

Something To Smile About

from the
Atrium Dental Center

Produced to improve your dental health and awareness

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fromthedentist

Health Can Be Habit Forming

Or better put, healthy habits get healthy results. Conversely, it follows that unhealthy habits get unhealthy results. So, if healthy is so often simply a matter of developing healthy habits, why don't we all just do it and reap the rewards? The problem is that healthy habits do not come naturally. I know from personal experience that doing what I know I need to be doing regarding diet, exercise, hygiene and personal and spiritual growth is a tremendous challenge, and I fail constantly. I expect you will as well, and that's okay. The key is to never be satisfied with a bad or unhealthy habit. Always strive towards improvement. Be proactive. Commit to a result. Identify the steps needed to get there and build them into your day. And when you fail, as I do, because you do not have the self-discipline to just make yourself do it until it becomes a habit, then recommit. Look for a better support system and start again. Each time you will get a little closer to your goal and in the big picture your life will be better for your efforts.

Yours in good dental health,

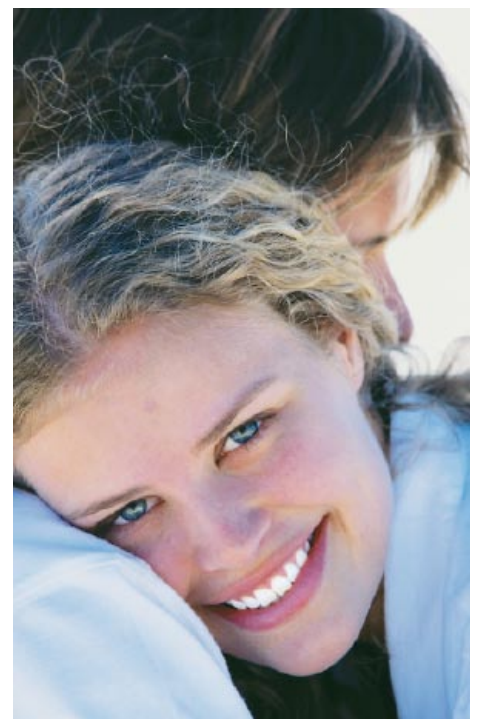
Dr. Lawrence W. Howell

Laugh Out Loud!

With invisible fillings

It's no surprise that you might be confused by the debate about mercury use in silver-colored amalgam fillings. For many patients, the greatest disadvantage has been that they do not match tooth color. In response, dentists are increasingly turning to white composite fillings as an effective alternative. According to a marketing survey, sales of white composite resins surpassed amalgam by a 3:1 ratio! White composite resins are more natural looking than amalgam, and never discolor neighboring teeth as amalgam sometimes does. They are also durable and reliable.

Amalgams, commonly known as silver or mercury fillings, are actually an amalgamation of silver, mercury, copper, and tin. They require the removal of healthy tooth in addition to damaged tooth. It is the mercury in the amalgam that has created the controversy. For most of us, our primary exposure to mercury is from fillings and pollution. We know that in large doses, mercury vapor can cause serious damage to our bodies.



Many dentists do not want to take any chances with their patients' health or with the environment ... while others debate.

White composite resin fillings answer many of these practical challenges, and offer superior cosmetic esthetics. If you have any questions about composite fillings, the safety of silver amalgams, or if you're considering replacing old amalgams with white fillings, please give us a call. We'd like to help you laugh out loud!

Naturally

White composite fillings look like real tooth enamel. For many patients, this is their premier restoration choice.

Courtesy of Ivoclar North America Inc.



Thank you for all your referrals. We appreciate them!

A Smile With A Statement!

Orthodontic smile transformations

Orthodontic treatment involves the correction of existing or anticipated bite problems due to malocclusion (which literally means bad bite). Crowded teeth, missing teeth, misaligned teeth, jaws that are out of alignment, or bad oral habits like pencil chewing can create a bad bite.

Childhood orthodontics can...

- guide the jaw to grow toward optimal shape;
- direct incoming permanent teeth to correct thumb-sucking damage and to reduce the risk of trauma to protruding teeth;
- eradicate or lessen problems with swallowing or speech;
- simplify treatment for future orthodontics, saving time and money;
- preserve or gain space for the aligned eruption of permanent teeth;
- enhance appearance and boost self-esteem.

Orthodontics for adults can...

- improve chewing function;

- realign teeth to make oral care easier and more effective thereby preventing and/or improving gum disease;
- arrest or reduce loss of the bone that supports teeth;
- allow space to replace a missing tooth with crown & bridge or implant treatment;
- improve esthetics for a healthier, more dynamic smile ... which will enhance self-confidence and boost self-esteem.

Orthodontics can have life-transforming results! Please call today to arrange a consultation for yourself or your children. Afterwards we'll present your personalized plan, discuss it with you in detail, and include you in all decisions. And that's just the beginning of a new straight smile that you can flash for a lifetime!



Malocclusion

badly

closing

The most common kind is a skeletal malocclusion where one jaw has not grown in alignment with the other.



office information

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 Janet Systems & Personnel



Systemic Disease... & your oral health

We cannot definitively tell our patients that treating gum infection will prevent a future heart attack or any other vascular disease ... *yet*. However, a large number of studies suggest a link between oral health and systemic diseases. The nature of the data is circumstantial, yet there are a number of systemic diseases in which there is clearly a benefit to eliminating or controlling periodontal diseases.

