



HEALTHY SMILE

www.healthysmile.com

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

Winter 2010

from the dentists

Inspired

By your referrals

This season is the perfect time to look around and appreciate all that we have received. We think it's important to let you know that one of the things we are most grateful for, aside from your patronage, is your continual referrals to our practice. When you encourage your friends and family to visit us, it shows that you are confident, trusting, and supportive of the care and services we provide to you. Nothing could ever really top that compliment - and it keeps us striving to offer the high-quality dental care and professional service you have come to expect from our team.

We hope that you will continue to benefit from our services and send your thoughtful referrals our way. We look forward to seeing you throughout the new year!

Yours in good dental health,

*Dr. Philip Cole and
Dr. Robert Stanford*

turn the page

Rejuvenate your smile!

What's your flossophy?

Defeating diabetes!

Exciting New Technology!

We are making trips to our dental office a more comfortable and interactive experience for our patients. After years of taking traditional impressions for patients who need a crown or bridge, we have replaced the uncomfortable procedure that involves plastic trays, the messy impression material and - most importantly - the uncomfortable wait time that patients endure while the impression material sets in their mouth. Thanks to a new product called the Lava™ Chairside Oral Scanner C.O.S. from 3M ESPE, we can now capture impressions digitally, without any of the challenging materials or unpleasant waiting time.

Using a small, lightweight wand consisting of a highly complex optical system, we glide the wand tip over the patient's teeth to capture video images. The system captures large amounts of visual images every second and displays them in real time on a touch screen monitor. We can review the digital impression with patients while they're still sitting in the chair. Our practice is one of the first in the area to offer the Lava C.O.S. and our patients will be some of the first patients in the world to experience this revolutionary technology.

Patient complaints about the impression process are common. Now we can give them a comfortable, engaging and high-tech experience. The patient's teeth are displayed in real time on a touch screen monitor and reviewed with the patient, something that was never possible with traditional impressions. This fosters better communication and comes at no extra cost to the patient.



Winners of our Patient Appreciation Drawings are:

Jackie Biallas - "Dinner and A Movie" - A \$50 gift card to Marcus Theater, \$50 gift card to Champs Restaurant, and \$50 gift card to Rock Bottom Restaurant.

Tina Budney - "Thanksgiving Feast" - A \$75 gift card to Dominick's and a Butterball Turkey.

Maureen Reardon - "Dr.'s Stimulus Package" \$250 cold, hard, cash!

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

We welcome new smiles!



You Can Do It

Discover your inner balance

It's *all* about the balance. Really. A lifestyle that balances work with stress-relieving play and that pays attention to nutrition and diet is a healthy one. That's the *macro* level. At the *micro* level, small imbalances in the pH of your blood, for example, can create changes in the pH of your saliva, altering your mouth's environment. In other words, your oral health can impact and be impacted by your overall health and here's how...

Plaque, the thin film on your teeth, is a biofilm and a bacterial ecosystem within the larger bionetwork of your mouth and body. When the scale tips so that good bacteria are overtaken by those that are harmful, red swollen gums that bleed easily, gum and bone recession, and tooth loss can occur.

Tartar is the conspicuous, cement-like substance that plaque hardens into when you allow it to build up. Tartar can break the natural protective seal that your gums provide, allowing oral bacteria into your bloodstream. Experts believe that toxic bacteria from your gum infection can trigger your immune system into a constant state of alert.

Gum disease has been linked to systemic and inflammatory diseases including heart and stroke, osteoarthritis, diabetes, cancers, and lung diseases.

These complex interactions mean that a *one size fits all* approach to life, health, and your oral health care is no longer sufficient.

Just In Time

You get to decide!

Are you an adherent of the *Before Flossophy* or the *After Flossophy*? People can be surprisingly passionate about when to floss ... before or after they brush. Even dentists can't always agree. In a poll conducted by the *American Academy of Periodontology*, 40% recommend before, 36% after, and 25% don't think it matters. Truthfully, as long as you remember your home care routines and maintain your recare schedule, we will be happy!

So, in no particular order...

- **Floss once** – to clean between your teeth and below the gumline.
- **Brush gently** at least twice a day – to remove food and bacteria from your teeth, gums, and tongue.
- **Rinse often** throughout the day – plain water can keep bacteria at bay when there's no time to brush.

Your oral health can impact and be impacted by your overall health



Weighing In

Fight diabetes!

Did you know that diabetics are more likely to have gum disease than others and that those with gum disease find it more difficult to control blood sugar levels? Or that 90% of people newly diagnosed with Type 2 diabetes are overweight? Weight loss and exercise could go a long way to preventing or managing diabetes – and your oral health!

A regular routine of physical activity is ideal, but still, you can find inventive ways to burn calories!

- Take the stairs instead of the elevator.
- Try hiding the remote. Research shows that thin people get up and move around more, tend to fidget more, and sit less.
- Do some eco-exercise – instead of driving, ride your bicycle when you can. It's important for *everyone* to maintain healthy routines for oral and overall health.

Prime Attraction

Get what you need

Is 50 really the new 40? It seems so. Men and women today feel and act ten years younger than their biological age. Midlife is a strong, powerful time of life in every way and you can see the influence you command in the number of products tailored just for you. A prime example is the number of esthetic innovations created to enhance your smile, like beautiful natural-looking crown and implant restorations.

You'll like them because...

