



# SMILE REPORT

with Dr. Joseph E. Sullivan  
& Dr. Jeffrey R. Turner

Produced to improve your dental health and awareness

Winter 2008

## fromthedentists

### Time To Give Thanks

#### *To our valuable patients*

This time of the year is full of hustle and bustle for just about everybody. With work and school in high gear, it's hard to find time to do anything but try to keep up. Even the dental office is working overtime to meet the latest advances in dental treatment and the increased needs of our patients in this busy time of the year.

No matter how busy we are, there's always time for the people who mean the most. In a dental practice, it's the patients who are number one. That's why in the spirit of the Holiday season, we would like to take some time out to tip our hats and simply say thank you.

You may not think much of it, but your ongoing loyalty, cancellation notification, referrals and each and every kept appointment go a long way toward making this practice run smoothly and efficiently. That makes the dental office a more comfortable and rewarding place for everyone.

These are exciting times for dentistry. You'll read about some of the latest developments and treatments in the pages of this newsletter. If anything catches your eye, or if it's time for a checkup, just give us a call ... we'd really like to say *thank you* in person.

*Yours in good dental health,*

*Dr. Joseph E. Sullivan  
& Dr. Jeffrey R. Turner*

## From One Doctor To Another

Nobody knows your smile flaws better than you. You can't help it - it's human nature. But have you ever really appreciated the natural beauty of your teeth? Exquisitely crafted and strong porcelain veneers can restore natural beauty and transform your smile.

#### How? Cosmetic veneers can:

- make your teeth stronger;
- resist plaque-causing bacteria;
- cover smile imperfections.

And still look natural? Yes. Each hand-made custom-sculpted paper-thin veneer is layered like a pearl and fired by hand, ensuring translucency, opalescence, and fluorescence, all inherent in natural teeth. Translucency allows light to pass through. Opalescence is the reflection of a lustrous light from a tooth's interior. Like an opal, natural tooth enamel glimmers with subtle iridescent colors. Fluorescence refers to the natural light emitted by your teeth.

The result? Veneers look vibrant and completely natural. Get re-acquainted with the natural vibrancy of your smile.



*"A smile says so many things to people I meet everyday at my internal medicine practice. Now, Thanks to Dr. Sullivan and his caring staff, my smile evokes a feeling of confidence, which in turn comes across to my patients."*

*Sincerely,*

*Dr. Donna Dibruno*



### MS Ride For Charity

We successfully completed the MS Ride for Charity on September 27th. Thanks to friends and family we raised nearly \$6,500 for this important charity.

Left to right: Rosie, Rich, Cathy & Dr. Turner

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

# More Power To You

## Make the right connections ... and smile!

*Homophily* is the natural tendency of people to associate and bond more strongly with people who are similar to them. So what can we do to help you connect with all those *other* beautiful people? Well, according to research, a cosmetically enhanced smile will make you appear more attractive and popular with the opposite sex, as well as more intelligent, interesting, successful, and wealthy!

Together, we can choose cosmetic options that will enhance your natural smile foundation and make your smile sing out success! We can...

- Brighten your teeth with whitening, bonding, or porcelain veneers.
  - Rebuild chips and cracks and close gaps that make you self-conscious.
  - Straighten and even out the appearance of crooked, crowded teeth.
  - Reproportion tooth shape, length, and width to ideally balance your features.
  - Recontour an uneven or too high/low gumline.
  - Correct a receding gumline that exposes roots and makes your teeth look longer - and you look older.
  - Widen your smile to fill in the gaps at the corners of your mouth.
  - Diminish lip lines and make your lips appear fuller by adding volume.
- And there's even more that we can do...
- We can maximize the dramatic impact of whichever cosmetic procedure you choose. How? By helping you achieve clean teeth and pink healthy gums with a strong supporting bone structure.

Nothing makes a connection better than optimal oral health and a high-powered smile.



**crowns & veneers**

Brighten



**gum sculpting & veneers**

Reproportion

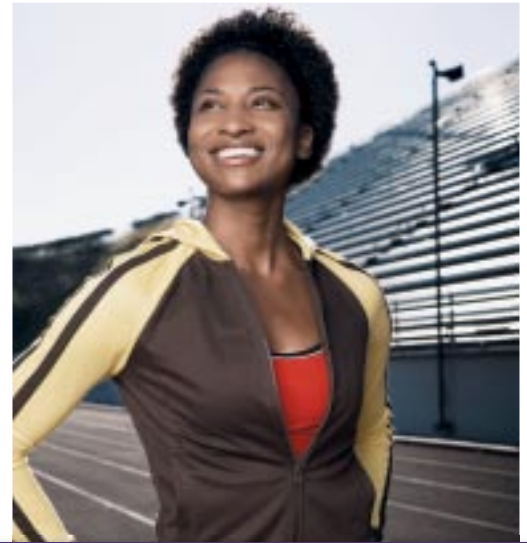


**orthodontics & veneers**

Straighten



# A Crown F



## Take Heart! & Save your smile

In the earliest stage of gum disease, you won't even know you have it. Early on, it's reversible with home care and regular dental treatment, but in later stages it can lead to tooth loss and only professional dental intervention can help. Studies have linked gum disease and cardiovascular diseases and stroke - the number-one killers of men *and* women.

Stay fit and keep your mouth *and* heart healthy!

- Exercise regularly to increase blood flow, strengthen your heart, control your weight, stress, and risk of high blood pressure, cholesterol, and diabetes.
- Eat fruits, whole grains, vegetables, low-fat dairy products, and sources of protein, legumes, and Omega-3 fatty acids.
- Don't use tobacco, a risk factor for oral cancer, tooth loss, and heart disease.
- Get regular medical and oral health screenings.
- Keep smiling!