For instance, aspiration of oral bacterial pathogens has been linked to pneumonia in the institutionalized elderly. Further, patients with blood *dyscrasias* – blood or marrow abnormalities – benefit by more frequent periodontal maintenance.

It'll take years to complete studies, but it seems that optimizing oral health has significant benefits for patients with systemic disease.

Thank you!

One of the things that our patients do – something that makes us feel great and confirms that you think we're doing a great job – is referring friends, family, and colleagues. A thriving practice allows us to re-invest in new technologies and continuing education.

If we don't ask for your referrals very often, it certainly doesn't mean that we don't care. It simply means that our team doesn't want you to think that we take your recommendations for granted. We consider it an honor every time you express your trust in us by sending someone to us for their oral care.

Thank you for all of your past referrals, and a special thank you in advance for your very welcome future referrals. We really do appreciate them!

Our Referrals Matter



Men's Health Not Improving

Better oral health can make a difference

Research conducted in the United Kingdom suggests that men's health has not improved since the 1970s, and heart disease is still the leading cause of death for men in North America where a third of men with diabetes don't know that they have it, and men are twice as likely as women to develop oral cancer. What does this have to do with dentistry? Plenty – because more men than women have gum disease, and gum disease has been linked with oral cancer, heart disease, diabetes, kidney disease, and Alzheimer's. Periodontal disease can be prevented and controlled with regular brushing and flossing as well as regular visits to our office.

Good oral health and a healthy lifestyle that includes exercise and excellent nutrition can go a long way toward keeping men – and their families – healthy.

BIG...BIG...BIG

Sometimes it's the smallest things that pack the biggest wallop. For example, improving a very minor smile flaw can result in a big gain in self-confidence and make a difference in how you are perceived by others. Today, dentistry can restore your self-assurance – and your biggest smile – with non-surgical cosmetic makeovers. Here are some proven techniques that can provide big results. So, please – don't hide your smile. Instead, let us help you to pick the best strategy for your unique smile!

Teeth whitening removes stains on enamel & lightens pigmentation by up to 8 shades with our supervision. Whiteness depends on the degree of discoloration & whether your teeth are dimmed by ageing, food, nicotine, or root canal treatment. The process is safe, speedy, & dependable.



Metal-free filling materials create an appealing & natural look. They are strong & durable, & can look as good as – or better than – your own teeth!



Translucent **veneers**, **bonding** materials, and non-metallic **crowns** can conceal many imperfections. Are your teeth stained, worn, chipped, or cracked? Look totally natural with any of these custom-made restorations. Are your teeth slightly crowded, uneven, or irregular? We can re-fashion your smile ...without braces!



CANCER ALERT

A Brazilian study has linked oral cancer with the regular consumption of foods high in animal fat and saturated fat, including bacon, cheese, pork, and fried foods. Although people who smoke or use smokeless tobacco remain at highest risk for oral cancer, experts estimate that about 35% of cancers can be linked to diet.

We already know that...

- poor nutrition can negatively affect your immune system's ability to resist disease;
- decreased intake of vitamins and minerals can lead to mouth sores and a breakdown of gum tissues which can contribute to oral cancer;
- a diet high in starch or sugar promotes tooth decay.

We perform an oral cancer exam on all adult patients in our practice at each recall visit. We'll show you how to conduct a self-exam at home.

the truth

About Craniomandibular Dysfunction

What Is Craniomandibular

Dysfunction? CMD describes a collection of symptoms which occur when the chewing muscles and jaw joints do not work together correctly. It is also called Temporomandibular Syndrome or Temporomandibular Joint Disorder (TMD). By including a reference to the cranium or head, CMD evokes the relationship between the jaw, its joints, and the muscles and nerves of the face and head.

What Causes CMD?

The temporomandibular joints are at the ends of your jawbones, just in front

of your ears. They attach your jaw to your skull. Muscles that attach to both the bones and joints allow you to open and close your mouth. Any problem which interferes with this complex system may result in Craniomandibular Dysfunction.

What Are CMD Symptoms?

Clicking or popping of the jaw joints, pain in or around the jaw joints, and locking or limited opening of your mouth can be associated with a jaw problem. However, muscle spasms can create other symptoms that are less obviously bite-related and include...



-  Sinus headaches or migraines
-  Pain behind the eyes
-  Dizziness
-  Earaches or ringing in the ears
-  Clenching or grinding of the teeth
-  Neck, shoulder, or back stiffness and pain

How Can We Help? After a thorough examination and discussion of your symptoms, we will review dental treatment options with you, including stabilizing your bite to relieve any strain.

COOL



CLEAR

Drinking water has become very trendy. In some shops, entire aisles are dedicated to bottled water. But tap or well water from a good source is just as good for you ... and for your mouth.

Water is essential to maintain your oral and overall health. On average, human body weight is 50-75% water - or about 10-12 gallons. The specific percentage varies for each individual.

WATER

- won't stain your teeth;
- is an effective rinse when there's no time to brush or floss;
- is essential in saliva production, neutralizing tooth-attacking acids and protecting teeth and gums from cavity-causing bacteria;
- prevents *xerostomia* (dry mouth) which can interfere with speaking, eating, chewing, and swallowing;
- maintains your mouth's pH balance to fight enamel erosion.