

totaldentistry

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

Spring 2010

A Top Teen Secret! *The sneaky way to wear braces*

Teens who need braces can finally stop worrying about how they'll look and about how their social lives will suffer. Once upon a time when train track braces were the only option, tangled metal smiles rated right up there on the nightmare scale. That was before *Invisalign*®.

We are one of the first practices to offer *Invisalign*, a proven method for straightening teeth using a series of custom-made, nearly undetectable aligners. Each aligner is precisely calibrated using the latest 3D computer technology, and manufactured to custom-fit over your teeth and gently move them through every stage of your treatment... invisibly.

We know teens will be inspired to consider Invisalign! Please call us for a consultation.

Invisalign® Special!

FREE* orthodontic consultation for *Invisalign* or traditional orthodontics.
*Valid for first 10 patients!
Offer expires May 30th, 2010

TEN THINGS TEENS LIKE ABOUT



- 1. They are invisible** – no one can tell they're being worn.
- You can keep smiling at parties, weddings, and on dates.
- They are simple to put on and take off.
- You can eat and drink just like normal while in treatment – just remove the aligners.
- 5. They are comfortable** – no metal wires or sharp brackets.
- You can wear them playing sports and woodwind and brass musical instruments.
- If you lose an aligner, it can be reproduced.
- Treatment is finished faster with fewer appointments.
- Fitting is high-tech and much more efficient.
- Using virtual technology, you can see your straight teeth – **in advance!**



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

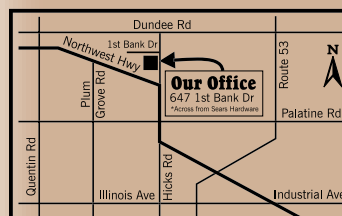
Palatine Office
647 N 1st Bank Drive
Palatine, IL 60067-8111

Office Hours

Monday 7:00 am – 7:00 pm
Tuesday 7:00 am – 8:00 pm
Wed & Fri 7:00 am – 2:00 pm
Thursday 7:00 am – 5:00 pm
Saturday 7:00 am – 12:00 pm *

* Saturday - 2 to 3 per month

(847) 358-2477



Yorkville Office
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



3rd location opening in Sycamore!
Call us for details.

Fit For Life

How to gain oral health no matter what your age

Here's some news you'll be happy to hear! Experts estimate that for every \$1 you spend on prevention and oral health care, you'll save as much as \$8-50 on future emergency and restorative procedures. Here are some cost-saving and health-saving examples.

Kids and teens: Each year, kids lose about 51 million hours of school to dental-related illness, plus their parents lose valuable work time and in some cases, wages.

Young adults: Changes in eating patterns, more lax home care, and fewer dental visits can create oral health problems. Destructive gum disease increases three-fold between the 20s and 30s!

Boomers: Serious destructive gum disease jumps to nearly 30% for people in their 40s, and nearer to 50% by your 50s. Severe gum disease may be linked to systemic health problems like diabetes and heart disease. And those older fillings and restorations that may be compromised? They need dental attention to prevent further tooth-structure damage.

Seniors: By your 60s and 70s, chronic conditions requiring the use of medications can contribute to oral health



complications. Many older adults are unaware of the mouth-body connection and the importance of prevention and regular care.

The solution? Call us! Neglected oral health can influence the quality of life at any age and prevention is your most cost-effective option. Fluoride treatments, sealants, and regular checkups can keep your smile healthy for a lifetime.



The average man will lose 5.4 teeth by age 72. You've probably heard this before and you might even think times have changed. Not so. Yet another survey confirms that when it comes to taking care of their teeth and gums, men don't have much to smile about.

According to the *American Dental Association*, 86% of women brush their teeth twice or more a day, compared to only 66% of men. What else? Women change their toothbrush or power toothbrush head the recommended every 3-4 months on average, yet men wait an average of 5 months.

Good oral hygiene and regular checkups are important for both men and women. Stress, like ageing, takes its toll on oral health, and gum disease which may result from lack of care, may be linked to systemic diseases. Keep your teeth and your health.

TMJ Trauma

You don't have to live with it

Have trouble opening your jaw all the way? Experience facial or head pain or jaw joint sensitivity and noises? Those jaw joints are also called *temporomandibular joints* and millions of North Americans have a debilitating condition called *temporomandibular disorder* or TMD.

Here are some possible causes of TMD:

Bruxism, or grinding and clenching of the teeth, is the most common. Stress can increase its severity while asleep and awake.

Malocclusion, or bad bite, can place pressure on the joints and strain your jaw muscles.

Trauma caused *directly* by a car accident, a contact sport, or other event, or *indirectly* by, for example, holding a sustained position at work.

Although the cause and symptoms of your TMD are unique, you could be one of the many for whom a small dental appliance can provide much-needed relief.

Wake Up Your *Smile*

It's all good news about whitening

Just when you think there can't be any more great news about whitening techniques – there is! The ingredient dentists use to restore the healthy and radiant luster to your smile is actually milder than your morning glass of orange juice. You can be confident that your dentist-supervised teeth whitening is both safe *and* effective.

You see, the dentist doesn't put "white" on your teeth. Instead, stains are gently removed from your tooth enamel which results in a **whitening** effect. The stains can occur as a result of the food you eat, tobacco smoke, tea and coffee, and even normal ageing. Life makes those stains pretty tough to avoid, but our dental team is up to the task. Professional techniques

can even refresh smiles dulled by root canal treatments, prescription drugs, or discoloration that is part of the tooth's actual structure.

