

Advancements In Dental Care's *Word Of Mouth*



Produced for Patients of Dr. Gardner & Dr. Lehenbauer

Fall 2008

fromthedentists

Your Dental Insurance *Get the most*

The signs of fall signal back-to-work and back-to-school for many of us. They should also be a cue to make a dental appointment because your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year.

If you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, **before** your 2008 dental insurance expires. So give us a call!

Yours in good dental health,

*Dr. Gerald P. Gardner &
Dr. Daniel J. Lehenbauer*

turnthepage

Fight bacteria now!

Oral tips for life!

Whitening that works!

Straight Talk

Invisalign® ... because metal is just a memory

How does Invisalign® work?

Invisalign straightens crowded, protruding, or too far apart teeth without metal braces. First, we take an impression of your teeth, then with the impression, the Invisalign lab uses computer technology and your smile prescription to create a series of clear, biocompatible aligners. These will move your teeth in tiny, comfortable increments. You wear each invisible aligner for about two weeks before graduating to the next ... until you have the smile you want.

Is Invisalign technology really new?

Yes, and it is built upon reliable, sound, scientific principles.

Invisalign uses:

- Advanced laser technology to create an accurate 3D digital image of your teeth;
- Advanced computer software to simulate time-lapsed tooth correction;
- Advanced computerized fabrication of customized aligners.

Invisalign benefits you because you are:

- Sophisticated about and appreciative of technology;



- Computer-literate so you can understand treatment;
- Expectant and appreciative of: wearing invisible appliances; faster results; shorter and fewer appointments; an accurate projection of end results; normal home care routines; use of a biocompatible material to decrease allergic response; minimal discomfort because teeth move in small increments and muscle soreness is

rare even with a history of myofascial pain.

Can any dentist prescribe Invisalign?

No. Many hours of special training are required. As your dentist, I am the interface between your clinical needs and Invisalign technology.



Thank you for all your referrals. We appreciate them!



You'll like it!

Look At That

Ugli fruits are named after their greenish-yellow appearance, odd shape, and lumpy, bumpy skin. Imagine a *really* ugly grapefruit.

Tasty Treat

This mandarin hybrid has a very sweet citrus taste and is said to combine the best qualities of Seville oranges, tangerines, and grapefruit. Ugli fruits are sweetest from their native tropical West Indies and Asia, though they have been grown in the sub-tropical United States since the 1930s. Nearly seedless, uglis peel easily for quick snacks or as an unusual feature in salads, stir fries, or stews.

For Your Oral And Overall Health

Ugli fruit is an excellent source of vitamin C, an antioxidant which promotes healthy gums and fights cardiovascular disease, plus it's a good source of fiber as well as folate which is an important B vitamin that promotes oral health.

Prevention Is Better

Two things you don't want to share!

We all host bacteria in our mouths so everyone is potentially vulnerable to decay and gum disease. Here are some facts you may not know...

■ Bacterial Infections

In **caries** (decay), *Streptococcus mutans*, is the major bacterium that uses sugar to produce acids that dissolve dental enamel, creating cavities.

In **gum disease**, plaque – the soft thin film you feel on your teeth – is a *biofilm* which hosts many different bacteria.

■ Transmissible

You can pass on **gum disease** and **caries** bacteria to the people you care about – even babies whose teeth have yet to erupt – by kissing, blowing on food, or sharing utensils.

■ Preventable

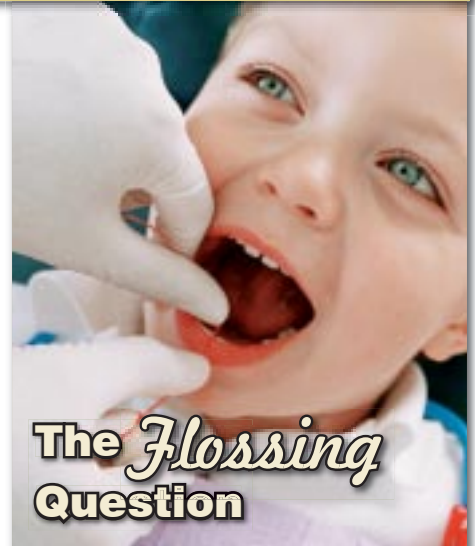
You can minimize your risk for **caries** by avoiding sugary carbohydrates and keeping saliva flowing. Saliva is your natural buffer against acid. Daily removal of soft plaque by brushing and flossing keeps it from building up then turning into hard tartar or calculus, promoting **gum disease**.

■ Reversible

In the earliest stages when **caries** are white patches, remineralization (assisted by our saliva) can reverse the process. As the caries progressively become darker in color, treatment becomes more complex and invasive.

Gum disease can appear silently and we can reverse it with prompt treatment before it progresses to produce swollen, tender, bleeding gums, and deep pockets of infection that can lead to tooth loss.

We have many effective strategies to prevent and treat these two diseases, so please – keep your regular appointments.



The Flossing Question

Ever too young?

As soon as two teeth touch, between six months and one year, kids need daily flossing to avoid gum disease. Only flossing can remove the biofilm and food particles that build up between their teeth and below the gumline where a toothbrush can't reach. Here's how to floss your child's teeth...

First, wrap an 18-inch strand of floss around your middle fingers just as you would for yourself, and hold a one-inch section tightly.

Then, gently ease floss between each of your child's teeth, unwinding clean floss as you proceed.

Too squirmy? Consider colorful, flavored, kid-friendly floss sticks that can change colors and come in favorite character shapes.