# For All Reasons

Prevent...  
Protect...  
Impress!



For many people, appearance is *the* greatest inducement to sustaining oral health. Who among us does not want to make a great first impression at a job interview, look fabulous in photos, and shine at significant moments like weddings? Beautiful crowns can help you do all that and more. They are the most popular restoration not only because they can create a natural-looking improved appearance for discolored, misshapen, or missing teeth, but because they prevent and protect to save smiles!

Crowns can...

- Prevent a cracked tooth from getting worse;
- Strengthen and halt further damage to a broken tooth, either...
  - one that has undergone root canal therapy or
  - one with a large filling or fillings.

In fact, when your custom dental crown is created, it becomes your tooth's new outer surface. Technicians incorporate precise measurements to suit your bite, jaw movements, and anatomy. Durable metal or metal camouflaged with white porcelain can be used, and all-porcelain materials can exactly match your smile's enamel.

Attaching multiple crowns to a natural-looking bridge is an excellent technique for replacing several missing teeth. It can prevent drifting teeth, challenges to eating and speaking, and increased risk for tooth decay and gum disease.

And the bonus: avoid the premature wrinkles and age lines that may accompany an altered bite. Your smile will look even more attractive!



Modern crowns & veneers turn a smile into ... a SMILE!

Where does your smile rate on our whiteness scale?



## 5 THINGS about teeth whitening

1. *Not all of your natural tooth enamel is the same color...*

- your front teeth are usually whitest
- molars tend to be in-between
- eye teeth are commonly darkest

2. *Discoloration can be caused by:*

- coffee, tea, red wine, colas, or tobacco
- heredity
- illness and medications
- ageing

3. *Structural changes occur over the life of your teeth and affect their whiteness...*

- young teeth are whiter and usually have a highly opalescent enamel with milky brightness
- older teeth are darker with a more translucent, thinner enamel and a grayish appearance

4. *People perceive teeth as whiter and more attractive when they are contrasted against pink, healthy gums.*

5. *We don't add whitening to your teeth - we remove stains to brighten your teeth enamel by up to eight shades!*

## Bollyfood

It's hot, hot, hot!

The whole world is charmed by the flamboyant extravaganzas produced by Bollywood, India's unique counterpart to the Hollywood film industry. Another cultural export, famous Indian curry dishes, aren't merely gorgeous, aromatic, and appetizing. It seems they have the potential to improve your oral and overall health.

**Turmeric**, a yellow spice that gives Indian curry powder its distinctive color, contains a compound that appears to relieve or suppress Alzheimer's symptoms.

**Curcumin**, an antioxidant known to benefit periodontal health, also found in turmeric, has been shown to help prevent tumors.

**Curry leaves**, common in South Asian cooking, release fragrant essential oils when chewed or combined with water. They are an ingredient in some mouthwashes and can help to reduce caries and chronic bad breath.

Want to spice it up a bit? Explore your Asian grocery!



We strive as an office of health professionals to not only recognize the dental needs and desires of our patients, but also to address the latest topics, trends and research that will benefit our patients both dentally and in their general health. Our latest convention trip to Texas revealed a wealth of information involving dental and medical cooperation in providing safe, healthy and progressive patient care. Focus is placed on the dental issues and implications of

the medical use of osteoporosis drugs.

**The use of biphosphonate drugs like oral Fosamax, oral Actonel, oral Boniva, IV Aredia, IV Zometia, and IV Reclast to medicate the condition of osteoporosis has been linked to a serious condition of bone death in the jaw or Biphosphonate Osteonecrosis known as BON.**

Biphosphonate drugs can have effects in the body long after you stop taking the drug. Oral biphosphonates like Fosamax can have lasting effects for 3 years, while the IV type have lasting effects up to 5 years. Dental treatment needs to be reassessed while taking these medications and during the years after they have been used. Selective dental treatment, while taking antibiotics at times, and using antimicrobial rinses as well as frequent exams and routine x-rays helps us to

monitor the dental bone health of anyone using or having used these drugs for osteoporosis.

As a side note, it is to the patient's benefit to have regular medical exams, bone density testing, a healthy diet with calcium support, practicing weight bearing exercise and eliminating or reducing if possible the following items which actually "leech" away the healthy matrix of bone: soda, Tums and antacids like Nexium, anti-anxiety medications and allergy medications like Zyrtec and Claritin.

Please report your full medical history to us and please understand our concern if we ask to speak to your physician and co-consult on the best way to handle your dental care. For more information on BON, visit [www.nof.org](http://www.nof.org), of the National Osteoporosis Foundation.

## officeinformation

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### Office Hours

Monday 7:00 am – 8:00 pm  
 Tuesday 7:00 am – 6:00 pm  
 Wednesday 8:00 am – 8:00 pm  
 Thu/Fri 8:00 am – 5:00 pm

### Office Staff

Cathy ..... Administrator  
 Marissa, Annette..... Scheduling Coords.  
 Kaleena, Colleen ..... Business Staff  
 Fran ..... Hygiene Coordinator  
 Rosie, Karen F., Becky, Karen C., Luci ....  
 .....Hygienists  
 Holly, Debbie, Leah, Amy, Jenny, Patty ...  
 .....Dental Assistants



Drs. Sullivan and Turner with the staff enjoying dinner together while at the ADA meeting in San Antonio, Texas. We took lots of excellent continuing education to keep us on the cutting edge. Our goal remains to provide you with the best dental care and patient friendly service.

## 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 moving as soon as possible, **before** your 2008 dental insurance expires. So give us a call!