

# Something To Smile About

from the  
Atrium Dental Center

Produced to improve your dental health and awareness

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## fromthedentist

The beginning of a new year always prompts me to take an account of my life. I would imagine that many of you go through the same mental processes that I do. We equate the New Year with a new opportunity. It reminds us even more than a birthday of the passing of time and causes us to reflect on how we have used that oh so precious commodity over the past year. We ask ourselves all kinds of questions. What is really important to me? Am I doing it? What is working in my life? What is not? Where did I fall short? Where do I want to do better? We make assessments and we make resolutions. Even though our resolve is not always strong enough to result in life changes, I think regular times of auditing one's life are positive and can be very productive.

If you are going through such a process, let me encourage you to stick with it. Start at the end and work to the beginning. Where do you want to be in five years? Break this down into smaller components such as my health, my finances, my relationships, my spiritual life etc.

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## turnthepage

The grind of bruxism

The secret? Strength, of course!

Absolute discretion: dental implants

## Leading-Edge Laser

**Preventive and minimally invasive!**

Many of you have experienced our patient-friendly laser as part of your treatment at our practice. It provides you with comfortable, preventive, minimally invasive treatment options. One that we are particularly pleased about is laser-assisted bacteria reduction – a procedure designed to control anaerobic bacteria that accumulates between the teeth and under the gumline. Lasers have also been shown to increase the success rate of root canal treatment by eliminating bacteria that could otherwise interfere with the long-term outcome.

In addition to reducing anaerobic bacteria and removing diseased gum tissue to prevent and treat gum disease, we can use our laser to painlessly remove canker sores – many patients report a pleasant anesthetic effect. The laser is also excellent for cosmetic dentistry such as recontouring a “too gummy” smile.

These oral health benefits are possible in part because laser light can be focused into a tiny point to do very fine exact work with minimal swelling and less need for sutures. It is gentle on soft gum tissue and can stop bleeding from even the tiniest blood vessel.



The term “laser” stands for light amplification by stimulated emission of radiation – a device that produces and amplifies light. Our laser’s wavelength has been precisely calibrated for minimally invasive, preventive, soft-tissue applications. This leading-edge technology is just one more way that we’re making your visits more comfortable while increasing the level of care we provide.

gum  
sculpting

before



after



Thank you for all your referrals. We appreciate them!



# Easy Care Cosmetic Dentistry

Use the oral care style that suits your smile!

Cosmetic dentistry has revolutionized our ability to restore appearance and function to your smile. We can give patients the look they want if they're dissatisfied with the look that nature gave them! Veneers, bonding, bridges, crowns, and orthodontics can close gaps, camouflage cracks, chips, and discoloration, and even straighten your smile.

Even though the materials used in restorations reject plaque-producing bacteria, it is still essential to protect gum tissue against periodontal disease. If you've been thinking that this means complicated home care, nothing could be further from the truth. Today there are many tools that make it *very* easy. Our team can help you with your restoration selection and your technique!

Tools For Easy Care		
<b>Veneers &amp; Bonding</b> Flossing and brushing with soft or ultra-soft brush Mild, non-abrasive toothpaste Electric toothbrush	<b>Crowns, Bridges, Implants</b> Interdental brush Sulcus brush Oral irrigator Floss & floss threader	<b>Fixed Orthodontics</b> Interdental brush Orthodontic toothbrush Multipurpose floss Oral irrigator Sulcus brush

## Bruxism & TMD

Get regular exams and prevent chronic problems

We are committed to preventive dentistry, so we are always on the alert for symptoms that could lead to chronic difficulties like temporomandibular joint disorder (TMD). This is a common problem that involves the joints used in chewing, swallowing, and talking. TMD can lead to localized symptoms or seemingly unrelated headaches or earaches. One of the first culprits we look for during regular examinations is *bruxism*.

Bruxism is the name for forceful grinding and/or clenching of your

teeth. Grinding is usually noisy; clenching is silent. Either can create so much stress on the jaw joints that patients experience serious and even debilitating muscle spasms and pain, common symptoms of TMD.

Many individuals are unaware that they "brux," so we look for telltale signs that include:

- worn-down teeth;
- sensitive teeth;
- chipped or broken teeth;
- cracked or loose restorations;
- scarring of the tongue and cheeks.

## Indirect Impact

In a car accident, it is not necessary to sustain direct impact or trauma to the face or jaw to cause Temporomandibular Joint Disorder (TMD) symptoms. Magnetic resonance imaging (MRI) has documented the relationship between cervical whiplash and TMD.

Whiplash injuries can also occur in sports or during falls.

Although earlier attempts to cure bruxism have ranged from sound alarms, electrical stimulation, psychotherapy, hypnosis, and drugs, we can now recommend simple, effective dental solutions. Some act like a crutch to rest the jaw joints while others encourage a natural reflex that stops your jaw automatically to protect your teeth and jaw joints.

We recommend regular dental visits so that we can monitor your oral health – and prevent little problems of all kinds from getting bigger.

# Have A Chili-Pepper Day! Endorphins rule

Chocolate-covered chilies could have a great future in dentistry. Both chocolate and chili peppers prompt the release of endorphins, nature's pain killers and mood boosters. Endorphins have been credited with enhancing our immune system, creating euphoria, removing superoxides that cause disease and ageing, and lowering blood pressure.

