

Dr. Thomas'

TOOTH TALK

Produced for the Patients of Drs. James Thomas & Paul Chappel

Summer 2002

FROM THE DENTISTS

Summer is here! And the living, we hope, will be easy. For many of us, summertime is family vacation time: a chance unlike any other to spend real time with our spouse and children. It's also a time to strengthen family ties with brothers and sisters and in-laws. Family reunions at the cottage or over the backyard barbecue, summer weddings, even a summer romance (or the memory of one!) are all a part of this great time of year.

Summer is also a time when we all relax our daily rules and routines. Children can't wait to get on that skateboard or bike, and often forget proper safety precautions. We can help you avoid chipped or broken teeth with a custom-fitted mouthguard, the best protection for active sports enthusiasts! If your children are going to summer camp, make sure you pack extra toothbrushes, toothpaste, sugar-free gum, and mouthrinse, and impress on them the importance of their daily use. Just a few weeks of lazy care can really affect your child's oral health.

We hope you and your family have a happy, safe, and healthy summer. Just don't forget that regular dental care is a life-long occupation. And one last note: if you and your family are traveling this summer, make sure you have our telephone number just in case you have a dental emergency.

Yours in good dental health,

*Dr. James Thomas
& Dr. Paul Chappel*

Rembrandt Whitening Systems

Turning your smile into a masterpiece!

Dental science and technology have made tremendous progress over the past twenty years, more in fact than in any comparable period in our history. Nowhere has that progress been more evident than in the field of cosmetic dentistry, which might be called the art and science of happy, brilliant smiles! And front and center in that science is the *Rembrandt*® one-hour whitening process.

Rembrandt's scientists have over twenty years experience in professional and consumer oral care, and have been rewarded with the trust of thousands of dentists country-wide. The Rembrandt process uses a specially formulated whitening gel with the patented Sapphire Light, a highly advanced power curing light. No lasers, no home kit or mouthguard is necessary – just one short visit to our offices. The visit provides patients with all the elements necessary to protect against renewed stains, yellowing or dulling, and includes a tube of *Rembrandt*® Plus toothpaste with peroxide which helps maintain the results of a professional tooth whitening procedure.

Most in-office whitening procedures whiten all the teeth at once. Since some teeth are darker and more stained than others, this technique can cause uneven results. The special power light used in the Rembrandt procedure can whiten all teeth at once or one tooth at a time, thereby concentrating on problem teeth. Both Rembrandt power light techniques



produce beautiful, uniformly white results. It also whitens the entire *smile zone* which includes all twenty front teeth.

Did you know that clinical studies show that as many as 54% of whitening patients experience pain and sensitivity either during or after a professional whitening process? The specially formulated Rembrandt gel contains an effective desensitizing agent for patients with particularly sensitive teeth, virtually eliminating discomfort.

We want to make sure your smile is at its dazzling best! Please book a consultation to see if our new Rembrandt system can benefit you.

Thank you for all your referrals – we appreciate them!

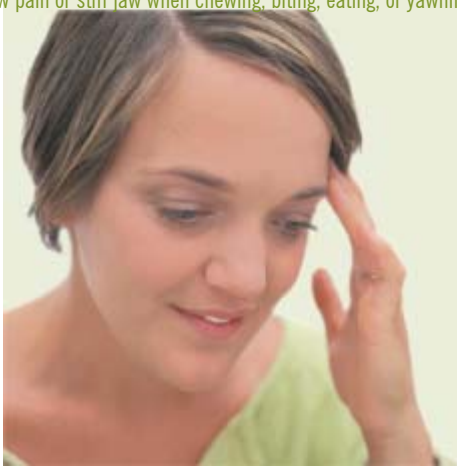
Ever thought that your jaw could audition for those *snap, crackle, pop* commercials? If the answer's yes, it could be a clue that you might have Temporomandibular Joint Disorder (TMD). The temporomandibular joints – among the most complex in the human anatomy – are located at the points where the lower jaw attaches to the skull on both sides of your face, just in front of your ears. If the joint movement deviates by only a fraction, you could be suffering from TMD which can lead to pain and discomfort.

Besides telltale clicks from your jaw, other symptoms include: earaches without an infection; ringing or a sense of fullness in one or both ears; frequent headaches; neck or shoulder pain; sensitive teeth when no dental problems can be found; jaw pain when eating, biting, or yawning.

