

PELAK*POST

TOTAL DENTISTRY
DR. ANNA M. PELAK & ASSOCIATES
847-358-2477

Fall 2008

Dental Implants

Serendipity and your smile

This could be one of the most serendipitous articles you've ever read. That is, you are about to discover something delightful where you least expected to find it. What is it? Dental implants are more than restorative... They can help you to look great!

Teeth that are lost to gum disease, cavities, or trauma from an accident can be permanently replaced by dental implants – artificial teeth permanently anchored in the jawbone. This is important. Bone loss will *always* follow the loss of a tooth. And if bone is lost even from only one tooth, the surrounding teeth will shift. This can affect your appearance, speech, ability to enjoy food, and your self-esteem.

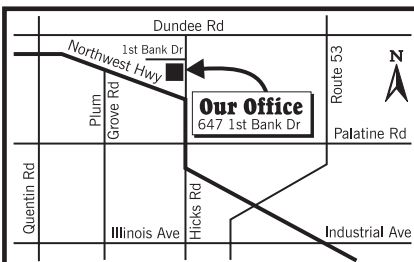
Let us help you decide whether dental implants are for you. Like any other cosmetic restoration, we'll take into account your health, where the implant is needed, the best implant design, and its suitability for your lifestyle.



How can implants help?

- Placing dental implants soon after tooth loss can save bone, teeth, and the look of your smile.
- For people with good overall health and healthy gums and bone, implants can be an attractive alternative to a denture or bridge.
- Implants really do look and feel just like real teeth.
- Implants help to keep gums looking healthy and young.

Ask about our
Low Interest
financing option.



*Directly across the street
from Sears Hardware.

totaldentistry*

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

www.artofasmile.com

Office Hours

Monday 7:00 am – 5:00 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 a month

Our Services Include:

- ❖ Family & Cosmetic dentistry
- ❖ *Invisalign*® (clear braces)
- ❖ Dental Implants
- ❖ Orthodontic treatment
- ❖ Porcelain & composite inlays
- ❖ Periodontal Therapy
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- ❖ Children of all ages welcome
- ❖ Modern, state-of-the-art facility
- ❖ Sedation dentistry available
- ❖ Most credit cards accepted

Trusted in Palatine for over 15 years
Call Today! (847) 358-2477

Are Your Teeth As White As You Want?

Get whitening customized just for you!

Get ready to get complimented! Dentistry can give you a whiter smile and offset the dulling effects of the natural ageing process, staining food, and beverages like coffee, tea, and wine, lackluster home care routines, dental trauma, or medication. And there's a teeth whitening option to suit every budget and lifestyle.

5 Signs You Might Need To Have Your Teeth Whitened

1. You've stopped wearing white to shift focus from your dull or yellowing smile.
2. You've started covering your mouth with your hand when you smile, talk, or laugh.
3. You only smile with your lips closed.
4. You haven't had your picture taken in ages.
5. You've stopped smiling altogether.

5 Reasons You'll Be Glad You Did

1. Your immaculate smile will communicate youthful health and vitality.
2. With your improved self-confidence, you'll be ready to smile more often.
3. Your non-stop smile says positive attitude – and executive material – to make an impression on the job or at interviews.
4. Improved smile wattage and appearance will look so natural that people won't know exactly why you look better – except that you do.
5. People will think you're more attractive, more popular with the opposite sex, and more successful in your career!

Put the sizzle back in your smile – and keep it that way – safely, conveniently, and comfortably with dentist-supervised teeth whitening. All you have to do is get ready!



**Put the sizzle
back in your smile...
and keep it that way!**

Getting 5-A-Day?

Here's how!

Fruits and vegetables contain antioxidants, reduce your risk of heart disease, obesity, high blood pressure, and Alzheimer's, as well as cancers, including oral cancer. Nevertheless, most of us aren't even close to meeting the minimum recommended 5-A-Day target of three veggies and two fruits. What to do? Here are some tasty tips to keep you smiling.

Do...

- Add finely chopped and blended vegetables to casseroles, stews, soups, pasta, and pizza.
- Enjoy bigger meal portions bulked up with veggies, all without guilt.
- Sweeten your cereal with fruit instead of sugar.

Don't...

- Try to get by with, say, five oranges or any single food a day. Include a rainbow of fruit and vegetable colors.
- Overboil or overcook the nutrients away.
- Substitute a lot of sweet juices that can potentially damage your teeth.



Do Try These At Home!

Pro tips & tricks



Brush
your teeth using a **circular motion** close to the gumline and **hold your brush at a 45° angle** to the teeth...
in front & behind each tooth. Brush **2-3 minutes** gently **2x a day.**

Floss
in between teeth to clean where **your brush can't reach...**
including your last back teeth, **gently, 1x a day**, using a **different section** of floss for every tooth.

