

# Smile Designs by Dr. Stephen Lipson



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

Fall 2009



## from the dentist

As part of our commitment to provide you and your families with the very best dental care, we try to remain on the cutting edge of technology in the dental practice. We are proud to offer you the option of being able to check your account balance, treatment plans, scheduled appointments and make payments to your account. This can all be done by accessing our website at [www.lipsondds.com](http://www.lipsondds.com). By clicking on Existing Patients you will be asked to create a user name and password. Within 2 business days you will receive a confirmation email that will allow you to access your account. We hope this new enhancement will answer any questions you may have about your dental care. If you have any questions feel free to call us at anytime.

*Yours in good dental health,  
Stephen W. Lipson*



## Make Our Day

Surrounded by the busy hum and bustle of an active, friendly dental practice, it's easy to think that there's no room for new patients. Nothing could be further from the truth. We love our work, and part of that is the excitement of getting to know new patients, as well as the satisfaction of successfully providing dental care for long-term clients.

When you refer your friends, colleagues, or family to our office, it makes our day. It shows that our dedication to our patients' oral health has been noticed. We're happy that you feel comfortable and at ease in communicating both *to us* and *about us*.

As our way of saying thanks, for every referral who becomes a patient we will put your name in for the drawing of the gift basket that is displayed at the front desk. Please continue to refer any friends or colleagues to us. Thank you for your confidence.

## Your Dental Insurance

Get  
the  
most

The signs of fall signal back-to-work and back-to-school for many of us. They should also be a cue to make a dental appointment because your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year.

If you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, **before** this year's dental insurance expires. So give us a call!

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

## 4 STEPS ... In 3 minutes!

Flossing for three minutes once a day is essential to clean between your teeth and at the gumline where gum disease can take root. Choose a regular time, like bedtime, and a floss that works best for you – thick or thin, flavored or unflavored, waxed or unwaxed.

*Floss each tooth thoroughly with a clean section of floss...*

- Wind 18" of floss around the middle fingers of each hand. Pinch 1-2" of floss between your thumbs and index fingers.
- Use thumbs to direct floss between upper then lower teeth.
- Gently guide floss between your teeth by using a zigzag motion.
- Contour floss around the side of each tooth. Gently slide it up and down against each tooth surface and under the gumline until your teeth are "squeaky" clean.



## Are You Progressing?

Why the answer just might surprise you!

**Periodontal disease.** The name has kind of a high falutin' ring to it. That's true of most Latin-based medical names. Believe us when we say that there's nothing grandiose about pain, bleeding, tooth loss, and bone loss due to inflammatory gum disease. This 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.

### Periodontal disease is progressive...

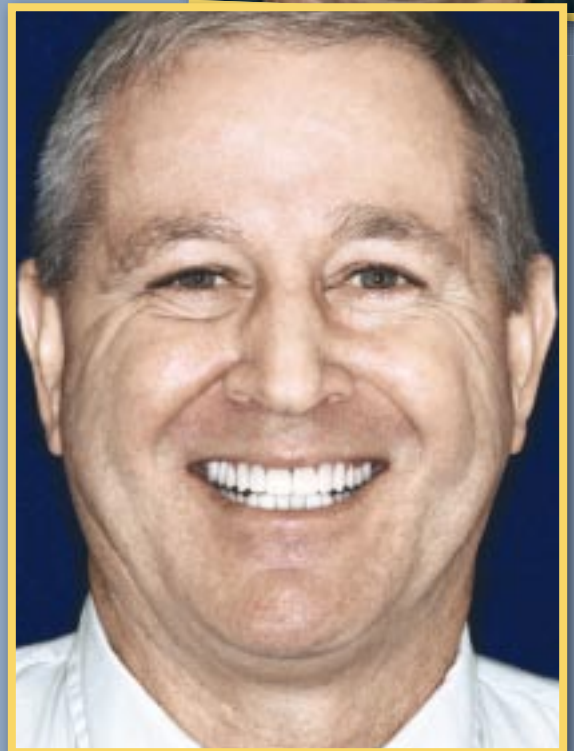
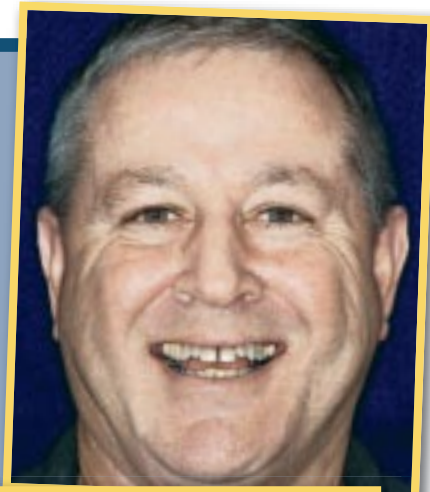
**Gingivitis:** Although healthy intact gums or gingivae act as a protective barrier against destructive bacteria, once damaged, they lose their effectiveness. Initially you might be symptom-free or experience mild symptoms of infection such as redness, swelling, and slight bleeding during brushing. This stage is relatively simple to treat and reverse.