If you have any of these symptoms, please see us soon. If TMD is diagnosed, we can design an effective treatment, and if necessary, use a team approach with specialists.

You may have TMD symptoms if you experience the following:

- Clicking or difficulty when opening and closing mouth
- Earaches without an infection
- Ringing or sense of fullness in one or both ears
- Frequent headaches
- Sensitive teeth when no dental problems can be found
- Neck or shoulder pain
- Jaw pain or stiff jaw when chewing, biting, eating, or yawning



Those Teenage Years



Teenagers rebel. That's what they're supposed to do. But if yours gives brushing the brush-off as part of his or her rebellion, a pattern of dental neglect can be established, and serious trouble can gain a foothold.

Many teenagers go through a period when their brushing habits aren't good. Your child may benefit from a refresher course on brushing and flossing techniques. You can also speak in terms that a teen cannot mistake: "Plaque looks gross and makes your breath reek!" Because of all this, routine visits to our office are more important than ever. Teenagers will often take advice to heart much more readily from a health professional than from a parent.

Braces, oral piercing, and mouthguards can also cause conflict. Many teens reject braces. But more than 90% of reluctant teens will agree to braces once their dentist has explained the advantages.

Oral piercing, to be blunt, is a really terrible idea. Piercing of *any* oral site carries serious risk of infection, even nerve damage, altered speech, toxic shock, or stroke.

Mouthguards are an effective way to prevent tooth injuries during athletic activities. We can make a custom-fitted mouthguard that will be comfortable and will work. Make sure your teen wears the mouthguard during both practice sessions and games ... just like the pros.

Dad! Get A Dentist!

Men lack good oral care habits

Did you know that many men change the oil in their cars more often than they go to the dentist? Or that the average man brushes his teeth only 1.9 times per day and will lose 5.4 teeth by age 72? (If he smokes, up that to 12 teeth!)

Often men don't visit the dentist because they tend to think their teeth are invincible. And they think this despite the proven links between good oral health and longevity. And yes, one of the most common factors associated with infrequent dental checkups is simply being male.

Here are some reasons why you might try to persuade the men in your life to come in and see us to keep their smile bright and healthy.

- > His breath will improve. More than 90 million North Americans suffer from bad breath, the most common cause of which is poor oral hygiene.
- > Early detection of oral cancer is greatly increased with regular appointments. Men are twice as likely as women to contract oral cancer.
- > Many studies have shown the professional importance of a healthy, bright smile. Improve his image and his health at the same time.
- > If he's a jock, he needs a custom-fitted mouthguard to protect his teeth and prevent concussions, cerebral hemorrhages, jaw fractures, and neck injuries.

Someday, somewhere, he'll thank you for it.

Porcelain Veneers

New techniques in cosmetic dentistry are making it more and more convenient and attractive to spruce up your smile. For centuries, porcelain has been used by artists to create the very finest (and toughest) artifacts, and in the last few years, porcelain veneers – ultra-thin, translucent shells – have become the technique of choice for treating discolored, chipped, or stained front teeth. Veneers bond tenaciously to your teeth, and can be successfully prepared and applied in just two or three appointments.

Your first appointment is devoted to diagnosis and treatment planning. It's important that you take an active role in designing your new smile! You need to know what porcelain veneers can and cannot do for your specific condition.

At your second appointment we prepare your teeth for the porcelain veneers. We lightly buff their surface to allow for the tiny added thickness of the veneer. Then we take an impression of the teeth and send it to a laboratory for the fabrication of the veneers.

When the veneers are ready, we place them temporarily on your teeth to check their fit and to get a sense of color. You can help us by checking out the esthetic results. By changing the color of the cement to be used, we can make sure we get the exact match you want. Once cemented, the color cannot be altered. To apply the veneer, the cement is sandwiched between the veneer and your tooth, and a beam of light initiates the catalyst to harden the cement.

Finally, you can enjoy your bright new smile to the fullest! If you think veneers would help you to smile more, please call us for a consultation. You'll love your new great grin!



Porcelain veneers – ultra-thin, translucent shells – are the material of choice.



This patient's diastema (space between teeth) can be corrected through the construction and placement of cosmetic veneers.



The veneer is bonded to a prepared tooth by curing it with a special light for about 60 seconds (left). With a veneer you retain the strength of your natural teeth. The enamel is only modified about 1/2 millimeter (right).



