

# Don't Do-It-Yourself

## Leave it to us

Everyone knows the value placed on a brilliantly white smile. It's something we all strive for. The problem arises when deciding how to get it. Although whitening kits are available over-the-counter for use at home, this really is one of those things that is best performed under our professional supervision.

The dangers of at-home whitening start right at the very beginning. That is, not everyone should undergo whitening treatments – and we can tell you if you're one of them. You could see no results, cause damage to your teeth and gums, or even risk your overall health.

We can tell you if you are a candidate for whitening and can help you choose the right procedure for your needs. So, please think twice before opting for unsupervised whitening. It could cost you more in the long run.

## Call us today (201) 662-2020

*...we are confident  
that you'll be very  
pleased that you did!*



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## Straight Teeth = Health

### The added benefits of ClearCorrect

We seek the maximum benefits from everything. Look at cell phones. They're not just for calls anymore – they're for email, web surfing, and entertainment. Talk about multi-beneficial! Why should your orthodontic treatment be any different? You can have more than just straight teeth. With *ClearCorrect*<sup>™</sup>, not only can you improve aesthetics, but more importantly, occlusion (bite), periodontal health, and overall health.

When teeth are misaligned they can be difficult to clean. Gaps and crowding can exacerbate the buildup of bacteria, making the development of periodontal problems likely. The resulting gum disease has been linked to overall health issues, including diabetes, heart disease, stroke, and a host of other systemic troubles. This illustrates the need for straighter teeth – not just for looks, but for your health.

You can even begin to reap the benefits during treatment, because with *ClearCorrect*, unlike braces that cannot be removed, aligners can be removed to eat and at cleaning times. This allows for proper brushing and flossing techniques which reduces your risk of periodontal, and overall, health problems. You can better maintain effective oral care.

Once *ClearCorrect* treatment is complete, your bite will be correct, and chewing and possibly even speech improved. Realignment also relieves stress on the supporting bones and jaw joints, preventing future problems. And of course, your proud smile will be bright and beautiful.

Improve your overall health. Ask us about *ClearCorrect* today.



Visit us online! [www.drilmsteinberg.com](http://www.drilmsteinberg.com)



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# Something To Smile About

## Recapture that confident feeling!

It's not too strong a statement to say that your life could improve dramatically after experiencing cosmetic and restorative dentistry. A fine example is one of our most popular and flexible restorative options: dental crowns. Not only are crowns strong and long-lasting, they can be matched to the translucence, color, and contours of your other teeth.

If you have gaps in your smile, or have teeth that are badly worn, fractured, or otherwise damaged, crown restorations are a tried-and-true smile prescription!

A **crown** can be used to cover a tooth to protect and strengthen it, and to improve its appearance.

A **bridge** can combine several crowns to span the gap left by missing teeth and to save your other teeth from drifting.

A **dental implant** can permanently replace one or more teeth by attaching a crown to an artificial root anchored into your jawbone. By helping to reduce bone loss, an implant can combat the collapsed look that occurs with missing teeth.

**Talk about a more youthful appearance!**

**Your crown restoration will...**

...look and function like a natural tooth;

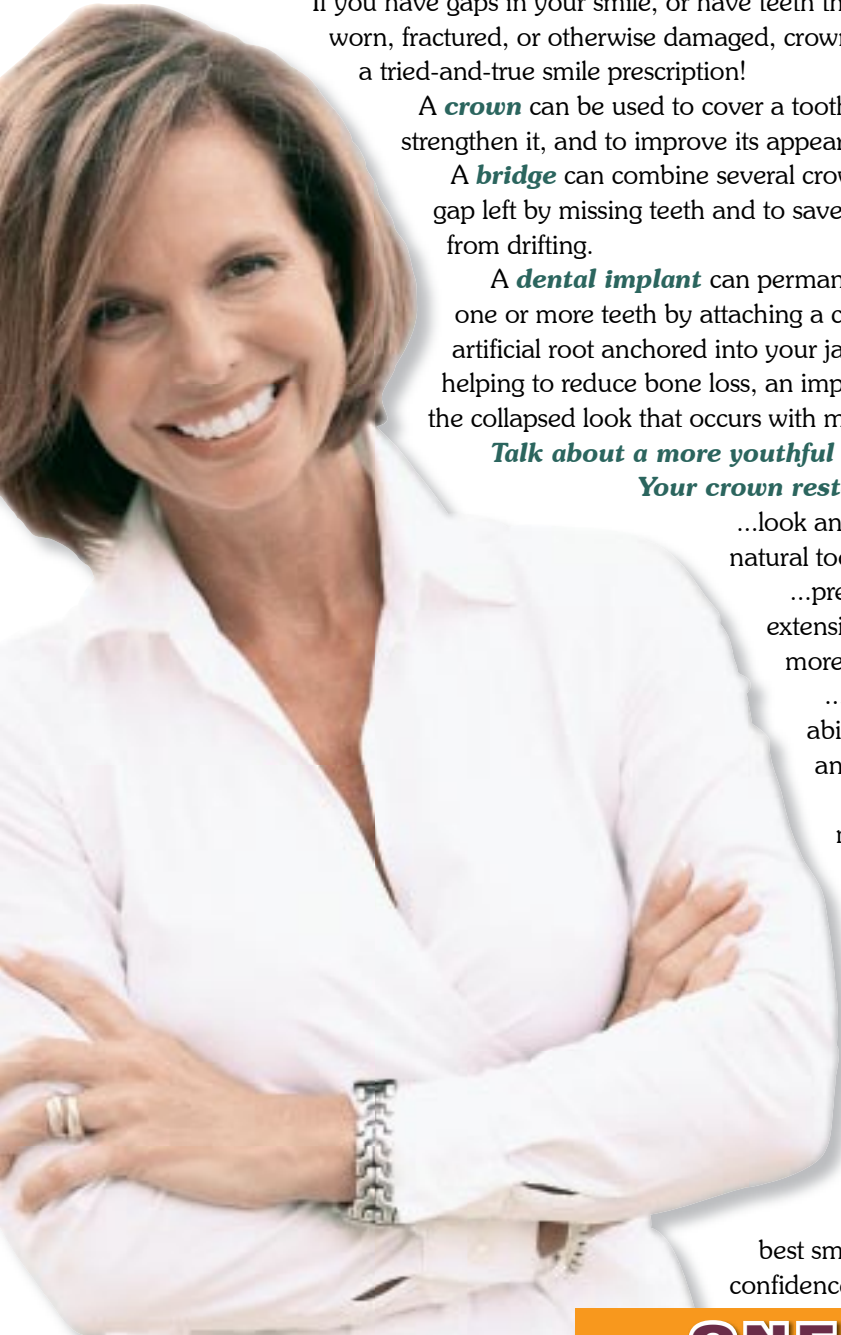
...prevent more extensive damage and more costly repairs;