Between the ages of 5-10, most children can floss their own teeth. And thanks to your perseverance and great example, they'll want to!



Evaluate Your Family Dental Values

At every stage of life, your oral health and attractive smile are invaluable assets

LIFE STAGE

FOCUS

HOW WE CAN HELP

Infants & Children



- Healthy gums and teeth
- Proper spacing and bite alignment
- Protection against sports and play injuries

- Prevention and monitoring with regular dental visits starting when teeth erupt
- Early orthodontic assessment
- Oral hygiene instruction
- Custom-fitted mouthguard
- Emergency care

Teenagers



- Greater awareness of social value of nice smile and fresh breath
- Greater susceptibility to gum disease, enamel erosion

- Positively reinforce importance of nutrition, regular oral care routines, and professional oral care for an attractive smile
- Provide strategies for fresh breath and a whiter, brighter, straighter smile

Young Adults
20s & 30s



- Greater maturity and awareness of mouth-body link
- Continued interest in appearance and lifestyle issues like teeth staining from coffee, wine, and tobacco

- Regular preventive and maintenance visits to maintain healthy teeth and gums
- Cosmetic consultations for teeth whitening and other procedures

Mid-life Adults
40s & 50s



- Continued interest in appearance
- Increased risk of oral cancer
- Risk of receding gums, root caries, and loose teeth as hormonal levels decline, bone mass decreases, and teeth become worn and stained

- Regular oral health exams
- Natural-looking restorative treatments including crowns, bridges, implants, and veneers, plus cosmetic whitening

8 Is Great!

Boost your smile!

A jolt of morning java might boost your day, but over time it could take supervised teeth whitening to jumpstart your smile again! Red wine, tobacco, dark fruits and juices, and some medicines can also trigger staining.

What can affect your whitening outcome?

Your Age

Whitening is the most in-demand cosmetic procedure and although we recommend teens wait 'til after age 14, there's no upper age limit. If thinning tooth enamel is a consideration, cosmetic bonding and veneers are excellent whitening alternatives.

Your Dental Team - That's Us!

We make absolutely certain that the whitening ingredients we prescribe for you are safe, reliable, and appropriate. Stains caused by illness or medications can only be removed by a dentist.

Your Foundation

Teeth may be whitened up to an average of eight shades lighter than the color you start with!

Where does your smile rate on our whiteness scale?





Clean As...

A Hound's Tooth

By Merritt Dean Halem, DDS
 Excerpted from *Chicken Soup for the Dental Soul*

It never fails to amaze me how children can look through you, size you up, and make judgements about you no matter what they have heard about dentistry from parents, their peers, or by way of street talk.

Several years ago, I had a cute little seven-year-old who came in for her first visit to the dentist. The hygienist cleaned her teeth, fluoridated them, and instructed this youngster on the importance of good homecare. When the hygiene procedures were completed, I entered the operatory and performed a routine examination of the child's mouth. I, too, stressed the importance of good homecare. The girl proceeded to tell me that not only did she brush her own teeth regularly, she also brushed her dog's teeth every single day.

I laughed and told her I hoped she didn't use her toothbrush to clean the dog's teeth. She looked at me, placed her hands on her hips, and said she would never use her toothbrush - she used her sister's brush instead. After laughing so hard that tears came to my eyes, I instructed the hygienist to give this little girl three toothbrushes; one for herself, one for her sister, and one for her dog. I am certain that good homecare now exists throughout that household.

©1999 Jack Canfield and Mark Victor Hansen. Reprinted by permission. *Chicken Soup for the Dental Soul* is available by phone at 1-800-247-6553.

Quick *kid* Tips

- Never allow your infant to go to sleep with a bottle containing formula, milk, or juice.
- Provide toothbrushes with soft bristles, always use a fluoride toothpaste, and teach your child daily dental care.
- Make sure your child wears a custom-fitted mouthguard when playing sports.

officeinformation

Advancements In Dental Care

Dr. Gerald P. Gardner
 Dr. Daniel J. Lehenbauer
 9224 Broadway Avenue
 Brookfield, IL 60513-1252

Office Hours

Monday	7:30 am	–	8:30 pm
Tuesday	7:30 am	–	8:30 pm
Wednesday	7:30 am	–	8:30 pm
Thursday	7:30 am	–	8:30 pm
Friday	7:30 am	–	2:00 pm
Saturday	8:30 am	–	12:00 pm *

*Doctors see patients on selected Saturdays

Contact Information

Office (708) 485-0340
 Fax (708) 485-0631
 Web site www.advdocs.net

Thank you for all your referrals - we appreciate them!



Advancement's News

For those of you that have been in to see us lately, you may have noticed a new face at our front desk. Carol Polcyn has been a long time resident of Brookfield. You may have recognized her from around town. To help serve your needs better, Carol comes to our team with *thirty* years of customer service experience. If you have any questions regarding your insurance claims, please give Carol a call.

Starting this fall, we are happy to announce our best *Invisalign*® offer yet. With the help of *CareCredit*®, we can now offer you 24 months interest free for Invisalign patients only. So, with \$199 down and payments up to \$199 a month (Price is based on full case treatment. Monthly payments may be even lower depending on length of treatment.) Now getting the smile you really want is even more affordable.

To celebrate this new offer,
 Advancements In Dental Care will be holding an
**Open House on
 Saturday, November 8th, 2008
 from 9am to 1pm.**

Space is limited to the first 16 RSVPS!
 Call today to reserve your appointment.