**Periodontitis:** This is a more advanced infection, damaging the underlying ligaments and bone. Without intervention, your gums will shrivel away and expose your tooth roots, leading eventually to tooth loss.

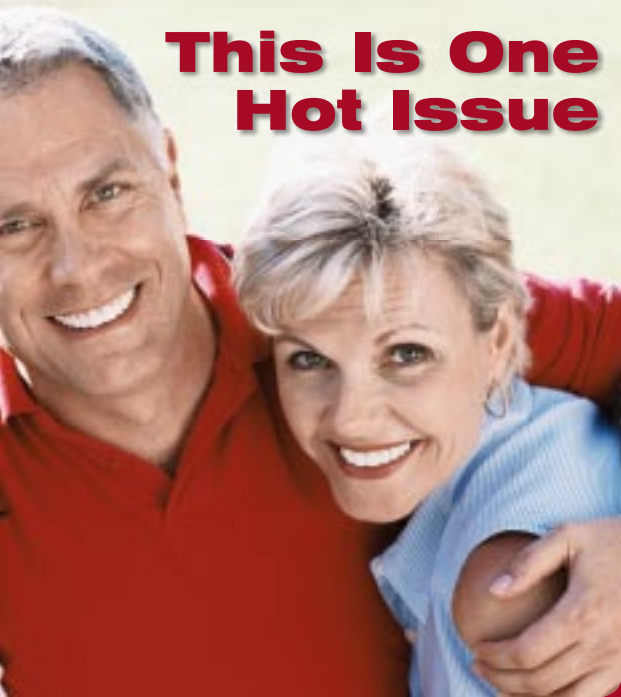
### There are known risk factors for periodontal disease...

- **Tobacco consumption.**
- **Hormonal changes** during adolescence, pregnancy, mid-life.
- **Challenges to the immune system** including poor nutrition, stress, and systemic diseases like diabetes, cardiovascular disease, and arthritis.
- **Side effects from some medications.**
- **Clenching or grinding your teeth.**
- **Heredity.**
- **Barriers to good oral hygiene** include crowded teeth, ageing fillings and restorations, inconsistent home care routines, and missed recare appointments to remove plaque buildup and prevent gum disease.

**Call us for an appointment – any time!**



# This Is One Hot Issue



## Find out why you need to know about it

Scientists believe that chronic inflammation may be at the root of many debilitating illnesses. Imagine how much suffering could be relieved with a single magic-bullet solution that would cure or prevent inflammatory illnesses like heart disease, arthritis, cancers ...and gum disease.

Inflammation is your body's reaction to threatening pathogens. When the enemy has been destroyed,

inflammation should retreat until the next battle. That's called transitory inflammation. When the process stalls out and inflammation continues instead, the body attacks healthy cells in the absence of an invader. Scientists speculate that a long-running bacterial infection like gum disease can actually tip your body's balance toward chronic inflammation.

*Gum disease has been associated with inflammatory diseases that include...*

**Osteoarthritis** and **rheumatoid arthritis**

**Diabetes**

**Cardiovascular diseases**

**Lung infections**

Gum disease has also been associated with some **cancers**, complications of **pregnancy** and delivery, **osteoporosis**, and **kidney diseases** among other **systemic illnesses**. Monitoring of oral health is essential for everyone, but particularly if you suffer from a chronic inflammatory or systemic disease. Please keep us up to date so that we can optimize your oral care.

## Practice Makes Perfect

### Word to the wise!

Wise people practiced green fashion long before it became environmentally chic. Investing in classic quality pieces has always been the quintessential way to avoid unnecessary waste and expense. Same with your smile! When you invest in your oral health, two things happen. First, you avoid a lifetime of increasingly extensive and expensive dental work. And second, there's a bonus ... you can choose cosmetic procedures – dental or otherwise – with confidence.

