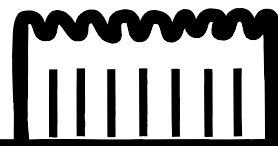


Up Brushing



Produced for the Patients of Dr. Philip Cole and Dr. Robert Stanford

Winter 2008/2009

fromthedentists

Spreading The Word

Thank you so much

The power of the spoken word cannot be denied. When used to help improve the lives of others, words not only bring positive change, they often bring life-long results. And, when spoken as a referral or "personal testimonial," all kinds of good things spring forth.

Do you know how we measure the quality of care we provide for you? Every time you return to our practice, give us your positive feedback, and tell your friends, family, and colleagues to come see us for their dental care, you are letting us know that what we do for you matters. Your support motivates us to continue raising the bar on the superior standards you expect.

Thank you, from all of us, for your wonderful feedback, your loyalty, and your ongoing new patient referrals.

Yours in good dental health,

*Dr. Philip Cole and
Dr. Robert Stanford*

turnthepage

Break through with the new you!

Crown your way to glory!

Spice up your smile...

We've Moved!



10730 W 165th Street
Orland Park, IL 60467
(708) 460-3040

- Ground-Level - No stairs!
- Wheelchair accessible treatment rooms and restrooms
- Windows in treatment rooms with a beautiful view of the outdoors
- Flat screen TVs in treatment rooms
- New state-of-the-art equipment
- Same friendly staff!

We look forward to seeing you - we know you'll love it!!

Winners Of Our Patient Appreciation Drawing Are:

Anne McGee - April Showers

\$150 gift certificate to Every Bloomin' Thing Garden Center and a terra cotta planter filled with garden tools and flower seeds

Bonnie Groen - Fire Up the Grill

Weber grill complete with accessories and a \$50 gift card to Walt's Food Center

Barb Miller - Back to School

A Jansport backpack loaded with school supplies and a \$100 Visa Gift Card

Kim Lang - Starved Rock

A \$250 gift certificate for a weekend getaway

Pat Rafferty - Ultimate Tail-Gate Party

Two oversized tailgate armchairs, a propane grill, a cooler and a \$25 Jewel/Osco gift card

Don't forget to sign up each time you're in the office!

Make an appointment today ... We'll give you a reason to smile!

More Power To You

Make the right connections ... and smile!

Homophily is the natural tendency of people to associate and bond more strongly with people who are similar to them. So what can we do to help you connect with all those *other* beautiful people? Well, according to research, a cosmetically enhanced smile will make you appear more attractive and popular with the opposite sex, as well as more intelligent, interesting, successful, and wealthy!

Together, we can choose cosmetic options that will enhance your natural smile foundation and make your smile sing out success! We can...

- Brighten your teeth with whitening, bonding, or porcelain veneers.
 - Rebuild chips and cracks and close gaps that make you self-conscious.
 - Straighten and even out the appearance of crooked, crowded teeth.
 - Reproportion tooth shape, length, and width to ideally balance your features.
 - Recontour an uneven or too high/low gumline.
 - Correct a receding gumline that exposes roots and makes your teeth look longer - and you look older.
 - Widen your smile to fill in the gaps at the corners of your mouth.
 - Diminish lip lines and make your lips appear fuller by adding volume.
- And there's even more that we can do...
- We can maximize the dramatic impact of whichever cosmetic procedure you choose. How? By helping you achieve clean teeth and pink healthy gums with a strong supporting bone structure.

Nothing makes a connection better than optimal oral health and a high-powered smile.



crowns & veneers

Brighten



gum sculpting & veneers

Reproportion

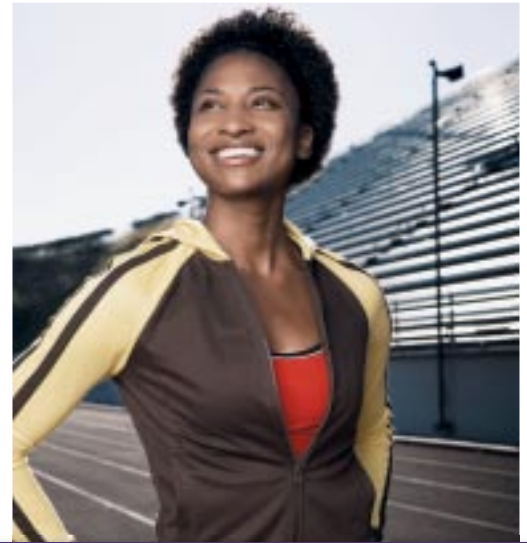


orthodontics & veneers

Straighten



A Crown F



Take Heart! & Save your smile

In the earliest stage of gum disease, you won't even know you have it. Early on, it's reversible with home care and regular dental treatment, but in later stages it can lead to tooth loss and only professional dental intervention can help. Studies have linked gum disease and cardiovascular diseases and stroke - the number-one killers of men *and* women.

