

Smile Designs by Dr. Stephen Lipson



Produced for the Patients of Stephen W. Lipson, DDS, FAGD

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fromthedentist

New Technology

One of the most recent technological advances in dentistry is the Itero Scanner from Cadent Corporation. It is used to take digital images of tooth preparations for making crowns. For those of you who have had crowns placed on your teeth, you will remember biting into the "goop" that made an impression of the prepared tooth. This new technology replaces the need to use the old impression materials by scanning the teeth and producing a digital image which is used to create your crown. We have found that placing these crowns has been easier due to the accuracy of the scanner. We are very excited and proud to be one of the first offices in the Atlanta area to offer the Itero Scanner to our patients.

Yours in good dental health,

Dr. Stephen W. Lipson

turnthepage

Keep diabetes at bay!

Strengthen teeth with exercise?

Grin and love it!

Dr. Lipson Receives Award

Prestigious Fellowship from Academy of General Dentistry

We are proud to announce that the Academy of General Dentistry (AGD) has awarded to Dr. Lipson the prestigious Fellowship Award during the AGD's Annual Meeting in Orlando, Florida. The award was presented on July 19th at a commencement celebration that recognizes AGD member's commitment to excellence in dental education.



The Fellowship Award is presented to dentists looking to provide the highest quality dental care by remaining current in their profession. In order to receive this award, Dr. Lipson completed over 500 hours of continuing dental education and passed a comprehensive written exam. As a recipient of this award, Dr. Lipson has joined an elite group of professionals in the dental community who understand that great smiles and good oral health for their patients are the result of going above and beyond basic requirements. The Fellowship Award symbolizes excellence in the dental profession and a commitment to providing exceptional patient care.

Dr. Lipson has been actively involved in continuing education since the beginning of his dental career. He graduated from Emory University Dental School in 1982 and completed a one year General Practice Residency at the University of Louisville to further his Dental experience. He is an active member of the American Dental Association, Georgia Dental Association, the Academy of General Dentistry and Emory Study Club. This distinguished award is dedicated to recognizing Dr. Lipson's exceptional commitment to his profession.

Communication is important to us – don't be afraid to ask questions!

FAQ



How often should I brush my teeth?

A: Brush gently at least twice a day for at least two minutes, and floss once a day, ideally at bed time.



My teeth are too close together to floss. What can I do?

A: If you're not flossing you're missing about a third of your tooth surfaces where your brush can't reach! Waxed floss can be easier to use, but there are other types to suit different needs – tape, thread, unwaxed, and shred-resistant.



How do you floss wide spaces between teeth?

A: You can substitute floss with an interdental cleaner which is also effective with crowns, bridges, and braces.



Should I use an oral irrigator?

A: Oral irrigators are very effective for cleaning around braces and between teeth. They can also be used to clean periodontal pockets and to apply prescription medication.



So Much In Common

About gum disease, diabetes ... and you!

Periodontal (gum) disease can alter your glucose metabolism even if you are not diabetic. This is worrisome because experts believe this could lead to prediabetes in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes can be a precursor to Type 2 diabetes.

The relationship between periodontal disease and diabetes has been studied extensively for more than fifty years. Each arrives silently ... is chronic ... epidemic ... and has been associated with chronic inflammation.

Gum disease is an infection that occurs when the bacteria in plaque, the film on your teeth, is allowed to build up and inflame your gums. It can lead to tooth loss and bone loss, and has been linked to cardiovascular

and other systemic diseases including diabetes.

■ Diabetics with periodontal disease have *two* chronic conditions which may affect each other.

■ People with prediabetes or diabetes are likely to have periodontal disease more often and more severely than people without.

■ Diabetics with periodontal disease have more difficulty controlling blood sugar levels. This perpetuates the risk of recurring gum disease and increases the risk of other diabetic complications during every stage of life, including childhood and pregnancy.

Gum disease can arrive without symptoms, and has been linked to both prediabetes and diabetes. It's in everyone's best interests to have regular oral exams.

Grin & Bear It ...for oral health!

Exercise benefits run more than skin deep. Exercise contributes to the reversal of ageing at the cellular level. *Astounding!* Whether you perform aerobics for cardiovascular stamina or anaerobics for strength, your exercise program could jumpstart your quality of life.

When weight-bearing exercises are incorporated into your fitness program, they can also ward off thinning of the bones, or *osteoporosis*, which has been linked to poor oral and overall health.

How do weight-bearing exercises improve bone density? They work your bones and muscles against gravity. In

reaction to the exerted force of your body mass and the pull of your muscles, the bone adapts by building more cells which increases sturdiness.