Think about it. What is the point of cosmetically rejuvenating your face only to reveal puffy receding gums, or discolored, crooked, chipped or fractured teeth?

If you've never liked the look of your smile, or if your sizzle has aged into a sputter, we can provide cosmetic enhancements like teeth whitening, bonding, porcelain veneers, and gum sculpting. With oral health, the choice is yours.

Your healthy smile – it's sustainable – and empowering!

## Live Life Well

### Fight oral cancer

Knowing that the *lifestyle choices* you make can affect your risk for oral cancer is an important step toward its prevention. Although people who smoke or use smokeless tobacco remain at highest risk, for the great majority of those who do not use tobacco, dietary choices and physical activity are the most important modifiable factors of cancer risk.

Here are the *American Cancer Society's* recommendations for individual choices:

1. Eat a variety of *healthful foods*, with an emphasis on plant sources.
2. Adopt a *physically active* lifestyle.
3. Maintain a *healthful weight* throughout life.
4. If you drink alcoholic beverages, *limit consumption*. Alcohol combined with tobacco increases the risk of oral cancers.

Your other most important step? Regular dental exams. Oral cancer can be caught early, even as a pre-cancer.



# Silent Pictures

## Smiles can communicate who you are

If you collect unusual phrases, here's one for you: *zygomatic smile*. That's the *big* smile that curves up the corners of your mouth and crinkles the corners of your eyes. It makes us feel good – the sender and receiver both. If you can't remember when you smiled like that, cosmetic dentistry could be the answer.

Experts believe that what we say without speaking is more trustworthy than the words we use. But sometimes we override our natural impulse

to smile because we're ... well ...embarrassed about how it looks. Hiding our teeth doesn't just cancel our smile – it sends out a totally different message. Compressed or down-turned lips can communicate anger, dislike, grief, or sadness.

Cosmetic dentistry is a growing industry: whitening procedures have increased by 300% in the last five years. That's because people know that their smiles communicate who they are.

It's also because there are many non-surgical, non-intrusive procedures that can resurrect your smile in as little as one visit.

Whitening can lighten discolored teeth, tooth-colored composite can replace darkened fillings, and crowns can restore damaged teeth. Veneers correct gaps, and crooked



or chipped teeth, and bridges and implants replace missing teeth. Gum sculpting makes teeth look longer and re-proportions your smile. Orthodontics straightens teeth and closes gaps.

Giving a smile can feel as good as getting one. We welcome a consultation to discuss your smile with you!

### Rejuvenate

With renewed self-confidence, you'll look & feel years younger! Ask us about the cosmetic options for your smile!



## office information

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Lilburn, GA 30047-3130

### Office Hours

Monday	8:00 am	–	5:00 pm
Tuesday	8:00 am	–	5:00 pm
Wednesday	8:00 am	–	5:00 pm
Thursday	8:00 am	–	5:00 pm

### Contact Information

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### Office Staff

Carrie ..... Office Coordinator  
Chris, Jaclyn..... Dental Assistants  
Vicki ..... Appointment Coordinator  
Kris ..... Front Desk/Hygienist  
Julianna, Katie, Dana ..Dental Hygienists  
Cheryl..... Front Desk



## Dental Trivia IV

■ 100 years ago, one half of all adult North Americans were toothless. Today less than 10% of adults over 65 have lost their teeth.

■ In the Middle Ages people believed that dogs' teeth boiled in wine made an excellent mouth rinse for tooth decay.

■ According to a *Time Magazine* survey, 59% of North Americans would prefer to go to the dentist than sit next to anyone using a cell phone.

■ US and Japanese studies have found that black or green tea has antibacterial powers that help prevent cavities and gum disease.

■ Over 40% of North Americans have at least one tooth that would benefit from treatment.

## Life's A Grind Intervention is key

More than 90% of us grind or clench our teeth at some time in our lives. Tooth grinding, officially called bruxism, is usually caused by stress. Grinding can be very damaging to your health and to your teeth because it can actually wear down the enamel surfaces of your teeth and weaken fillings and crowns. Bruxism can also be an important gauge of your overall well-being, an early signal that all is not well.

If you catch yourself gnashing your teeth at night, take a look at your lifestyle. Are you getting enough exercise? Would a hobby or behavioral counseling make life more manageable? We can also prevent and reduce grinding with special bite plates. But if your grinding continues, be sure to consult a stress specialist or physician.