

# WORD *of* MOUTH

Summer 2010

## Revitalize Your Smile

**Whitening** erases stains and discolorations for an impeccable, rejuvenated smile.

**White Fillings** can be custom-designed for each tooth to replace silver-colored fillings.

**Veneers or Bonding** conceal severe stains and chips, overlapping, and uneven teeth with custom hand-crafted porcelain materials or tooth-colored

composite that contours to your front tooth surfaces.

**Implants** replace missing teeth with natural-looking implants that can strengthen underlying bone.

**Crowns** repair and strengthen damaged teeth and fit over a tooth to restore, and improve its function, shape, and color.

## Summertime!

As we welcome the long-awaited summer, take steps to maintain your oral health and revitalize your smile.

**Mouthguards** - Protecting your teeth from a summertime sports injury is essential. What shape is your mouthguard in? Have your children outgrown theirs? Make sure your protection is in top-notch shape.

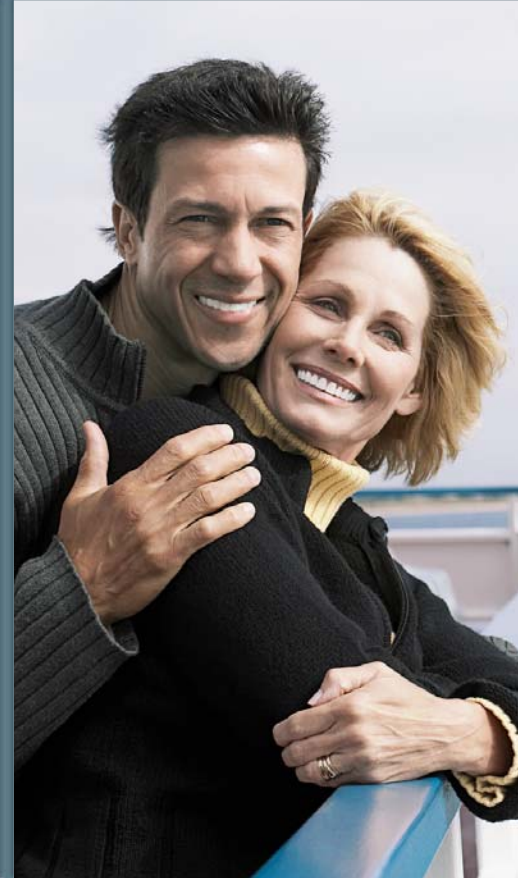
**Insurance Opportunities** - Don't wait until your dental insurance expires at the end of the year. Call now to make the most of your benefits. Summertime gives us an excellent opportunity to plan your treatment over the next six months.

**Back to School** - Now is the time to make appointments for your kids – before school begins.

**Check-ups & Cleanings** - Maintain healthy gums. Call today for your checkup and cleaning.

**Esthetics** - Whiten, brighten, and shine your smile for summertime events and photos! Ask for a complimentary personal cosmetic consultation!

**Enjoy Your Summer! Give us call today!**



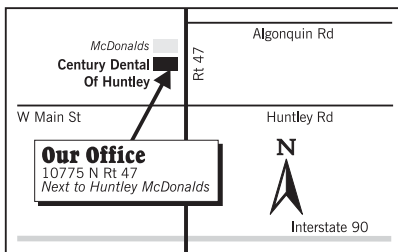
## Summer Tooth Whitening Spectacular!

**\$100** (Includes custom-fitted trays, take-home whitening kit, and follow-up visit)

**Brighten your smile today!**

Regularly \$550. Offer ends September 30th, 2010.

After a thorough oral examination we will be able to make a diagnosis and design a whitening treatment especially for you.



