would a new smile make a difference?

One of the first things people notice about you - one of the very first things on which they base their lasting first impression of you - is your smile ... your teeth.

A flawed smile hurts your chances of a good first impression. And that's true whether you're smiling at a new friend, a new boss, or a new love. It has been speculated that your smile has more impact on the success of your personal and business relationships than any other part of your appearance.

That belief is confirmed by a study in which people were asked what it is they remember most about people they meet. Over 85% said they remember people with beautiful smiles! This means...

- the more attractive your smile, the more likely it is that you'll be noticed, liked, and favorably remembered;
- that the more beautiful your smile, the more likely it is that you'll attract the attention of those special people whom you want to attract;
- the more compelling your smile, the more likely it is that you'll get the job and promotions you want and deserve.

*You Can Enjoy A
Winning Edge...
Socially. Romantically.
And in your career.*

Please give us a call today at
(408) 258-4040 to set up a smile
consultation.

Thank you for all your referrals. We appreciate them!



You'll like it!

Look At That

Ugli fruits are named after their greenish-yellow appearance, odd shape, and lumpy, bumpy skin. Imagine a *really* ugly grapefruit.

Tasty Treat

This mandarin hybrid has a very sweet citrus taste and is said to combine the best qualities of Seville oranges, tangerines, and grapefruit. Ugli fruits are sweetest from their native tropical West Indies and Asia, though they have been grown in the sub-tropical United States since the 1930s. Nearly seedless, uglis peel easily for quick snacks or as an unusual feature in salads, stir fries, or stews.

For Your Oral And Overall Health

Ugli fruit is an excellent source of vitamin C, an antioxidant which promotes healthy gums and fights cardiovascular disease, plus it's a good source of fiber as well as folate which is an important B vitamin that promotes oral health.

Prevention Is Better

Two things you don't want to share!

We all host bacteria in our mouths so everyone is potentially vulnerable to decay and gum disease. Here are some facts you may not know...

■ Bacterial Infections

In **caries** (decay), *Streptococcus mutans*, is the major bacterium that uses sugar to produce acids that dissolve dental enamel, creating cavities.

In **gum disease**, plaque – the soft thin film you feel on your teeth – is a *biofilm* which hosts many different bacteria.

■ Transmissible

You can pass on **gum disease** and **caries** bacteria to the people you care about – even babies whose teeth have yet to erupt – by kissing, blowing on food, or sharing utensils.

■ Preventable

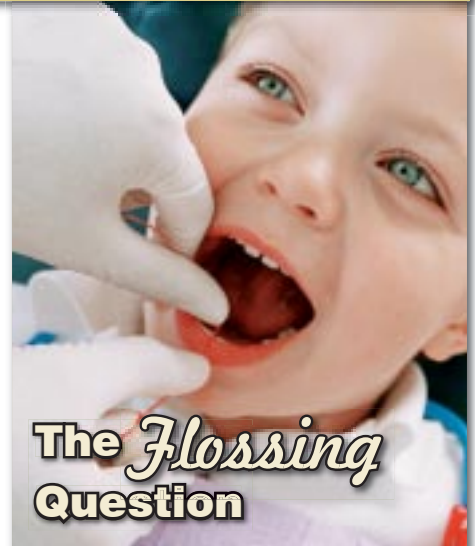
You can minimize your risk for **caries** by avoiding sugary carbohydrates and keeping saliva flowing. Saliva is your natural buffer against acid. Daily removal of soft plaque by brushing and flossing keeps it from building up then turning into hard tartar or calculus, promoting **gum disease**.

■ Reversible

In the earliest stages when **caries** are white patches, remineralization (assisted by our saliva) can reverse the process. As the caries progressively become darker in color, treatment becomes more complex and invasive.

Gum disease can appear silently and we can reverse it with prompt treatment before it progresses to produce swollen, tender, bleeding gums, and deep pockets of infection that can lead to tooth loss.

We have many effective strategies to prevent and treat these two diseases, so please – keep your regular appointments.



The Flossing Question

Ever too young?

As soon as two teeth touch, between six months and one year, kids need daily flossing to avoid gum disease. Only flossing can remove the biofilm and food particles that build up between their teeth and below the gumline where a toothbrush can't reach. Here's how to floss your child's teeth...

First, wrap an 18-inch strand of floss around your middle fingers just as you would for yourself, and hold a one-inch section tightly.

Then, gently ease floss between each of your child's teeth, unwinding clean floss as you proceed.

Too squirmy? Consider colorful, flavored, kid-friendly floss sticks that can change colors and come in favorite character shapes.

Between the ages of 5-10, most children can floss their own teeth. And thanks to your perseverance and great example, they'll want to!



