



Something To Smile About

Creative Smiles Dentistry

Drs. Lori Thornhill & Jacqueline Rodgers

Produced for the Patients of Dr. Thornhill and Dr. Rodgers

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fromthedentists



Time For Reflection

Remember what matters during holidays

The holiday season is a special time of year. It carries with it hustle and bustle, yet at the same time, a moment to slow down and think about all the wonderful things in our lives that we are grateful for. We enjoy these opportunities to examine our own lives and what's important to us.

Aside from our families, our passion for dentistry gives us one of the greatest joys in the world, allowing us to make a positive difference in the lives of our patients. We also appreciate every member of our team and the unique gifts they bring to our practice. But what makes all this possible is you, our patients. Without your loyalty, support, and friendship, the rest wouldn't matter.

So please accept our very special holiday thank you!

Yours in good dental health,

Dr. Lori Thornhill

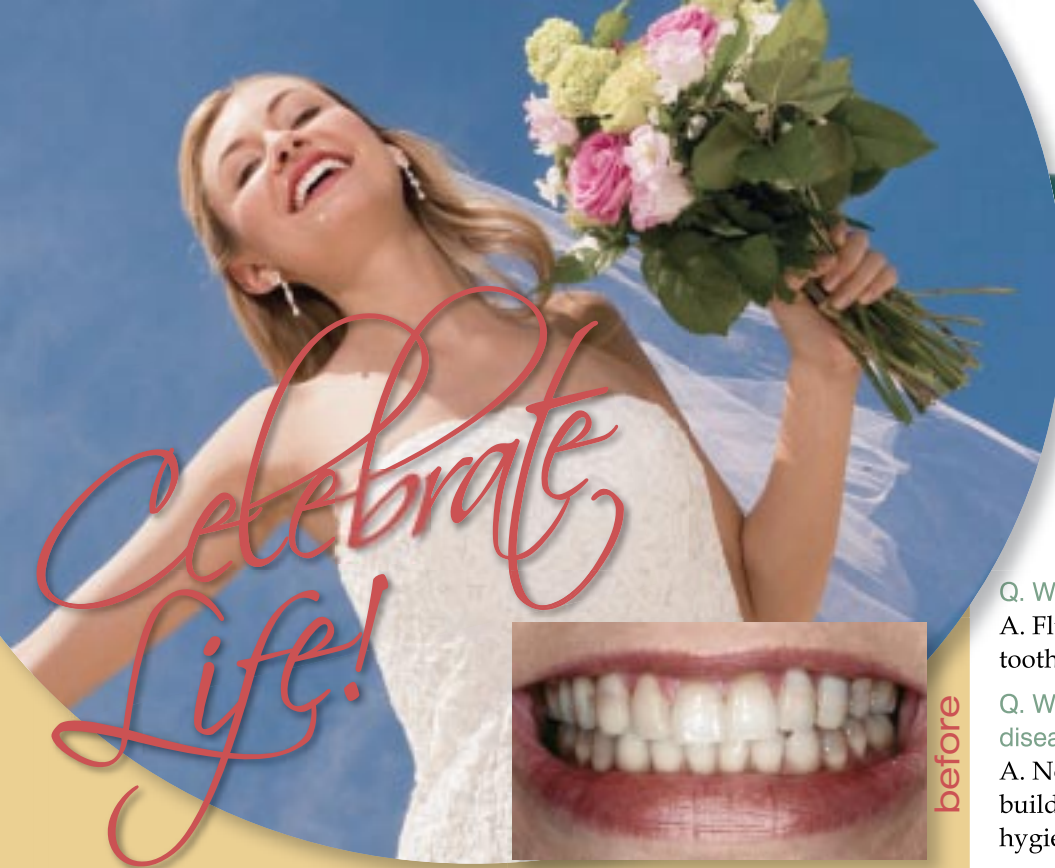
Dr. Jacqueline Rodgers



Our New Web Site: www.creativesmilesafhuntington.com

As part of our continued commitment to communicate with our patients, we are happy to announce our new re-designed web site. In addition to helping us with our continuing education, the Internet will provide another medium in which we can discuss dental health and answer any of your questions. At our web site you can view various articles on dental health and new technologies and send us email. Feel free to comment or ask questions about any of our services via email. You can access our email from the web site or mail us directly at creativesmiles@optonline.net.

An attractive smile makes a lasting impression!



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.

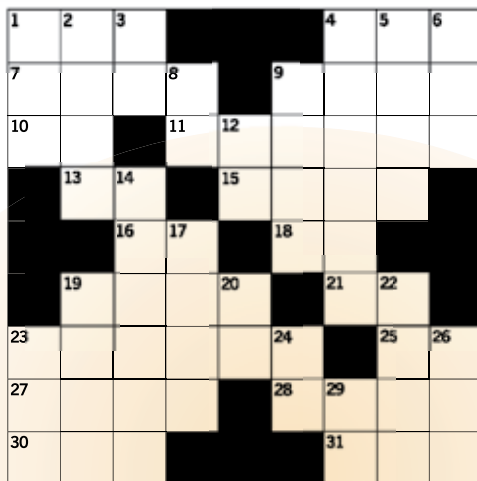
Fourteen extra years of oral and overall health. That should keep you smiling!



Christmas Crossword Puzzle

ACROSS

- 1 _____ nog
- 4 For your information (abbr.)
- 7 Use to slide on top of snow
- 9 Opposite of false
- 10 In the direction of
- 11 Christmas songs
- 13 Warner Brothers (abbr.)
- 15 The *Three _____ Men*
- 16 What you say when you don't know what to say
- 18 Montana (abbr.)
- 19 The _____ of *Bethlehem*
- 21 Year (abbr.)
- 23 Wear on hand to keep warm
- 25 American Airlines (abbr.)
- 27 You hope you get this many presents for Christmas
- 28 What you send for a Christmas greeting
- 30 Short for yonder
- 31 Where one sleeps



DOWN

- 1 Eastern Standard Time (abbr.)
- 2 Shine warmly like a fire
- 3 General Electric (abbr.)
- 4 _____ *The Snowman*
- 5 Christmas log
- 6 What you put at the end of berry to make it plural
- 8 Comes after Washington
- 9 Decorate a Christmas tree
- 12 What you say about something sad
- 14 Shirt fastener
- 17 Short for Matthew
- 19 Where grain goes
- 20 Prefix meaning again
- 22 Very uncommon
- 23 Spring month
- 24 North Carolina (abbr.)
- 26 Put numbers together
- 29 First two letters in the alphabet



Whitening Savvy

We can help!

Does the number of in-store teeth whitening products provide genuine consumer choice? In reality, many patients experience a bewildering jumble of products that don't necessarily address your specific need – your unique smile. We can provide you with a whitening treatment that is both safe and effective, and which is the best fit for your smile.

We can...

- Whiten accumulated surface stains created by everyday eating and drinking.
- Meet the challenge of stains trapped in microcracks in tooth surfaces.
- Remove stains in tooth structure caused by illness or medication – something only a dentist can do.

And now there's even more reason to smile!

For a limited time, we're offering a
Winter Whitening Special
 for the months of December,
 January and February
Zoom Advanced!
Now \$450
 Regular \$650



Gift certificates also available!

office information

*Creative
Smiles
Dentistry*

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Dr. Jacqueline Rodgers

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Office Hours

Monday 10:00 am – 8:00 pm
 Tuesday 1:00 pm – 8:00 pm
 Wednesday 8:00 am – 8:00 pm
 Thursday 8:00 am – 5:00 pm
 Saturday 8:00 am – 3:00 pm *

* Open every other Saturday

Contact Information

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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!