We can offer much, much more than teeth whitening to brighten your smile...

■ **Bonding** can fill in microcracks, camouflage deep stains trapped within your tooth's surface, and mask white splotches or brownish gray bands.

■ **Veneering** your teeth with bonding or ceramic materials offers an added bonus. They can build up your tooth surfaces to correct ridges and uneven lengths as well as reduce unsightly spaces.

■ Natural-looking **white fillings**, instead of dark metal ones, can finesse your smile rejuvenation.

*Your smile doesn't have to be yesterday's news.
Give it - and you - another chance!*



Whitening & Veneers



Before



After



Keep This! You'll Love It!

Quick 'n' easy pizza for four

A balanced variety of food is good for your oral and overall health. When you eat cheese, for example, you can slow the cavity-making process. Unsung mushrooms are loaded with antioxidants, riboflavin, selenium, and other nutrients that keep your immune system healthy, are the only natural fresh vegetable or fruit with vitamin D, and are also a good source of B vitamins.

This *Mushroom Council* recipe creates a winning combination.

10 to 16 ounces Italian bread shell

8 oz white button mushrooms, sliced and divided into 2 equal portions

1 cup shredded fontina or mozzarella cheese

1/2 cup thinly sliced green bell pepper

1/4 cup drained and chopped oil-packed sundried tomatoes

1/3 cup thinly sliced sweet onion

1/2 cup grated Parmesan cheese

Preheat oven to 420°F. On a 12-inch pizza pan, place bread shell. Arrange half of the mushrooms in a single layer. Sprinkle with fontina. Top with green pepper, tomatoes, onion, and remaining mushrooms. Sprinkle with Parmesan. Bake until hot and cheese is melted – about 10 minutes.

Helping The Community Making kids smile

Unfortunately, not everyone can afford dental care. This is true all over the country, and right here in our own backyard. We've taken a stand against this issue through our **Kids For Smiles** program.

Kids For Smiles provides us with the opportunity to offer free screenings in our area for underprivileged children – those who can't see a dentist regularly. We even select one lucky child who will receive further treatment for free.

We understand that an important part of oral health is education, which is why we will also be visiting local schools and community groups offering education sessions. If you are interested in having us speak at your next community event, please don't hesitate to call us.

We're striving to make a difference in our community one smile at a time.

Tooth Whitening Special

\$500 OFF Zoom!® Whitening
Regularly \$600
Offer expires May 30th, 2010

New Patients Welcome!

www.totaldentistry.org

(847) 358-2477 or (630) 553-8664



totaldentistry

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Peace Of Mind Dentistry

Sedation dentistry: comfort, relaxation, & control

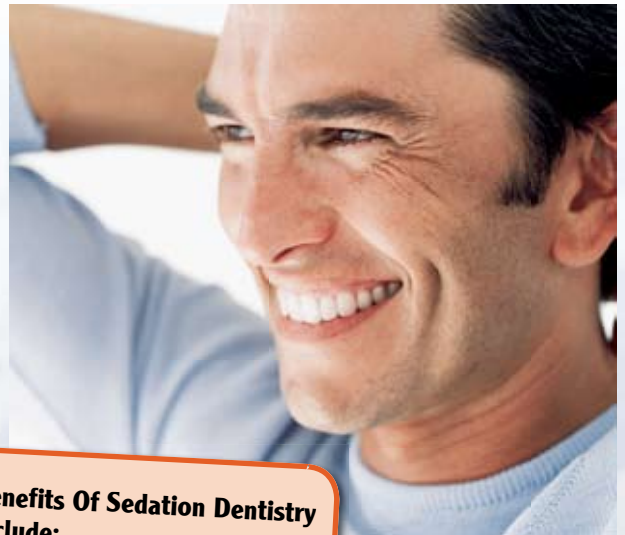
Dentists have worked long and hard to diminish or eliminate patient pain. Anxious and even phobic patients often discover that sedation dentistry can offer the perfect, relaxing solution for maintaining good dental health. In one study, 90% of the patients who experienced fearfulness about dentistry felt more comfortable with sedation ... and you are no different. We can make your next visit a lot more comfortable.

And of course, prior to administering any anesthesia, we'll discuss your needs, your medical history, and your current health with you.

Nitrous oxide,

commonly referred to as *laughing gas*, is an effective anesthetic with many benefits. This type of sedation dentistry is appropriate for those individuals who are dental phobic, people with sensitive gag reflex, and people who require surgery, or who require extended and complex treatments.

Oral sedation (pills) are used for many of our patients who are needle-



Benefits Of Sedation Dentistry Include:

- Elimination of fear.
- Reduction of anxiety.
- Increased comfort levels.
- Heightened relaxation.
- Increased sense of control.

phobic. Since with oral sedation patients can often undergo treatment for longer at one sitting, multiple procedures can be completed in fewer visits. Like Nitrous oxide, oral sedation is

also very safe, but it lasts for several hours after the appointment. You will need an escort home.

Dental sedation is a safe and effective way to reduce the stress and anxiety associated with your dental appointment. If you're apprehensive about dental visits, the first step is to call. We will work with you to eliminate this barrier to better oral health.



Mixed Sources
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