Evaluate Your Family Dental Values

At every stage of life, your oral health and attractive smile are invaluable assets

LIFE STAGE

FOCUS

HOW WE CAN HELP

Infants & Children



- Healthy gums and teeth
- Proper spacing and bite alignment
- Protection against sports and play injuries

- Prevention and monitoring with regular dental visits starting when teeth erupt
- Early orthodontic assessment
- Oral hygiene instruction
- Custom-fitted mouthguard
- Emergency care

Teenagers



- Greater awareness of social value of nice smile and fresh breath
- Greater susceptibility to gum disease, enamel erosion

- Positively reinforce importance of nutrition, regular oral care routines, and professional oral care for an attractive smile
- Provide strategies for fresh breath and a whiter, brighter, straighter smile

Young Adults
20s & 30s



- Greater maturity and awareness of mouth-body link
- Continued interest in appearance and lifestyle issues like teeth staining from coffee, wine, and tobacco

- Regular preventive and maintenance visits to maintain healthy teeth and gums
- Cosmetic consultations for teeth whitening and other procedures

Mid-life Adults
40s & 50s



- Continued interest in appearance
- Increased risk of oral cancer
- Risk of receding gums, root caries, and loose teeth as hormonal levels decline, bone mass decreases, and teeth become worn and stained

- Regular oral health exams
- Natural-looking restorative treatments including crowns, bridges, implants, and veneers, plus cosmetic whitening

8 Is Great!

Boost your smile!

A jolt of morning java might boost your day, but over time it could take supervised teeth whitening to jumpstart your smile again! Red wine, tobacco, dark fruits and juices, and some medicines can also trigger staining.

What can affect your whitening outcome?

Your Age

Whitening is the most in-demand cosmetic procedure and although we recommend teens wait 'til after age 14, there's no upper age limit. If thinning tooth enamel is a consideration, cosmetic bonding and veneers are excellent whitening alternatives.

Your Dental Team - That's Us!

We make absolutely certain that the whitening ingredients we prescribe for you are safe, reliable, and appropriate. Stains caused by illness or medications can only be removed by a dentist.

Your Foundation

Teeth may be whitened up to an average of eight shades lighter than the color you start with!

Where does your smile rate on our whiteness scale?





Get Green!

Smile fitness from the inside out



Summer days are salad days. That's a good thing – and for reasons that might just surprise you. In *Hypertension* magazine, there was a recent article about a study that proposed that the nitrates released by beets and green vegetables not only appear in your saliva but are converted orally into nitrite. Nitrite helps to lower blood pressure and improve circulation. Could a healthier diet and a healthier mouth help your overall wellbeing?

It seems obvious that your self-image and self-esteem can be affected by tooth decay, tooth loss, and gum disease, but science suggests there's more at stake. Gum disease in particular may play a role in systemic diseases including diabetes. That's why the salad study is so intriguing.

Think about it. A healthy diet and thirty minutes of daily exercise can help to protect you against cardiovascular diseases. Well, so could

the few minutes a day it takes to brush, floss, and rinse – especially when combined with regular dental visits. If you're not confident about your home care routines, we'll be happy to give you a refresher.

And don't you think it's interesting that healthy food, fitness, and nice teeth and gums all make you look better too? That's why you can always look forward to fun informative articles about these important subjects in my future newsletters.

Enjoy summer fun in the sun... munch some brunch ... and keep your smile healthy too!



office information

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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

Contact Information

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Office Staff

Regina	Front Desk
Teresa	Dental Assistant
Adrienne	Dental Assistant
Patricia	Dental Hygienist



Can You Dig It?

Get out & garden!

Can't fit a workout into your busy schedule? Try thirty minutes of gardening!

Here's how gardening-specific activity can help pick up your fitness pace, nurture your creativity, improve your environment, and help with your oral and overall health...

- Maintain or lose weight by burning calories.
- Strengthen bones and muscles with weight bearing exercise.
- Increase flexibility and joint mobility through movement.
- Build healthy bones with sunshine and vitamin D ... the sunshine vitamin.
- Reduce stress with fresh air, birdsong and the sensory palette of your garden.
- Gain confidence as you watch your garden grow.
- Bask in the glow of smiles when you share your little bit of paradise.

Keep Timely!

With Capital One

We are pleased to introduce *Capital One® Healthcare Finance*sm, a new way to finance your dental care. You can pay for general dental treatments, crowns, veneers, implants, and more over time ...and within your budget!

Capital One offers an excellent plan for treatments ranging from \$300-25,000, and will cover procedures that fall under general and cosmetic dentistry. You make no initial payment for four weeks. Payments can be made over a time period of up to sixty months, rates are fixed, and lower than most credit cards, there is no pre-payment penalty, and it's confidential.

You can apply by phone at (877) 559-5050, 24/7! Various interest-free options are available, and you may realize a tax savings by using the program! You can also visit capitalonehealthcarefinance.com ... just click on "Dental."