

# Something To Smile About

from the  
Atrium Dental Center

Produced to improve your dental health and awareness

Summer 2005

## fromthedentist

### Welcome!

#### Our new newsletter

Welcome to the very first issue of *Something To Smile About*, a newsletter designed to keep you informed of new ideas and concepts in the field of dentistry. Over the next few issues we will bring you information on areas such as cosmetics, whitening, oral cancer screening, and many other topics where dentistry has made terrific advances over the last few years. We also hope to bring you information that is particular to our office, of which you are the most important part.

This newsletter relies on your input to be successful, so please mention any topics that you would like to see included in a future issue. If you happen to receive two issues, please share one with a friend who you feel might benefit from the services and care that we provide.

*Yours in good dental health,*

*Dr. Lawrence W. Howell*

## turnthepage

Earaches? Headaches?

Treat yourself to perio health

Amazing teeth whitening!

## Maximize Your Benefit

### Minimally invasive dentistry and your healthy future

If you've wondered why we encourage you to come and see us every three to six months, it's because we believe that cavities and oral diseases are *not* inevitable. Our team is committed to minimally invasive (MI) dentistry. This means that we are dedicated to using the least invasive procedures to create the maximum oral health benefits for you.

Of course that means using today's superior technology to remove less healthy tooth enamel than in generations past, but it means much, much more. Our team is committed to providing leading-edge dental care through ensuring:

- Adequate consultation time so that we can discuss your hopes and desires for your smile and oral health;
- Education and home care guidance to prevent gum disease and cavities;
- Regular recall examinations for the prevention of caries (decay), periodontal diseases, and other oral diseases;

■ State-of-the-art diagnostic tools, restorative materials, and precision equipment for earlier diagnosis and effective treatment plans which save more natural teeth and tooth enamel when intervention – even cosmetic intervention – is required or desired.

Your quality of life can be improved through optimal oral health. Research has linked gum disease to respiratory and cardiovascular diseases, cancers, and diabetes. With MI dentistry, many oral health concerns can someday be a thing of the past. In other words, our commitment to MI dentistry is a commitment to your healthy future!

Composite fillings look more beautiful than amalgam, and less healthy tooth is removed in order to prepare teeth.



*Thank you for all your referrals. We appreciate them!*

# Simple TMD?

## A complex disorder can have dental origins

If you have been suffering with jaw pain or clicking, earaches, headaches, even sinus pain, you could require dental intervention. In 1982, the *American Dental Association* adopted a new term to describe a constellation of problems that affect the jaw joint: *Temporomandibular Joint Disorder* (TMD).

The temporomandibular joints just might be the most complicated joints in the body. If you place your fingers in front of your ears while opening your mouth, you can feel them. Their movement is controlled by powerful muscles which, along with the joints themselves and your teeth, are connected to the mandible or jawbone.

How can jaw anatomy affect the rest of your body?

- A significant number of your body's nerves pass near the jaw joint.
- Many of the nerves of your body go to your mouth and jaw.
- Much of the brain's processing takes place through the trigeminal nerve ... which links with the facial, hypoglossal, and vagus nerves ... which control the sensation and function of almost all other muscles of your head, neck, and throat.
- Jaw compression can strain the neck muscles.
- Strained neck muscles can affect blood flow to the head and neck.

We understand that living with the complex symptoms of TMD is no simple matter. We'll work with you toward a solution!



## Detecting TMD

### Some questions we may ask:

- Do you have pain when you move your jaw or do you hear noise in your jaw joint?
- Have you ever had medical treatment for jaw or facial pain?
- Have you had a recent injury to your jaw or head?

### We may also:

- Check how wide you can open your mouth.
- Feel your jaw joint for clicking, and identify pain and tenderness in and around your jaw, face, and head.
- Inspect your teeth for wear (indicating grinding) and all other causes for your pain or discomfort.

# Cinnamon

Say *Cinnamomum*. That's the genus the sweet, aromatic spice cinnamon belongs to. One of the earliest known and most sought after spices, it has been credited with creating the momentum to discover America. Research now credits cinnamon with the ability to do much more than that!

With no known risks and virtually no calories, cinnamon can:

- inhibit disagreeable mouth odors by destroying sulphuric bacteria;
- help the body to use insulin more efficiently, reducing the risk of type 2 diabetes which has been linked to periodontal disease;
- cut blood sugar levels by as much



as 20-30% to help prevent diabetic complications that can be aggravated by periodontal disease;

- reduce total cholesterol, bad cholesterol, and triglycerides that can affect cardiovascular health.

So do yourself and your oral health a *flavor*, and spice up your diet with cinnamon!

# Give Yourself A Treat

## Perio health creates the best cosmetic results

A cosmetic procedure like teeth whitening can give you the great looks, self-confidence, and motivation to take care of your oral health. We're all for that! But we'd like to remind you that only natural tooth structure will lighten. If you have calculus on your teeth, having them cleaned first will achieve the best results.