So do pushups, lift weights, or even cartwheel into your stronger, more-energized future. You'll eat better, sleep better, and smile more!

Be The Best You Can Be

Leap into your future with a smile!

Are you one of the fitness generation who might live to be a dynamic and healthy 100? Be bold. Take advantage of dentistry and infuse your smile with the same dramatic longevity and high-energy impact as the rest of you. And let's be honest ... a youthfully incandescent smile is always a head-turner!

Teeth whitening is the eye-catching cosmetic procedure that's most commonly requested by both men and women, and it's often very appropriate just before a restorative procedure. That way, when we match natural-looking **white fillings** and other restorative materials to enamel shades, yours will be at its very brightest.

For example...

Create your dream smile by camouflaging imperfections with **porcelain veneers** that have been custom crafted by hand especially for you. When permanently attached to the front surfaces of your teeth, your smile will look whiter, straighter, and more pleasingly proportioned.

Update your look by replacing unflattering older crowns that no longer match your smile with **metal-free porcelain** or **resin crowns**. Or consider these natural-looking restorations to save and strengthen cracked or broken teeth, or to bridge gaps.

Lead the pack with the leading-edge solution for teeth replacement. Permanent **dental implants** look completely natural, save supporting bone, and prevent further damage to your smile.

Make your zest for the best work for you. Live life to the fullest ... and smile, smile, smile!



Dare to turn heads with a smile that's been radiantly rejuvenated!



Crown Classics

Smile with style

Vintage is in, from cars and imported perfumes to red carpet couture. But please – not for your smile! Conspicuously old-school crown restorations can make you self-conscious, add unwanted years to your appearance, and really date your image. Contemporary crowns, on the other hand, will fast-forward your look from antique to chic!

You see, advanced materials now allow light to shine through in the same way your natural tooth enamel does. Leading-edge techniques allow us to match the color and contours of the rest of your smile in only a visit or two. You end up with a restoration that's strong enough to protect and save your tooth, but is really natural looking. Unprecedented!

So modernize your smile with beautiful crown restorations. They're strong *and* stylish.



Leading-Edge Laser

Preventive and minimally invasive!

Many of you have experienced our patient-friendly diode laser as part of your treatment at our practice. It provides you with comfortable, preventive, minimally invasive treatment options. One that we are particularly pleased about is laser-assisted bacteria reduction – a procedure designed to control anaerobic bacteria that accumulates between the teeth and under the gumline. Lasers have also been shown to increase the success rate of root canal treatment by eliminating bacteria that could otherwise interfere with the long-term outcome.

In addition to reducing anaerobic bacteria and removing diseased gum tissue to prevent and treat gum disease, we can use our laser to painlessly treat canker sores – many patients report a pleasant anesthetic effect. The laser is also excellent for cosmetic dentistry such as recontouring a “too gummy” smile.

These oral health benefits are possible in part because laser light can be focused into a tiny point to do very fine exact work with minimal swelling and less need for sutures. It is gentle on soft gum tissue and can stop bleeding from even the tiniest blood vessel.

The term “laser” stands for light amplification by stimulated emission of radiation – a device that produces and amplifies light. Our laser’s wavelength has been precisely calibrated for minimally invasive, preventive, soft-tissue applications. This leading-edge technology is just one more way that we’re making your visits more comfortable while increasing the level of care we provide.



Don't Fall Behind Time to schedule a dental visit

Crisp morning air, yellowing leaves, cooler breezes ... these are all reminders that the fall season is here and it's time to get back to work. Just like the school year and the work schedule, your teeth have seasons too. Learning to pay attention to them can give your dental health a big boost.

For most kids, summer is a time for fun and games and that probably meant more sweets and irregular eating habits. It's a good idea to schedule a thorough dental checkup so kids can welcome their classmates with bright healthy smiles. Back-to-school also marks the start of minor hockey and other team sports. Ask us about protective mouthguards and other safety measures that can keep children's teeth out of harm's way.

For adults, the end of summer is also a hint to have a dental checkup to take care of any problems put off during holidays.

Fall may also flag the upcoming renewal of your dental plan. Benefits are not carried forward from one year to the next, so consult our office about making the best use of your coverage.

officeinformation

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Our Website

www.lipsondds.com

We are committed to preventative dentistry and believe that the best patient is an informed patient. Knowing what to expect can go a long way to helping you to relax and enjoy your visit with us. That is why we are proud to announce our new website lipsondds.com. On our website you can find information about our office, new technology, dental procedures, referring specialist and even make an appointment request. Please take the time to check us out.

