



Tooth Talk



Fall 2011

Hey Neighbor,

If you haven't seen a dentist in a while, if you're worried about the health of your teeth, or you have a concern about someone in your family, please call us today. We have been practicing in your neighborhood for years, and we always welcome new patients!

Call us now – start with a consultation. You'll meet our team, and receive an oral health exam. You can talk about concerns and smile goals – then decide if we are right for you and your family!

WE PROVIDE:

- a well maintained and welcoming office, putting you completely at ease,
- convenient, evening cleaning appointments to suit your schedule,
- a variety of payment options, including cash, credit cards, debit, personal check, money order, *CareCredit*®, and most insurance plans,
- quality dental care for everything from a complete exam and cleaning to a full-mouth restoration, or anything in between.

We know that the healthier your teeth and gums are, the less you'll need to see us – that's our goal! We hope you enjoy this informative edition of our newsletter, and do feel free to call us with any questions, we'll be happy to answer them. Our friendly team is eager to welcome you.

Our consultation appointments fill quickly – call us now to reserve yours!

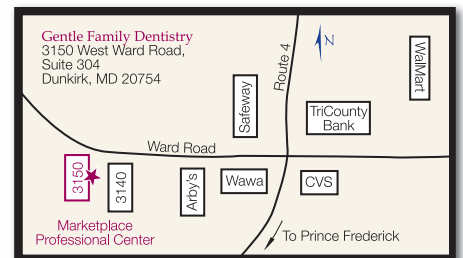


When you visit our office, your smile is our top priority.

Our entire team is dedicated to providing you with the personalized, gentle care that you deserve. Evening appointments for cleanings now available.

CALL TODAY! (410) 286-1261

We always welcome new patients!



DR. CYNTHIA SCLATER
3150 West Ward Rd, Suite 304
Dunkirk

3 Lists You Have To Read



Save your smile and your wallet

Your teeth are miracles of engineering designed for biting and mastication. They're also for smiling. That's as multi-purpose as you should get with them. Although your teeth are strong, over your lifetime they are subject to natural micro-wear which can cause a multitude of problems like receding gums, enamel loss, cavities, and gum disease, so why rush the process? If you have any of these habits, it's probably past time to book an appointment.

Habits that will crack or chip your teeth or injure gums...

- Tearing packages open, pulling tags off clothes, undoing knots, cracking nuts, chewing ice, cutting through string, opening bottles
- Using things like toothpicks, earring posts, scissors, needles, cardboard, and lollipop sticks instead of floss
- Clenching and/or grinding teeth.

Habits that will lead to enamel loss and encourage cavities...

- Sucking on lemons and other acidic fruit, as well as drinking juices, power drinks, and smoothies
- Brushing immediately after drinking juice which weakens tooth enamel, excessive scrubbing, brushing from side-to-side or up-and-down instead of circularly.

Habits that will lead to cavities, gum disease, and problems with your general health...

- Not brushing regularly
- Not flossing daily
- Indulging your sweet tooth
- Avoiding dental recall visits and professional cleaning.

For Strong *Attractive* Teeth...

Let's bond!

If you're unhappy with your smile, bonding may be the answer! A safe procedure, bonding uses a composite resin to restore and alter the shape and color of teeth. It costs less than crowns and can be used on children.

A proven technique, bonding is an effective affordable procedure which can:

- Cover restored tooth decay
- Restore chipped & cracked teeth
- Enhance tooth color
- Reshape teeth
- Close gaps
- Correct the look of crooked teeth
- Lighten stains ... and more!

If you've been living with teeth that don't make you smile, bonding can effectively change the way you look and feel, often in just one visit!

The Most Healthy Thing...

To do with string!

Unhealthy gums may contribute negatively to serious chronic illnesses including heart disease and diabetes. Because your toothbrush can't clean between teeth, flossing will help to maintain a healthy mouth.

It's never too early or too late to start flossing. Here's how:

Step 1: Use about 18 inches (50cm) of floss and loosely wrap each end around each middle finger, leaving 2 inches of floss (5cm) in between.

Step 2: Holding the 2 inches of floss taut between thumbs and index fingers, gently slide between teeth.

Step 3: Curve floss around each tooth in a "C" formation and gently slide above and below the gumline of each tooth on either side of the floss.

Whether you're just beginning, or caring for your child's first teeth, flossing provides benefits from day one. It only takes a few minutes and helps secure a lifetime of smiles!