### CENTURY DENTAL OF HUNTLEY

Ronald Huffman, DDS

Katherine Hauf, DDS

Tiffany Leung, DDS

Laurita Lukas, DDS

Peter Troyan, DMD

10775 N Route 47

Huntley, IL 60142-9770

Phone

(847) 669-4771

Office Hours

Mon-Thurs 7:00 am – 7:00 pm

Friday 9:00 am – 2:00 pm

Saturday 8:00 am – 2:00 pm

[www.centurydental.net](http://www.centurydental.net)

[www.centurydentalofhuntley.com](http://www.centurydentalofhuntley.com)

### Our Services Include:

- ❖ Family & Cosmetic Dentistry
- ❖ Children Of All Ages Welcome
- ❖ Tooth Whitening
- ❖ Tooth-Colored Fillings
- ❖ Crowns, Bridges, & Dentures
- ❖ Gum Treatment
- ❖ Implant Placement and Restoration
- ❖ Extractions
- ❖ Wheelchair Accessible
- ❖ Evening & Saturday Appointments
- ❖ Payment Plans Available
- ❖ \* CareCredit®, Citi® Health and ChaseHealthAdvance<sup>SM</sup> Payment Plans
- ❖ Most Insurance Plans Accepted
- ❖ Visa, MasterCard, & Discover Welcome
- ❖ Senior Citizen Discount

**WE WELCOME NEW SMILES**

# Take A Time Out

## It's your turn to be prioritized!

Do you sometimes live your best life in your imagination? Are you striving for a more genuine life where you can re-connect with your community, reduce your stress, and take better care of yourself? If that sounds too ambitious ... would you settle for just putting yourself first once in awhile? Then schedule that dental appointment you've been postponing.

Making your own self-care a top priority doesn't mean abandoning your values. Whether you're married or single, a successful entrepreneur, or a student just starting out, taking positive action to improve your health, appearance, and quality of life is a good thing.

So please – accept our invitation to call. Sharing your questions and concerns about preventive, restorative, and cosmetic dentistry could be your first step towards turning wishful thinking into confident reality.



## Seeing **Is** Believing

### Take this test & change your life

Research has shown, not just once or twice but repeatedly, that for most people your smile outranks your eyes, hair, and body as your most attractive feature. Being a person yourself, it's probably also the first thing you notice – or avoid – when you look in the mirror or at photographs of yourself.

Here are questions to help you decide how much you like what you see. After all, who knows better than you how your smile has affected your happiness and success.

Are you totally happy with the way your teeth and smile look?

Do you habitually hide your smile with your lips or your hands?

Do you try not to smile in front of others, especially people you don't know or who have terrific smiles?

When the camera comes out, do you avoid smiling?

Would you like a smile that makes you feel proud and confident?

What would you like to change about your smile?

You know, there's no need to be embarrassed to visit us because it's been some time since your last appointment. That's what dentists are here for. Once you've decided to improve your smile, our dental team will help you explore your esthetic options. Teeth whitening, veneers, crowns, and implants can create your ideal smile – often in only a visit or two. We look forward to helping you pass your smile test with flying colors!



# Yes – You Can Have What It Takes!

## Just make a commitment to yourself!

Being the best you can be not only makes you look and feel great, it has competitive benefits socially and in the workplace. Yet to fulfill your potential you need the stamina that good health provides. Maintaining your oral health should be an essential part of your fitness program – it does more than give you a great-looking smile. Gum disease, for example, not only looks unattractive, it may be linked to cardiovascular and other systemic diseases including diabetes.

**Look at the big picture.** Just as you wouldn't focus only on cardio fitness to the exclusion of strength and flexibility, you need to take care of your teeth and gums and restorations like crowns, bridges, implants, and veneers.

**Think about what you drink – not just what you eat.** Fruit juices, sodas, and sports drinks are calorie sneaks and damage gums and tooth enamel. Alcohol consumption is known to boost calories and increase your risk of oral cancer. Water is best!

**Stick to your exercise and oral care routines – even on weekends.** Skipping workouts and overindulging in treats can undermine both your fitness and your oral health. It takes only minutes for damaging oral bacteria to attack your gums and teeth enamel.

**Technique matters.** Just as you must exercise correctly to get maximum benefit, we can teach you proper brushing and flossing techniques that can save your smile.

Let us help make your dreams a reality. We'd love to keep you smiling.