...restore your ability to enjoy food and socializing;

And there's more... Crowns can be shaped, sized, and positioned to dramatically improve the look and function of your teeth.

We really can help you to get your

best smile – and your confidence – back!



## It's A Sneak Thief

### Don't lose your teeth

Gum disease is sly – it can turn up without symptoms. It's also responsible for more tooth loss than any other dental problem. Gum disease is an infection caused by plaque – a film of harmful bacteria that forms on teeth and irritates the gum tissue. Eventually, without treatment, the gum will pull away from the teeth, jawbone is destroyed, and the tooth is lost.

You could have gum disease if you experience:

- red, swollen, or tender gums;
- gums that bleed when you brush;
- receding gums;
- loose teeth;
- a change in your bite or the way dentures fit;
- chronic bad breath.

If caught early enough, gum disease can be treated and sometimes reversed. There's no way to determine its severity without a detailed examination at the dental practice.



## SEVEN Interesting Things YOU NEED TO KNOW

### ONE

You may transfer cavity- and gum-disease-causing bacteria through kissing, tasting, sharing or blowing on food, or by sharing eating utensils, toothbrushes, or water bottles.

### TWO

You can brush and floss away plaque which is the soft invisible bacterial film that builds up on teeth.

### THREE

Tartar or calculus, the hard yellowish deposit that forms when plaque is left to collect, can only be removed during a dental visit.

# Got You Covered!

Cosmetic solutions for every need

Did you know that for every decade over the age of 30, you show a millimeter less of your front teeth as everything starts to sag a bit? That could be up to 15-20% of your smile! Today, beautiful permanent cosmetic veneers are only one of the many cosmetic options available to help you look your youngest, healthiest, and most attractive.

Here are some examples of safe and effective procedures that can be used individually or in combination to create your dream smile...

**Supervised Teeth Whitening** – This has become a favorite way to brighten smiles whether dulled by time, life’s little habits, or health issues.

**White Fillings** – Fabulous durable and completely natural-looking materials can be used to create the appearance of a flawless smile that has never been touched by a dentist’s drill.

**Bonding** – Matching composite material to the surface of your tooth can cover stains, chips, or cracks and reshape your tooth to fill gaps much like a cosmetic veneer.

**Translucent Porcelain Veneers** – Today’s veneers range from very fine to thick enough to mask even serious staining and smile flaws while still looking completely natural. Veneers have even been called *instant orthodontics!*

Thankfully, cosmetic dentistry has never been a “one size fits all” kind of science. In fact, it’s the artistry behind many techniques, and the trust that is built up with your dentist, that creates your ideal results. We’ll be happy to answer all of your questions.

BEFORE



AFTER

## TMD Symptom Checklist

Get your pencil ready!

Stressed out? It could be affecting your oral health. Sore jaws, popping, clicking, and headaches belong to a host of symptoms of Temporomandibular Joint Disorder (TMD).

If you think you may have signs of jaw joint trouble ... take the pressure off! Share your symptoms with your dental team at your next visit. There could be a dentally related solution.

**Jaw joint (or temporomandibular joint) problems can develop for many reasons:**

- Stress-related behaviors like clenching and grinding teeth;
- Repetitive habits like pen and pencil biting, nail biting, gum chewing;
- A misaligned jaw joint/bite;
- A direct blow to the face or jaw, or a whiplash injury;
- Poorly fitting dentures;
- Erupting wisdom teeth;
- Worn, loose, or missing teeth.

### FOUR

Plaque and tartar can cause decay and gum disease.

### FIVE

Gum disease may be linked to systemic and inflammatory diseases including cardiovascular diseases, arthritis, diabetes, cancers, lung diseases, and complications of pregnancy.

### SIX

Some people can inherit a gene that makes them as much as six times more likely to get severe gum disease.

### SEVEN

You can prevent gum disease by brushing twice a day, flossing once per day, and keeping your regular dental appointments.

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