

Up Brushing

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

Fall 2009

fromthedentists

We're Here For You!

Keep smiling

If we haven't told you lately – you are valued, you are important to us, and as smile experts, our goal is to make sure your smile is bright, healthy, and happy! That's why we encourage you to come in for your exams and to follow through with treatment plans – even in this very difficult economy.

Actually, keeping up with your appointments is an excellent money-saving strategy. The longer small problems are left untreated, the more serious the consequences to your oral health, appearance, and wallet.

No one is more aware than we are that to you, the oral health care of your family is a necessity – not a luxury. We will do everything we can to provide as many treatment plan, scheduling, and payment options as possible for you.

Please call with any questions.

Yours in good dental health,

*Dr. Philip Cole and
Dr. Robert Stanford*

It's For Real

Protect your future with dental implants

Dental implants, have become virtually routine in practices like ours with teams that have received special training. An implant should be placed immediately after losing a tooth to protect you against receding bone and shifting teeth. In the event that time has passed and bone loss occurred, modern techniques for bone regeneration make dental implants a viable option for many people.

Implants can be used...

- to replace teeth lost by decay, gum disease, or trauma once the jaw has stopped growing.
- to secure and prevent slipping of removable dentures and bridges.

There are some procedural differences between placing cosmetic implants and those to anchor bridges or dentures, for best results we prefer to do it in stages...

First... We surgically place your implant or implants into the jawbone under your gumline.

And... We can attach temporary crowns so you won't be too shy to smile while you continue with your busy life.

Then... After a few months when the implant becomes securely



Wondering if implants are for you?

We have numerous patients who have agreed to share their experience so that you may be more comfortable in your decision. None, however, are quite as unique as Dorothy Moison.

Dorothy had two implants placed by Dr. Stanford on June 25th, 2009. Her two implants will hold her lower denture in place and allow her to chew and speak confidently.

This treatment is actually quite routine, what makes Dorothy unique is that on November 20th, 2009 she will celebrate her 100th birthday!!

Please call us if we can help you!

anchored, we will permanently attach a custom-designed replacement tooth that will blend in perfectly with your natural smile.

We consider dental implants to be the gold standard of care and hope you will too. They are time-tested, predictable, and so reliable that millions are placed annually in North America.

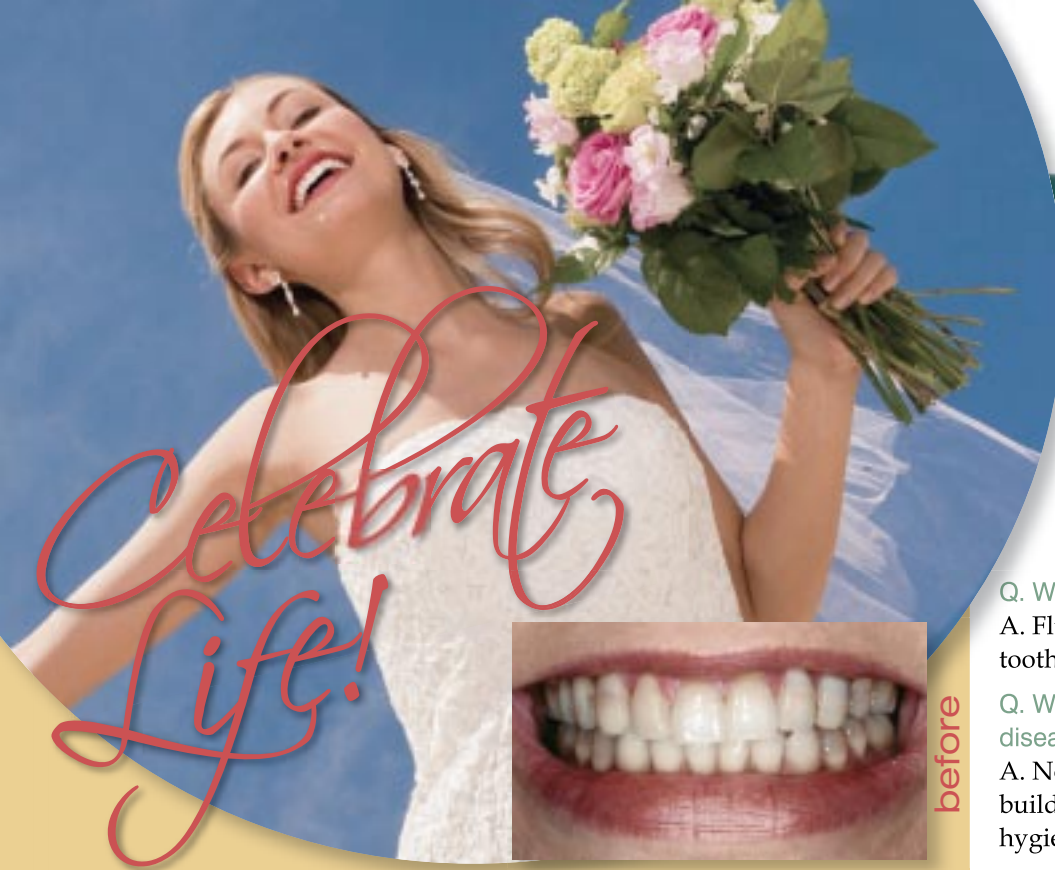
Winners Of Our Patient Appreciation Drawings Are:

Dawn Zambrano – A \$100 family membership to Brookfield Zoo and a \$50 Visa Gift Card

Kathy McCartney – A \$125 gift card for Home Depot, a 30-pc Household Tool Kit and a crank light

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

Communication is important to us. Don't be afraid to ask questions!



Celebrate Life!



before



after

Share your smile with the one you love!

Everybody wants to put their best smile forward. According to a national study, teeth are the number-one facial feature that people would change... three out of four adults think that a nice smile is important to landing their dream job ... 84% think that an attractive smile is important for meeting Mr. or Ms. Right. It seems that we associate a pleasing smile with many of life's passages. Celebrating these milestones means family, friends, and ... photographs. Are you ready to get ready?

Sometimes even subtle changes can turn a nice smile into a sensational smile - often in only one or two visits...

FAQtually Speaking

About toothpaste

- Q. What does fluoride toothpaste do?
A. Fluoride fights tooth decay and strengthens tooth enamel.
- Q. Will tartar-fighting toothpastes prevent gum disease?
A. No. They only help reduce *additional* tartar buildup *above* the gumline, so regular flossing and hygiene visits are essential.
- Q. Are whitening toothpastes okay for sensitive teeth?
A. No. Most contain a higher level of abrasives. Use a toothpaste for sensitive teeth instead.
- Q. Does *The American Dental Association* test toothpastes?
A. Yes. The *ADA Seal of Acceptance* means they meet specific criteria for safety and effectiveness.
- Q. Do children's toothpastes need to taste good?
A. Yes. This encourages brushing, but use a pea-sized amount and don't let them swallow.
- Q. How often should I use toothpaste?
A. You should brush *at least* twice daily with toothpaste for 2-3 minutes and floss daily.



*Whitening Bonding
Tooth-colored inlays/onlays*

Create an even more dramatic impact. We can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile...

*Dental implants
Veneers Crowns*

Whether you want your best milestone smile for a graduation, wedding, or The Big 4-0 - give us a call as soon as you can. You'll have your great new look in no time!

Are You Symptom Free?

Are you ready for biology's next revolution? *The Human Oral Microbiome Database* has been created to provide scientists with comprehensive information on oral microbes. That's good news for you because gum disease is no minor infection. It can change your appearance, your ability to eat, your social life, and your general health. It has been called the *silent disease* because you can have it and be symptom-free. Being young is no protection.

Learn how to avoid the Silent Disease

Here are some more facts you need to know...

- Up to 30% of people may be genetically susceptible to gum disease and six times more likely to develop periodontitis, its most serious form.
- Periodontitis is the leading cause of tooth loss among adults. It can destroy jawbone and supporting tissues as well as your appearance.
- Unnatural-looking indentations left by missing teeth and bone loss can compromise the esthetics of replacement teeth.
- Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- Surveyed U.S. dentists say gum disease is a more pressing oral health concern than tooth decay by a 2-to-1 margin.