GET YOUR CONFIDENT HEALTHY SMILE

Essential to
your successful
career track!

Are you interviewing for a new job or promotion? Eye contact and a healthy assured smile can make you appear confident and accomplished ... even when you might feel a little shaky. We can't overrate the importance of maintaining healthy gums with a good oral hygiene routine, including brushing and flossing regularly, and a professional cleaning every six months or so.

But what if your smile has imperfections? We can discuss one or a combination of these cosmetic options with you...

- **BRIGHTEN** your smile and eliminate stains with popular and very affordable whitening.
- **MASK SMILE FLAWS** like chips, fractures, or discolored teeth with natural-looking enamel-colored bonding materials.
- **EVEN OUT AND RE-PROPORTION** your gumline with gum contouring.
- **RESTORE** shape, strength, and color of damaged teeth with metal-free inlays, onlays, and crowns matched to your teeth enamel.
- **CAMOUFLAGE** gaps, uneven or overlapping teeth, worn down teeth, receding gums, unattractive stains with veneers of natural-looking porcelain or bonding materials.
- **REPLACE** one missing tooth (or many) with a crown & bridge, implant, or an implant-supported bridge.
- **ENERGIZE** your smile and replace old silver-colored fillings with white ones.

Your smile has the power to "make it or break it." Whether you require a simple cleaning and whitening, or more extensive care, we can help you to make an absolutely winning first impression. Call us today!



BEFORE

AFTER Veneers



FOOD DYES From The Pantry

Color me safe!

The color of food is known to enhance your perception of taste. Many children have reactions to food dyes, but they still want to eat that pink and blue birthday cake! Food dye intolerance can cause eczema, hives, itching, swelling, or breathing trouble. The good news is that you can easily color your foods with natural items found at home or at your local grocer.

Red:

- boiled red onion skins
- canned cherries
- pomegranate juice

Pink:

- beets
- cranberries or their juice
- raspberries

Yellow:

- chamomile or green tea
- boiled carrot tops
- boiled ground turmeric

Green:

- boiled spinach leaves
- chlorophyll or chlorella (found in health food stores)

Blue:

- canned blueberries
- boiled red cabbage leaves
- purple grape juice

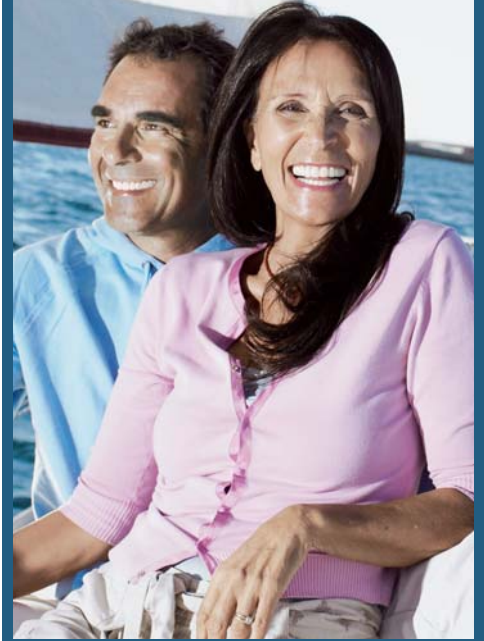
Orange:

- madder plant root
- boiled carrots

Experiment to see what makes the most appetizing, but safe, colors!

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Valuable Health Information For Our Neighbors



Sell Me Your Sweets!

Easy cash in hand

Halloween is an exciting night: the chance to dress up however you want, race through the neighborhood in the dark, and get free candy! What could be more fun than that? But after the costume comes off, what's left? Hyperactive kids with cavities?

Not so attractive. So here's an idea... Your kids can sell me their candy through my Halloween Sweet Smile Program.

On Tuesday, November 1st, from 4-6pm my team and I will be coaxing all "retired" vampires and their ghoulish friends to bring us their loot. **We'll pay \$1 for every pound!**

Cold hard cash for healthy teeth. Now that's a sweet deal if I've ever heard one!

— Dr. Cynthia Sclater

Have a great autumn! And remember, if you haven't met us yet, we really should share a smile soon!



Fall Specials!

**Free Take-Home
Whitening
upon completion of
any treatment.**

**Not to be combined
with any other offer.**

Offer ends December 31st, 2011

Implant Special!

\$500 off

**for new and
existing patients.**

Call for details

**Ulcers • Lesions
• Cold Sores •
Call for treatment!**

Complimentary!

Offer ends December 31st, 2011

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