Try waxed floss for teeth that are spaced **tightly** together.

If you wear **braces**, suffer from **arthritis**, or receive **chemotherapy** treatment, ask your dental team about more tips and techniques **designed for you!**

According to research, good oral hygiene can help you look and feel younger!

10 Ways To Get Relief!

Don't get down in the mouth over stress

Do you know anyone who is smile-challenged due to stress? Today, many people are savvy about strategies that can help, like relaxation techniques, exercise, and professional support. Fewer know that elevated levels of cortisol, a hormone produced by stress, can suppress the immune system, potentially accelerating tissue damage and loss of bone and teeth due to gum disease.

Prevention through regular brushing, flossing, and dental visits is always the best strategy, but once gum disease takes root, here are ten ways your dental team can help ease your symptoms.

1. Offer treatments that help heal inflammation and red, swollen, or tender gums.
2. Demonstrate home care that will help halt bleeding that occurs when you brush.
3. Restore gums that have pulled back from your teeth.
4. Treat teeth that seem loose or have shifted.
5. Correct an altered bite.
6. Eliminate bad breath or a chronic bad taste.
7. Repair enamel and weakened fillings and restorations damaged by grinding.
8. Relieve jaw joint problems caused by grinding and clenching.
9. Restore stress-depleted saliva flow that puts your teeth at risk for cavities and your gums at risk for infection.
10. Enhance the appearance of your smile.

Even if you have always taken excellent care of your teeth and gums, we understand that people under stress may neglect their diet and lose motivation for their usual home care routines and regular visits.

Smile! Your dental team is up to the challenge.

7 Reasons Crowns Rule!

Count 'em and see!

Did you know that a crown restoration can prevent tooth loss by covering a badly damaged tooth to protect it? Losing a permanent tooth – even one people can't see – can create problems. Here are seven ways that a crown combined with a bridge restoration can prevent, restore, and even reverse damage caused by tooth loss.

1. **Bridge spaces left by missing teeth.**
2. **Prevent shifting of teeth.**
3. **Discourage dental decay and gum disease.**
4. **Prevent stress and more damage to other teeth.**
5. **Keep opposing teeth in their proper place.**
6. **Improve speech and chewing ability.**
7. **Revitalize your smile's appearance.**

Your dental team wants your smile to radiate the health, strength, and self-confidence you feel on the inside. Crowns and bridges are only two ways dentistry can help you to achieve your best smile possible!



Crowns, bridges, and veneers work beautifully together to enhance this smile.

Sedation Dentistry

Helping you relax

Are you fearful about coming in for treatment? Do you avoid appointments which can put your oral health into jeopardy? Oral sedation may be the simple answer!

We can prescribe a small pill for you to take one hour prior to your appointment. Have a companion accompany you to our office as by the time you arrive, you'll be very drowsy. We'll escort you to our comfort room and cover you with a warm blanket. While you're relaxed and comfortable, Dr. Pelak and our experienced team will take care of your dental needs and monitor your vital signs. Oral sedation is very safe, and as its benefits are effective for several hours, your companion will accompany you home.

The only thing standing between you and the dental care you need is a couple of tablets.

Call Today! (847) 358-2477



Hello Neighbor,

I think I'm safe in saying that a major part of every dentist's philosophy of care is to share information that promotes health. I hope you enjoy receiving my newsletter – as a member of your community, it's my way of extending a neighborly smile and fulfilling my commitment to dental education.

For this issue, I've chosen articles that will keep you abreast of the latest procedures, treatments, and technologies. After all, it's important that you know about all of the support we can provide to insure that you are well taken care of now and in the future. It's also nice to share good news – to let you know about the positive transformation in my patients' lives from techniques like:

- whitening
- recontouring
- composite restoration placement
- implants
- porcelain crowns
- bonding
- veneers

All of these procedures – and more – have brightened smiles ... improved symmetry ... restored function... And above all, they've restored confidence with winning smiles!

It is my personal commitment to provide my patients with all the information they need to ensure excellent oral health in addition to providing dentistry that will help them smile for a lifetime.

We welcome you to join our practice, but first, why don't you come for a **FREE** smile consultation? Let us help you. Call us today and get to know us, to feel comfortable, to know you're making the right decision.

Thank you!

Dr. Pelak

P.S. Schedule your FREE consultation today. Absolutely no charge. Absolutely no obligation. Call us today at **(847) 358-2477** to schedule your **FREE** consultation. Let's discuss what we can do to make your smile brighter.

totaldentistry^{*}

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