Calculus is also commonly called tartar, and it builds up when you miss removing bacterial plaque during your usual brushing and flossing routine. Removing hard yellow tartar has to do with a lot more than looks. Tartar causes periodontal or gum disease. Here are some interesting facts.

- The word *periodontal* literally means "around the tooth."
- Periodontal disease is a chronic bacterial infection that affects the gums and bone supporting the teeth.

- There are many forms of periodontal disease. The most common ones are *gingivitis* and chronic *periodontitis*. Left untreated, both these diseases can lead to tooth loss.

**Gingivitis** is the mildest and earliest form of periodontal disease. It causes your gums to become red, swollen, and bleed easily with virtually no pain. **Chronic periodontitis** is present when gingival inflammation has progressed to within the supporting tissues of the teeth causing gum recession and bone loss.

In most cases, periodontal disease is reversible with professional treatment and good oral care at home.



## Teeth Whitening Is #1

### It's easy & effective!

Cosmetic teeth whitening is a surefire way to set your smile ablaze with glamor. That's why it's the number-one cosmetic dental procedure. Even though natural tooth color varies from individual to individual, and patients differ greatly in tooth color, enamel thickness, and degree of staining, science allows us to reliably predict shade results. Art added to science makes glamor look radiantly natural.



Whether life or time has dimmed your smile, only you can decide if it's time to turn up the wattage. We can recommend a safe, reliable, and *very* effective supervised teeth whitening program that will let you brighten your smile. Some smiles brighten up a few shades ... some to up to ten!

We'd be pleased to show you how teeth whitening can transform your smile!

**Seeing is believing! Just think what a difference modern teeth whitening can make in your smile. In a few hours or a few weeks ... it's up to you.**

## Smile Savers

### Brush and floss the kinder way

Remember ... the purpose of brushing and flossing is to remove the *soft*, sticky film called plaque *before* it hardens into calculus and spoils your smile. You don't have to brush hard or floss vigorously because overzealous care can damage your tooth enamel and gums.

#### Try these kinder, gentler smile savers!

- Use a soft toothbrush. It's twice as gentle on your gums as a hard brush.
- Take the time to brush all of your tooth surfaces. That only takes about three minutes – not 30 seconds.
- Switch to your opposite hand when brushing.
- Try a new toothbrush that gives a warning when too much pressure is being placed on the gums.
- Make an appointment for an oral hygiene brushup to refine your technique.

# Right From The Start

## Flossing mistakes to avoid

**1. Not flossing** – If you are only brushing, you are missing half of the surfaces of your teeth. You would not think of only brushing your upper teeth, yet not flossing the sides of each tooth leaves a similar amount of disease and odor causing germs behind.

**2. Not flossing regularly** – Flossing needs to be a daily ritual: tartar can form in as little as two days!

**3. Flossing too quickly** – You need to count ten short, rapid, up-and-down strokes on each tooth. You should be spending at least two

minutes per flossing session.

**4. Missing the gumline** – The gumline is an important area to clean, and floss should be moved all the way under the gum.

**5. Not removing plaque** – Flossing is not just about removing food particles, it's about scraping off that film of bacteria that is between your teeth: plaque. Scrape the tooth clean.

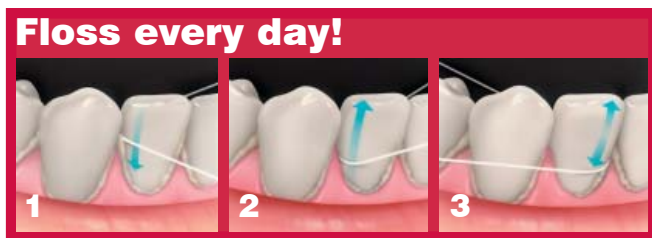
**6. Not flossing with enough pressure** – Removing plaque is tougher than you might think. Firmly press the floss against the tooth surface and



move it up and down. If you're doing it right, you should hear a squeaking sound.

**7. Flossing only one tooth** – Don't just pop the floss in the space between your teeth – each tooth demands attention! Push against one tooth and pull against the other, covering the whole surface area between the teeth.

Mastering your flossing technique means safeguarding your teeth and gums for a lifetime.



## officeinformation

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### Office Hours

Monday 8:00 am – 5:00 pm  
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Wednesday 8:00 am – 1:00 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



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Ask for a CareCredit application... and begin treatment today!

## Yes! We Will!

### Answers to core questions

Here's how we answer the top three questions that the people you refer to our practice like to ask us...

**Will you take time to provide personal attention to me?** Yes. We pride ourselves in creating a warm, supportive atmosphere and building trusting relationships.

**Will you provide instruction and explain preventive and home care techniques?** Yes. We are committed to preventive care. The best patient is an informed patient.

**Will you provide fee and payment plan information before treatment?** Yes. We'll also help you prioritize treatment that's essential, can be phased, or is elective.

We sincerely appreciate your referrals of family and friends, as it is one of the best compliments you could ever give us!

