

# totaldentistry

total technology ... total art ... totally you

Fall 2009

## We Can Help!

### Ensuring your treatment options

There's one thing we definitely have in common. We are both committed to ensuring your family's overall and oral health. We can provide the best possible long-term preventive dental care based on your family's needs.

We know that's not always easy for you. Your employer-assisted dental health plan may not cover the full cost of maintaining oral health every time.

We'll do our best to find a way to work with you and your insurer, even if they exclude payment for necessary dental treatments, and even if they will only provide for the least expensive treatment rather than the most effective.

Together, we can examine your options and develop the best treatment plan possible. Together, we can ensure that you and your family leave our office with big bright smiles!



### true or false

Keeping that radiant smile isn't the only reason to continue caring for your teeth.

Research has shown a connection between gum disease and cardiovascular problems. So remember that healthy teeth and gums may add up to a healthy heart as well.

**TRUE**

### Ask about our Interest-Free financing option

#### Our Services Include:

- ❖ Family & Cosmetic Dentistry
- ❖ Invisalign® (clear braces)
- ❖ Zoom!® 45 Minute Whitening
- ❖ Dental Implants
- ❖ Full Orthodontic Treatment
- ❖ Porcelain & Composite Inlays
- ❖ Periodontal Therapy
- ❖ Sedation Dentistry
- ❖ Drill-less Dentistry
- ❖ Most insurance plans accepted... Aetna, Cigna, Blue Cross, Blue Shield, Delta Dental, MetLife, Humana, Ameritas

### totaldentistry

647 N 1st Bank Drive  
Palatine, IL 60067-8111

#### Office Hours

Monday 7:00 am – 7:00 pm  
 Tuesday 7:00 am – 8:00 pm  
 Wednesday 7:00 am – 2:00 pm  
 Thursday 7:00 am – 5:00 pm  
 Friday 7:00 am – 2:00 pm  
 Saturday 7:00 am – 12:00 pm \*

\* Saturday - 2 to 3 per month

**(847) 358-2477**

### totaldentistry

624 W Veterans Parkway, Suite C  
Yorkville, IL 60560-4567

#### Office Hours

Monday 7:00 am – 7:00 pm  
 Wednesday 7:00 am – 5:00 pm  
 Thursday 7:00 am – 6:00 pm  
 Friday 7:00 am – 1:00 pm  
 Saturday 7:00 am – 3:00 pm \*

\* Open 2nd Saturday of each month

**(630) 553-8664**

**NEW Third location opening soon!**  
**Call us for details.**

## What Are You Saying?

The way you smile ... the way you want to live!

### The spice of life!

Did you know that some spices, fruits, and vegetables have natural antimicrobial qualities that scientists believe can benefit your oral and general health? Here are just a few examples:

**Apple, broccoli, tomato, carrot, mango, peach, and pear** can be combined with plant essential oils to create edible antimicrobial films for fresh fruits and vegetables while also providing a flavor boost.

**Grape** by-products from wine-making, rich in heart-healthy antioxidants and fiber, could offer an inexpensive wholesome method of extending the shelf life of fish products.

**Cinnamon** can act as a natural preservative when added to food or to new safe and environmentally friendly antimicrobial food wraps called *active wraps*.

More good news about cinnamon? It promotes cardiovascular health ... more efficient use of insulin ... helps prevent diabetic complications that can be aggravated by gum disease ... and fights bad breath!



Your smile can influence how people perceive you. You can use it to communicate happiness, confidence, attractiveness, sociability, and sincerity. Pink healthy gums that provide a beautiful frame are an important feature of an open smile. So it's no surprise that according to research, people with gum disease smile less often, and when they do, show fewer teeth. What is the message you want to send?

Gum disease can sneak up on you. Here are a few symptoms that will help you to identify the disease in its early stages.

- Gums that bleed, even slightly, when you brush or floss your teeth.
- Persistent bad breath, or a constant bad taste in your mouth.
- Swollen or tender gums, or gums that appear redder than usual.
- Gums that appear to have pulled away or are receding from your teeth.
- Teeth that are loose, or seem to be changing position.

Protect yourself. Brush twice a day and floss once a day to prevent bacterial buildup and visit a dentist regularly for professional cleanings that can save your smile. Professional cleaning at the dental practice is the *only* way to remove hard deposits of tartar from your teeth. Tartar is formed when plaque builds up and hardens. If it stays put, chances are it will lead to gum disease.

Don't let gum disease inhibit you from expressing yourself positively. Enjoy socializing and the great quality of life that your wonderful smile can attract.

### Develop Smile Power

#### Build your bones!

You know that your muscles get bigger and stronger when you use them. Well, bones, too, get stronger and denser when you make them work. You need to know that because thinning of the bones has been linked to gum disease, tooth loss, jaw problems, and to problems creating the restorations that can save your appearance and ability to eat, speak, and chew. It's the cause of virtually all broken bones in people over age 65. So, work out your bones!