## Tried & True

### Your best smile solution

Researchers are experimenting with techniques to develop tooth tissue using stem cells obtained from your own mouth. What's the big deal? Some day, synthetic restorations will be history. Until then, here are three amazing pro-active cosmetic solutions.

**Have receding gums revealed the dark edge of metal on your older crown?** Replace it with a new porcelain crown customized to match your other teeth.

**Do you have a tooth that has cracked, has been worn down by teeth grinding, an improper bite, or decay?** A crown can strengthen it and prevent more serious and costly future damage.

**Do you have gaps in your smile?** One or more crowns attached to surrounding teeth or to a permanent implant will prevent crowding, drifting, and other problems.

Get your best smile back – in the here and now!

## Rev It Up A Notch

### And smile with confidence

Here's a handy hint from the phone professionals – they keep a mirror close at hand so if their energy and enthusiasm starts to sag, they can take a look and put a smile on their face. Smiling physically helps you to change your mood and energy level, so if you're not smiling, consider a cosmetic option like veneers.

Whether your older fillings or other restorations have darkened, you have gaps you'd like to disguise, or you have slightly chipped teeth, veneers are a versatile, easy, and effective way to improve your smile. Hand-crafted veneers made from translucent porcelain or another beautiful contemporary bonding material mirror natural enamel's luster and durability.

Find out how cosmetic veneers can give your smile a lift. All you have to do is ask!



## New Patient Special!

# \$75 OFF

### Adult Initial Exam

#### **Includes:**

- Complete Video Exam
- Full Mouth X-Rays
- Oral Cancer Screening
- Gum Disease Screening
- Orthodontic Evaluation
- TMJ Evaluation
- Wisdom Teeth Evaluation

We welcome your friends, family, and co-workers to take advantage of this offer. Special applies to new adult patients only. Valid until September 30th, 2010. Please tell the receptionist you saw this offer in the newsletter.

**Includes: Full smile analysis.**

Does not apply with insurance co-payments or any other discount.

**For A Brighter,  
Healthier Smile  
Call (847) 669-4771**



CENTURY DENTAL OF HUNTLEY

Dr. Ronald Huffman

Dr. Katherine Hauf

Dr. Tiffany Leung

Dr. Laurita Lukas

Dr. Peter Troyan

[www.centurydental.net](http://www.centurydental.net)  
[www.centurydentalofhuntley.com](http://www.centurydentalofhuntley.com)

PRSRST STD  
U.S. POSTAGE  
PAID  
PNP 14304

## State Requires Exams For Children

**Illinois requires dental exams for all children entering Kindergarten, second, and sixth grades.**

Early prevention health care is crucial for maintaining a healthy lifestyle throughout life. You can maintain a healthy mouth and smile by:

- eating a healthy diet
- limiting sugary foods and beverages
- brushing two-to-three times-a-day
- making six month dental check-ups
- getting fluoride and sealants, procedures to prevent cavities.

Century Dental of Huntley cares about your children's dental health and we are available to assist you and your family in creating a healthy mouth and beautiful smile.

## Don't Let A Dental Disaster Ruin Your Summer

Chances are you're ready for a well-deserved vacation. Don't let a dental problem ruin it. Lost fillings, broken teeth, or ill-fitting dentures can spoil any adventure. Plan a quick dental check-up before leaving home, especially if you travel to a remote destination. Avoid eating hard or sticky foods, and play safely! You can also put together a simple, inexpensive dental kit to take on your trip. Remember to pack your toothbrush, fluoride toothpaste, floss, insurance card, and our office phone number.

***Have a great summer!***

### **SUMMER IS HERE!**

Looking your best helps you feel your best,  
and we're always happy to help.

**Call Today! (847) 669-4771**

 **Mixed Sources**  
Cert no. SW-COC-002303  
© 1996 FSC

Information included is not intended as dental or medical advice. Contents may not be reproduced without permission from the publisher. © PATIENT NEWS PUBLISHING (800) 667-0268  
876-62717 ND10-5 Printed with vegetable-based ink.