Veneers are polished and look just like natural teeth. What can take months or years of wearing braces can be corrected with veneers in as little as two to three office visits.

Overcoming Dental Anxiety.....

These are a few tips to help make your visit to our office worry-free.

- Ask questions about procedures that cause you anxiety. If you understand what is going to happen, you'll have less reason to worry.
- Eat a light meal before your visit and don't drink coffee, tea, or cola as

they stimulate you – they don't relax you! Eating a protein snack like a lean meat sandwich will help stabilize your blood sugar and reduce irritability.

- Establish a signal, such as raising your hand, to let us know you want us to stop a procedure. It will make you feel more in control and it gives you a

chance to ask for more anaesthetic if you feel any discomfort.

- Using headphones, listen to music you find relaxing. This will muffle noises that may bother you.

Don't be afraid to ask us for a helping hand because that's what we're here for!

Green Tea, Good Tea

Civilizations the world over have all used natural herbs and plants to treat sickness and pain. Indeed, in certain societies, herbal remedies are still preferred to the more "scientific" western models. And there's no argument about the real health benefits of many foods such as citric fruits for example.

In Asian societies green tea is consumed in about the same quantities as coffee is in North America. Which is to say *a lot*. The Chinese have believed in its benign qualities for centuries. Now dental scientists have confirmed that green tea not only halts the growth of new oral cancer cells but it actually breaks down and kills existing oral cancer cells.

The secret is that green tea is loaded with polyphenols which have about 100 times the antioxidant effect of

Vitamin C and work against oxidants, or free radicals, in oral cells that cause mutation of genes that can lead to cancer growth. They can also inhibit the growth and spread of cancerous cells, as well as killing off cancer cells without harming the host cell.

Because our mouths are an oxygen-rich environment closely connected to our blood vessels, they provide an ideal habitat for the growth and rapid proliferation of cancer cells. This is why we examine your mouth closely on each visit to determine any changes in texture or color that might indicate the presence of oral cancers. This early screening is just one more reason to make sure you don't miss your regular checkup.

And just how much green tea should we be drinking? To reap fully the benefits, we should have at least



four to six cups a day. And if you don't want to drink it down, simply use it as a mouthwash.

Remember, more than 30,000 patients are diagnosed with oral cancers each year. Please make sure you see us for your regular checkup!

OFFICE INFORMATION

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Office Hours

Monday 8:00 am – 5:00 pm
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Wednesday 8:00 am – 5:00 pm
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Friday 7:00 am – 4:00 pm

Other hours available on request

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Chris, Susie, Heather, Amanda, Jamie
..... Clinical Assistants
Carol, Kim, Tanya ... Dental Hygienists

Brush • Floss • Smile

DISCOVER



Your Personal Recommendations Carry Enormous Influence

It's absolutely true. Your personal recommendations can directly influence the decisions made by your family, friends, and acquaintances to a far greater degree than any advertising or promotional campaign.

It's true in every aspect of life, from decisions on which restaurants to try and which consumer products to buy, to which professionals to use ... including dentists. When you make a specific and enthusiastic recommendation to family or friends, they will usually follow it. In fact, our dental practice is living proof. The majority of our best new patients come from the personal recommendations of our patients, like you, and not from our marketing efforts.

We truly appreciate the powerful influence of our patients, and are so thankful that they find us deserving of their continued recommendations.

Please be assured that every personal recommendation you give us and every referral you send us is not only appreciated and valued but is also recognized for the influence it represents.

Thank you.

Facts & Figures

- According to a recent poll of periodontists, their patients who practiced the worst home oral care were overwhelmingly men.
- A study by the American Dental Association found that nearly half of survey respondents age 65 and older selected the smile as the first thing they notice about people.
- High levels of financial stress and poor coping abilities double your likelihood of developing periodontal disease.
- "It seems clear that gum disease, far from being just an oral health problem, actually represents a significant health risk to millions of people."
– Dr. R. Genco, DDS, PHD, Chief Editor, *Journal of Periodontology*
- Only about 20% of people over age 65 who have never smoked are missing teeth, while a whopping 41.3% of daily smokers over age 65 are missing teeth.
- Some good news: After eleven years of non-smoking, your chances of advanced periodontal disease is no different than that of non-smokers.