Try push-ups – called the ultimate barometer of fitness. They test the whole body, require strength and endurance, and are a good indicator of what kind of physical condition you're in.

Some family members can't do push-ups? Lifting weights is a good alternative, but you can benefit from fun activities like bowling, dancing, aerobics, stair-step machines, and walking.





Turn  
*Wishes*  
 into  
 the  
*Reality*  
 you  
 Deserve

## You're Awe Inspiring!

Transcend fashion – impress with your personal style instead. Your style sings out about how you've grown and evolved, how good you feel, and how at home you have become with your true self. Staying positive, changing your eating habits, adding exercise to your routine – all add zest to the melody of your life. Wait 'til you see how your rejuvenated smile will add exquisite harmony to your song...

**Say goodbye to stains from food, beverages, nicotine, root canal treatments ... and age!** If your teeth are stained and discolored, consider teeth whitening. It is the number-one cosmetic dental procedure because it is so easy and so effective!

**Refuse to let stained or metal fillings age your smile.** Consider white composite fillings and tooth-colored

porcelain inlays that are so natural looking, they are virtually invisible.

**Cover chipped, cracked, or unevenly spaced teeth** with tooth-colored bonding materials that cover these flaws, or with porcelain veneers which are ultra-thin hand-sculpted shells that cover the front surface of teeth.

**Restore both appearance and function to teeth that have been weakened** by root canal therapy, clenching, grinding, or an impact injury with metal-free crowns.

**Embrace one or a combination of these esthetically pleasing techniques** to whiten, protect, or strengthen your smile.

Keep your date with destiny. You've got the personality, the attitude, and the desire ... your dental team can help you gain the confidence!

## A Classic Solution

### Stop snoring & apnea

Experts believe that Charles Dickens in *The Pickwick Papers* may have written the first medical case report of sleep apnea. This breathing disorder involves excessive snoring, a primary source of marital stress, as well as temporary cessation of breathing, repeated awakenings, and chronic sleep deprivation. It has been linked to a higher risk of stroke, heart disease, and diabetes. Now UCLA researchers have discovered that people with sleep apnea also may show tissue loss in brain regions that help store memory.

These findings emphasize the importance of early detection and treatment of apnea. Therapy with a comfortable custom-fitted oral appliance can be extremely helpful for a variety of apnea problems ranging from mild to severe.

Just think. Dentistry could help you to start every day feeling rested and re-energized – without surgery. Feel free to ask us about oral appliance therapy.

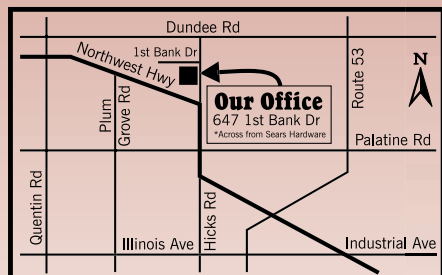


# New Patients Welcome!

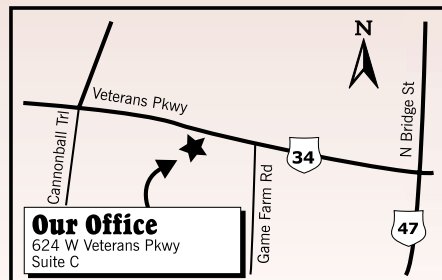
[www.totaldentistry.org](http://www.totaldentistry.org)

## Call Today!

totaldentistry<sup>+</sup> - palatine  
**(847) 358-2477**



totaldentistry<sup>+</sup> - yorkville  
**(630) 553-8664**



totaldentistry<sup>+</sup>

Dr. Anna M. Pelak & Associates  
647 N 1st Bank Drive  
Palatine, IL 60067-8111

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U.S. POSTAGE  
PAID  
PNP 14304

## Dear Neighbor, You can have it all!

There's a lot to be said about the positive effects of an attractive smile—it can help make you feel more confident, attractive, and happy. But, guess what? There's a whole lot more that I believe is also important—your **optimal oral health**.

**Looking great and feeling great** is what I strive to provide to every one of my patients. And that's what I offer you—expert care of your Mouth/Body Connection.

You see, your oral health can affect your overall health. It could be that an infection like gum disease releases toxins into your bloodstream. Or it could keep your immune system chronically engaged. Or it could send the wrong signals to the wrong cells. You can rest assured that early detection and/or correction is something you can count on. Plus... As smile experts, we use dental technology, procedures, and materials to create the ideal balance for your face. Anatomy, function, and esthetics produce the most engaging smiles!

So, you can have it all! We offer numerous solutions, and invite you to discover the right fit for you. And, I have to be honest ... because we focus on the "whole you," when you smile, you'll not only **look great** ... you'll **feel great** and that makes me smile, too!

*Yours in good dental health,*

*Dr. Anna M. Pelak*

***P.S. Call today  
to arrange your  
personal no-obligation  
complimentary SMILE  
CONSULTATION.***



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