When you are stressed and nervous about a dental visit, your blood pressure can go up so that you produce more adrenaline. This can make it harder for anesthetic to work and increase behaviors like teeth grinding and clenching that can damage your oral health. We'd rather see you happy, relaxed ... and producing endorphins. You know we'll do our best to keep you smiling!

Endorphins are released  
in your brain by:  
sunshine  
exercise  
meditation  
massage  
smiling and laughing!



## Discreet Dental Implants

Anyone  
You  
Know?

You've probably met someone with a dental implant and didn't even know it. Completely natural looking, they have saved hundreds of thousands of beautiful smiles. Dental implants are on the leading edge of technology and use special biomaterials - and they can be placed in only one or two office visits!

You could be a candidate for dental implants. Call us for an evaluation. We'll happily answer your questions.

### What else?

- Implants are artificial tooth roots which anchor to surrounding bone and to which replacement teeth are attached.
- Permanent replacement teeth are translucent like natural enamel and are framed by your natural gum tissue.
- Implants are long-lasting and reliable.
- Implants can replace one tooth, rebuild an entire jaw of missing teeth, or secure dentures.

## The Secret Is Strength

Crown & bridge can  
restore your smile

A crown restoration or *cap* can do wonders for your smile! The benefits of this natural-looking and durable restoration are evident even for inconspicuous zones like your side or back teeth! A single crown or a crown and bridge will eliminate gaps, drifting, crooked teeth or a malocclusion (bad bite). The secret is in its strength.

A crown is used for protection and support when a tooth is weakened by a break, a fracture, or a very large filling. For one or more missing teeth, a bridge (one or more replacement teeth) can be anchored by one or more crowns.

Crowns and bridges restore tooth function and appearance. Beautiful materials that reflect light like natural enamel ensure the completely confident and natural-looking smile that everyone notices!



# People Will Look

## Get ready to smile back with cosmetic dentistry

People really do look at your mouth first. That's got to impact your self-consciousness meter ... but that can be a good thing! With these cosmetic dental procedures, we can help you to feel great about your smile – and your oral health – every time you catch someone smiling back at you!

The most popular treatments are all but invisible, very patient-friendly and can improve your smile without surgery and in only one or two visits...

- Replace unattractive stains and

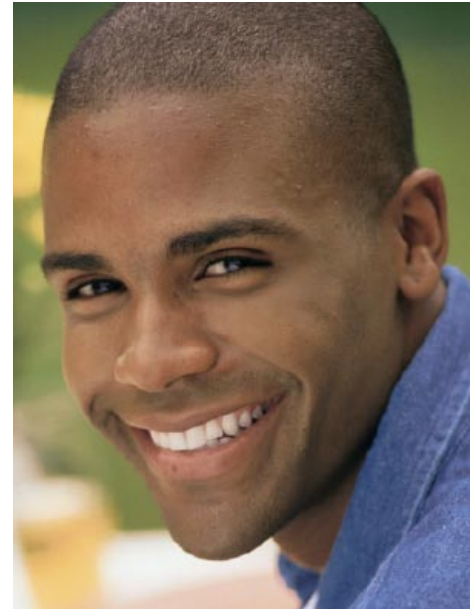
discolorations with a pleasing and radiant smile by teeth whitening.

- Say goodbye to dark, outdated silver fillings and match your natural tooth enamel with white composite, porcelain, cast glass, or resin inlays and onlays.

- Improve the appearance and proportions of teeth that are stained or chipped, or that overlap or are uneven, with cosmetic veneers. Veneers are extremely thin but strong porcelain shells that are layered over the front

surfaces of natural teeth. They can be designed to improve the proportions of your smile.

- Strengthen and renew the appearance of teeth that have had root canal treatment or extensive repair with a natural-looking crown that fits over a tooth to restore its



normal shape, color, and function.

- Recapture your confidence by replacing missing teeth with implants. They can be an esthetically pleasing alternative to dentures and bridges that will allow you to eat, speak, and socialize naturally. Replacing missing teeth can prevent future problems with shifting that can affect your appearance.



## office information

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### Office Hours

Monday 8:00 am – 5:00 pm  
Tuesday 8:00 am – 5:00 pm  
Wednesday 8:00 am – 1:00 pm  
Thursday 8:00 am – 5:00 pm  
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### Contact Information

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### Office Staff

Lisa, Dee ..... Hygienists  
Carolyn ..... Administrative Assistant  
Natalie, Ruth, April .....  
..... Expanded Dental Assistants  
Wilma ..... Care Coordinator  
Jody ..... Schedule Coordinator  
Janet ..... Systems & Personnel



## Continued from front page

Write it all down. Get such a clear picture of it that you can close your eyes and see it, taste it, smell it, and feel it – envision yourself living it. This is your vision. Work backwards from there, asking, “What habits do I need to initiate today to put me where I want to be five years from now?” Make it real in your head and then set yourself on a path to make it happen. Make the commitment, enroll a support person, keep a daily/hourly log, track your results and feel good about the process of being on track and of the progress you are making. Be true to your convictions, honor your calling, enjoy your life and live it to the fullest.

Oh yes, I am supposed to say something about oral health. Brush and floss twice a day – two minute brush, floss both sides of every tooth. It's easy and very effective.

*Have a great year,*

*Dr. Lawrence W. Howell*

**We always appreciate the confidence you show us by referring your friends and family to our office.**