You're an experienced and savvy consumer

- Long-lasting natural-looking materials resist chipping, staining, and cracks.
- Improvements in options and technology have made procedures more time-efficient and patient-friendly.

You're health conscious

- Your damaged or discolored tooth can be covered, protected, and strengthened with a single crown.
- Bone loss can be prevented by anchoring a permanent new tooth into the jawbone by combining a single crown with a dental implant.
- Missing teeth can be replaced with several replacement teeth attached to a secure crown or implant bridge restoration to prevent your other teeth from drifting and altering your ability to eat, speak, and socialize.

You love to look great

- Crowns made of natural-looking translucent porcelain are beautiful and designed to blend in so well with neighboring teeth that no one can tell that you have them.

Don't let your smile give away your age. Let us give you a midlife smile with style! Call us to schedule a consultation.



Before

After



7 Tips For A Tiptop Smile

Which would you choose?

Improving the color, shape, or position of your teeth can improve the way you feel about yourself. Here at a glance are seven tips for a tiptop smile that looks completely natural.

Teeth Whitening	Instantly brighten your smile
White Fillings of Composite or Porcelain	Make tell-tale dark fillings a thing of the past
Tooth-Colored Bonding	Cover deep-rooted stains, repair small cracks or chips, fill in gaps, and recontour teeth
Cosmetic Veneers	Conceal spaces, crooked, chipped, or discolored teeth
Crown Restorations	Restore severely damaged or broken teeth
Dental Implants	Restore appearance and function
Crown/Implant & Bridge Restorations	Replace missing teeth and prevent further damage to your smile



It's A Celebration

Of dedication, caring, and service

Our office provides the latest in dental technology and comfort. But more important than that, are the efforts of our dedicated team members – three of which are celebrating their twenty year anniversaries: Laura Alexander, Karen Morris, and Lois Wierenga.

Laura has 23 years of dental experience and a reputation for providing quality, friendly care. She keeps our hygiene department abreast of industry best practices. Laura says "it's been a privilege to be a part of this practice, which consistently strives to do the right thing for their patients and the joy of my career to have shared so many memories with the families I serve."

Karen takes great pleasure in the lifelong relationships she has created as our Receptionist - hearing everyone's stories and watching patients and their families grow. She has seen young patients develop into adults; some now have children of their own. She thanks

the doctors, staff members (past and present), and all of the patients for making the past 20 years extremely delightful.

Lois is a tremendous asset as our Patient Care Coordinator. She's always available to assist with all phases of patient visits. Lois says "The doctors took a risk offering me a job when I had absolutely no experience in the dental field. I'm sincerely grateful for the growth I've achieved and applied over the last twenty years. I'm proud to be a member of their team!"



Left to Right: Dr. Stanford, Lois, Laura, Karen and Dr. Cole.

We feel incredibly fortunate to have worked alongside each of these first class professionals for the past twenty years. Little did we know that 1989 would be such a great year for hiring talented team members! We thank them for their years of service and look forward to their continued partnership in delivering quality care to our patients.

office information

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, Sara..... Business Office
 Barbara, Sherry, Diane, Laura, Michelle....
Dental Hygienists
 Rita, Renee, Carolyn, Maureen, Taylor.....
Dental Assistants



Office Update

New Arrivals

- Kyleigh Nicole** – daughter of Nicole and Jonathon Walsh. Proud grandparents - Rae and Dan Walsh. Proud Great grandfather Ray Davis.
- Collin James** – son of Jill and Eric Anderson. Proud grandparents – Darlene and John Buwolda.
- Alice Saya** – daughter of Sayuri and Todd Daley. Proud grandparents – Marcella and Vince Daley.
- Catherine Cecilia** – daughter of Heather and Ray Kusinski.
- Anna Susan** – daughter of Steve and Beth Fuller. Proud grandparents – Bob and Deborah Fuller.
- Kane Nevin Coyle** – son of Tracy Rudd and Kevin Coyle. Proud grandparents – Pat and James Coyle.
- Miles John** – son of Leah and Christopher Karner. Proud grandmother – Barb Douglas.
- Sarah** – daughter of Sandy and Ed Riley. Proud grandparents – Judy and Jim Riley.
- Mei Virginia** – daughter of Seiko and Zach Koppers. Proud grandmother – Hope Koppers.
- Brady James** – son of Kristi and Glenn Fischer. Proud grandparents – Virginia and Glenn Fischer.

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:

Shannon Deacy Heather Zubko
 Adnan Alhajian Kaley Moran
 Giana Spezza

Thank You!

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

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| Laura Alexander | Cheryl McDavid |
| Kathleen Bartholomew | Lisa Minasola |
| Kevin Bewley | Dorothy Moisan |
| Rita Bolek | Marlene Prendergast |
| Herb Deiters | Mary Rog |
| Megan Deliberto | Jennifer Roney |
| Arlene DuBois | Christine Schackmuth |
| Bettiann Duerr | Natalie Sierra |
| Joshua Gentile | Michael D. Smith |
| Christine Hansen | Sandra L. Smith |
| Megan Hill | Deborah Stouffer |
| William W. Johnson | Shirley M. Thoren |
| Thomas Keaty | Robert VerHaar |
| Monika Korallus | Gayle Vittorio |
| William Kubas | Michael Waicekaskas |
| Barb Langosch | Marie Willman |

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

Teri Alexander **William Johnson**
Shirley Thoren **Bob VerHaar**
Marlene Prendergast

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

Congratulations to all our lucky winners!