Stay fit and keep your mouth *and* heart healthy!

- Exercise regularly to increase blood flow, strengthen your heart, control your weight, stress, and risk of high blood pressure, cholesterol, and diabetes.
- Eat fruits, whole grains, vegetables, low-fat dairy products, and sources of protein, legumes, and Omega-3 fatty acids.
- Don't use tobacco, a risk factor for oral cancer, tooth loss, and heart disease.
- Get regular medical and oral health screenings.
- Keep smiling!



For All Reasons

Prevent...
Protect...
Impress!



For many people, appearance is *the* greatest inducement to sustaining oral health. Who among us does not want to make a great first impression at a job interview, look fabulous in photos, and shine at significant moments like weddings? Beautiful crowns can help you do all that and more. They are the most popular restoration not only because they can create a natural-looking improved appearance for discolored, misshapen, or missing teeth, but because they prevent and protect to save smiles!

Crowns can...

- Prevent a cracked tooth from getting worse;
- Strengthen and halt further damage to a broken tooth, either...
 - one that has undergone root canal therapy or
 - one with a large filling or fillings.

In fact, when your custom dental crown is created, it becomes your tooth's new outer surface. Technicians incorporate precise measurements to suit your bite, jaw movements, and anatomy. Durable metal or metal camouflaged with white porcelain can be used, and all-porcelain materials can exactly match your smile's enamel.

Attaching multiple crowns to a natural-looking bridge is an excellent technique for replacing several missing teeth. It can prevent drifting teeth, challenges to eating and speaking, and increased risk for tooth decay and gum disease.

And the bonus: avoid the premature wrinkles and age lines that may accompany an altered bite. Your smile will look even more attractive!



Modern crowns & veneers turn a smile into ... a SMILE!

Where does your smile rate on our whiteness scale?



5 THINGS about teeth whitening

1. *Not all of your natural tooth enamel is the same color...*

- your front teeth are usually whitest
- molars tend to be in-between
- eye teeth are commonly darkest

2. *Discoloration can be caused by:*

- coffee, tea, red wine, colas, or tobacco
- heredity
- illness and medications
- ageing

3. *Structural changes occur over the life of your teeth and affect their whiteness...*

- young teeth are whiter and usually have a highly opalescent enamel with milky brightness
- older teeth are darker with a more translucent, thinner enamel and a grayish appearance

4. *People perceive teeth as whiter and more attractive when they are contrasted against pink, healthy gums.*

5. *We don't add whitening to your teeth - we remove stains to brighten your teeth enamel by up to eight shades!*

Bollyfood

It's hot, hot, hot!

The whole world is charmed by the flamboyant extravaganzas produced by Bollywood, India's unique counterpart to the Hollywood film industry. Another cultural export, famous Indian curry dishes, aren't merely gorgeous, aromatic, and appetizing. It seems they have the potential to improve your oral and overall health.

Turmeric, a yellow spice that gives Indian curry powder its distinctive color, contains a compound that appears to relieve or suppress Alzheimer's symptoms.

Curcumin, an antioxidant known to benefit periodontal health, also found in turmeric, has been shown to help prevent tumors.

Curry leaves, common in South Asian cooking, release fragrant essential oils when chewed or combined with water. They are an ingredient in some mouthwashes and can help to reduce caries and chronic bad breath.

Want to spice it up a bit? Explore your Asian grocery!

The Sherlock Of Dentistry

Why x-rays are so important

How often do we find ourselves saying: *If I only knew then what I know now?*

Well, when it comes to the state of your oral health, you can know now and never have to look back with frustration. The hero in this case is the x-ray or radiograph – one of the most effective tools for safeguarding your dental health by assisting us in detecting minor changes and conditions in your teeth and jaws early, before they become major problems.