Millions of people don't know they have gum disease.

Could you be one of them? Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.

De-Escalate!

Reclaim your world

It's a wonderful world we live in. Yet the excitement and challenges of even the best things in life can create tension. Teeth clenching and grinding are common symptoms of stress which over time can escalate into Temporomandibular Disorder (TMD), a painful problem of the jaw joints. Of course, dentistry can provide relief with oral appliance therapy, but a strategy for self-care will help keep you at ease for the long term.

Martial arts for relaxation? Absolutely. **Aikido**, **Tai Chi**, and **Qi Gong** combine meditation and movement to improve posture, balance, coordination, endurance, and flexibility.

Yoga is popular, very do-able, and doesn't require special equipment.

Proper breathing, exercise, relaxation, diet, positive thinking, and meditation are tried and true. TMD is *all* about taking the pressure off.

4 Your Health

Too much information! Hardly a day goes by without yet another announcement about lifestyle, health, and longevity. Sifting through the pieces may make it seem complicated, but apparently it's simpler than we think. Researchers say that by combining the following four modest and achievable lifestyle changes, you could prolong your life by 14 years.

- 1** Give up smoking. You could gain an 80% improvement in health. Smoking has been linked to gum disease as well as oral and other cancers.
- 2** Eat five fruits and vegetables daily for a healthy mouth and body.
- 3** Keep active for cardiovascular health, strong bones, and stress relief.
- 4** Drink moderately. Alcohol has been linked to oral cancer, especially when combined with tobacco.

Fourteen extra years of oral and overall health. That should keep you smiling!



Sobering Statistics

Why annual oral cancer exams matter

By now you've heard us emphasize many times that the evidence linking gum disease to systemic diseases like diabetes and heart and stroke continues to grow. That's why we're so thorough at your checkups and focus on prevention and home care routines to maintain your oral health. Another important priority we'd like to stress is the need for regular oral cancer exams.

Recently, more than 25% of oral cancer victims have been under age forty and have none of the known lifestyle risk factors like tobacco, alcohol use, diabetes, or HIV. It has now been established that people can develop oral cancer through the *human papilloma virus* (HPV). Most types of HPV are harmless – skin warts for example, are very common. But some types that can be sexually transmitted have been linked to oral cancers.

If oral cancer is caught early, the five-year survival rate can be as high as 90%. If not, the rate drops significantly. You can help us by pointing out any abnormal condition you might have seen or felt in your mouth, even ones that seem trivial like a small canker or cold sore that just won't go away.

And because in its earliest most-treatable stages oral cancer usually causes no pain or discomfort, we will perform an oral cancer examination for all of our adult patients, from age 20, every year.



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



Office Update

New Arrivals

Patrick Alex – son of Bonnie Komperda
Madeline Marie – daughter of Jamie and Jim Strzechowski
Shayla Eve – daughter of Tracy and Shawn Brown, proud grandparents – Judy and Al Peotter
Reanne – daughter of Anne and Shehad Mohammed
Patrick James – son of Sherrill and Aaron O'Connor, proud grandparents Patty and George O'Connor
Hunter Thomas – son of Tara and Donald Long
Charles Robert – son of Emily and Robert Rozsypal, proud grandparents Mary and Robert Smith
Teagan James – son of Laura and Corey Rogers, proud grandparents – Anne and James Salkas

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:

Rebecca Blomberg Colette Gissler
Rebekah Harry Adlin Mendez

Thank You!

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

Robert Adams	Paula Bedell
Natalie Andrews	Jackie Biallas
Mary Biederman	Junetta Casimier
Rita Bolek	Jill Cannizzo
Hewes Buy	Rhonda Doorneweerd
Patricia Cunningham	Linda Doyle
Barbara Douglas	Denise Lanik
Candice Fowers	Karen Morris
Lisa Miller	Delores Phillips Jones
Laurie Peters	Michelle Sarkan
Natalie Ruppert	Wendy Wortel
Jennifer Teresi	
Teri Alexander	
Chinnamma Punnackapadavil	

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

Jill Cannizzo
Pamela Rickson
Linda Doyle
Rhonda Doorneweerd

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

Congratulations to all our lucky winners!