Think of it as a dental magnifying glass. X-rays can show us bone loss due to gum disease, impacted teeth trapped below the gums, infections at the root ends of teeth, indication of missing or extra permanent teeth, and cysts or tumors in the jaw or sinuses. Early detection and treatment can help save you time, money, and future discomfort.

Are they safe? Yes. Dental x-rays emit a low-level radiation similar to the type of background radiation we get from

the sun, the earth's crust, various types of food we eat, and the air we breathe. The average person gets more radiation sitting in front of the television than from routine dental radiographs. That aside, we are committed to ensuring that only necessary x-rays are taken.

It's important to remember when properly used, dental x-rays are one of your best allies in achieving and maintaining optimal dental health.



Office Update

New Arrivals

Natalie Kay

Daughter of Brian & Trish Wierenga
Proud grandparents Bernie & Lois Wierenga

Erin Elizabeth

Daughter of Lisa and Michael Doyle.
Proud grandma Shirley Skrabutenas.

Ava Jeanne

Daughter of Sarah and John Pandolfi

Connor Adan

Son of Meaghan and Kyle Hood.
Proud grandparents Lori and Jim Paruskiewicz

Averie Elise

Daughter of Denise and Tim Cocco.

Bridget Anne

Daughter of Mary and Anthony Faut.
Proud grandparents Nancy and Michael Donovan.

Gavin Michael

Son of Kim and Michael McCarey.
Proud grandparents Chris and Mike McCarey.

Ryan Patrick

Son of Jenelle and Joseph Hoffmann.
Proud grandparents Darci and John Malesh.

Dylan Thanh

Son of Hong and Dave Ragland.

Julia Ann

Daughter of Amy and Marty Podgorski.
Proud grandparents Debbie and Steve Clark.

Eamonn Gregory

Son of Eileen and Greg Milkovich.

Evan Matthews

Son of Lori and Matt Daniels.

Lindsey Autumn

Daughter of Meaghan and Andrew Gerhardtstein.

Proud grandparents Patti and George O'Connor.

Brayden Michael

Son of Scott and Elizabeth Noort
Proud grandparents Ken and Debbie Fruim
Even prouder great grandparents Robert and Anna Kruk

Babies bring so much joy to everyone's lives they touch. Congratulations to all our new arrivals!

Adoption Corner

Each month all boys and girls who visit our office are eligible to register for our monthly stuffed animal give-away.

Our most recent winners:

May - **Heather Zubko**

June - **Lindsay Lang**

July - **Jillian Bishop**

August - **John Kroen**

September - **Brittany Bergstrand**

Congratulations to all our lucky winners!

Thank You!

We would like to thank our patients who have referred their friends and family. We appreciate your confidence in our practice.

Christine Adams

Jackie Biallas

Frankie Ekstrom

David Frigo

Doug Kreuger

Thomas Keaty

Michelle Picl

Kathy Lockwood

Hillary McCarey

Linda Morris

Linda Patterson

Bernadette Ryan

Vanessa Vikander

Robert Witaszczyk

Jill Altman

Rosanna Cartolano

Charlene Earley

Elisabeth Johnson

Anna Faron

Brandi Schueler

Ken Lautenbach

Tony Martinez

Lisa Minasola

Mary Kreiger

Carol Racette

Deb Shepherd

Lois Wierenga

The winners of our "Dinner on Us" drawings are:

Anthony Rapp

Brandi Schueler

Rosanna Cartolano

Jason Cashmer

Any patient who refers a new patient will be eligible for this drawing!

officeinformation

The Dentistry & Implantology Group Of Orland Park

Dr. Philip Cole

Dr. Robert Stanford

10730 W 165th Street
Orland Park, IL 60467

Office Hours

Monday	9:00 am – 9:00 pm
Tuesday	1:00 pm – 9:00 pm
Wednesday	12:00 pm – 8:00 pm
Thursday	7:30 am – 4:00 pm
Friday	7:30 am – 4:00 pm

Contact Information

Office (708) 460-3040 *
Web site www.healthysmile.com
* 24-hour answering service

Office Staff

Lois, Karen Business Office
Barbara, Sherry, Diane, Laura, Michelle....
..... Dental Hygienists
Rita, Renee, Carolyn, Jackie, Maureen
..... Dental Assistants

