

from the dentist

Season's Greetings

With thanks, too

As the year comes to a close, I would like to take this opportunity to thank all of you for your loyalty over the past year. I speak for everyone in our practice in telling you how much we appreciate each and every one of you.



We enjoy your visits and sharing your news about family events and activities. It's important to me and to the staff that you enjoy those visits to our office too. Your oral health is our first priority and we are committed to providing a comfortable and friendly atmosphere so that you, our patients, enjoy a relaxed, positive experience.

As the busy holiday season approaches, I would like to extend sincere wishes from all of us for happy celebrations with your family.

Happy holidays,

Dr. Allen Levesque



turn the page

Keep diabetes at bay!

Strengthen teeth with exercise?

Grin and love it!



May the Holiday Season fill your home with joy, your heart with love, and your life with laughter.

From the entire staff of The Smile Shapers

Thank you for all your referrals. We appreciate them!

FAQ

Q How often should I brush my teeth?

A: Brush gently at least twice a day for at least two minutes, and floss once a day, ideally at bed time.

Q My teeth are too close together to floss. What can I do?

A: If you're not flossing you're missing about a third of your tooth surfaces where your brush can't reach! Waxed floss can be easier to use, but there are other types to suit different needs - tape, thread, unwaxed, and shred-resistant.

Q How do you floss wide spaces between teeth?

A: You can substitute floss with an interdental cleaner which is also effective with crowns, bridges, and braces.

Q Should I use an oral irrigator?

A: Oral irrigators are very effective for cleaning around braces and between teeth. They can also be used to clean periodontal pockets and to apply prescription medication.



So Much In Common
About gum disease, diabetes ... and you!

Periodontal (gum) disease can alter your glucose metabolism even if you are not diabetic. This is worrisome because experts believe this could lead to prediabetes in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes can be a precursor to Type 2 diabetes.

The relationship between periodontal disease and diabetes has been studied extensively for more than fifty years. Each arrives silently ...is chronic ... epidemic ... and has been associated with chronic inflammation.

■ Gum disease is an infection that occurs when the bacteria in plaque, the film on your teeth, is allowed to build up and inflame your gums. It can lead to tooth loss and bone loss, and has been linked to cardiovascular

and other systemic diseases including diabetes.

■ Diabetics with periodontal disease have *two* chronic conditions which may affect each other.

■ People with prediabetes or diabetes are likely to have periodontal disease more often and more severely than people without.

■ Diabetics with periodontal disease have more difficulty controlling blood sugar levels. This perpetuates the risk of recurring gum disease and increases the risk of other diabetic complications during every stage of life, including childhood and pregnancy.

Gum disease can arrive without symptoms, and has been linked to both prediabetes and diabetes. It's in everyone's best interests to have regular oral exams.

Grin & Bear It ...for oral health!

Exercise benefits run more than skin deep. Exercise contributes to the reversal of ageing at the cellular level. *Astounding!* Whether you perform aerobics for cardiovascular stamina or anaerobics for strength, your exercise program could jumpstart your quality of life.

When weight-bearing exercises are incorporated into your fitness program, they can also ward off thinning of the bones, or *osteoporosis*, which has been linked to poor oral and overall health.

How do weight-bearing exercises improve bone density? They work your bones and muscles against gravity. In

reaction to the exerted force of your body mass and the pull of your muscles, the bone adapts by building more cells which increases sturdiness.

So do pushups, lift weights, or even cartwheel into your stronger, more-energized future. You'll eat better, sleep better, and smile more!

Be The Best You Can Be

Leap into your future with a smile!

Are you one of the fitness generation who might live to be a dynamic and healthy 100? Be bold. Take advantage of dentistry and infuse your smile with the same dramatic longevity and high-energy impact as the rest of you. And let's be honest ... a youthfully incandescent smile is always a head-turner!

Teeth whitening is the eye-catching cosmetic procedure that's most commonly requested by both men and women, and it's often very appropriate just before a restorative procedure. That way, when we match natural-looking **white fillings** and other restorative materials to enamel shades, yours will be at its very brightest.

For example...

Create your dream smile by camouflaging imperfections with **porcelain veneers** that have been custom crafted by hand especially for you. When permanently attached to the front surfaces of your teeth, your smile will look whiter, straighter, and more pleasingly proportioned.

Update your look by replacing unflattering older crowns that no longer match your smile with **metal-free porcelain** or **resin crowns**. Or consider these natural-looking restorations to save and strengthen cracked or broken teeth, or to bridge gaps.

Lead the pack with the leading-edge solution for teeth replacement. Permanent **dental implants** look completely natural, save supporting bone, and prevent further damage to your smile.

Make your zest for the best work for you. Live life to the fullest ... and smile, smile, smile!



Dare to turn heads with a smile that's been radiantly rejuvenated!



Crown Classics

Smile with style

Vintage is in, from cars and imported perfumes to red carpet couture. But please – not for your smile! Conspicuously old-school crown restorations can make you self-conscious, add unwanted years to your appearance, and really date your image. Contemporary crowns, on the other hand, will fast-forward your look from antique to chic!

You see, advanced materials now allow light to shine through in the same way your natural tooth enamel does. Leading-edge techniques allow us to match the color and contours of the rest of your smile in only a visit or two. You end up with a restoration that's strong enough to protect and save your tooth, but is really natural looking. Unprecedented!

So modernize your smile with beautiful crown restorations. They're strong *and* stylish.



Mercury & Moms-To-Be

FDA concerned about silver fillings

For several years, pregnant women have been cautioned about the dangers of eating fish with high levels of mercury. Mercury readily passes the placental barrier and concentrates in the red blood cells of the fetus. At birth, infants are also susceptible to mercury exposure through breast milk.

Now the Food and Drug Administration (FDA) is concerned about mercury found in amalgam (silver-colored) dental fillings, saying the mercury may have neurotoxic effects on the nervous systems of developing children and fetuses. While the American Dental Association (ADA) believes amalgam fillings remain safe for patients based on many government studies and scientific reviews, the FDA is conducting a review of mercury contained in fillings, to be completed by mid-year 2009.

When amalgams are placed in or removed from teeth, they release

mercury vapor; mercury vapor is also released through chewing. If you're interested in exploring the alternatives to dental amalgams, we'd be pleased to talk with you about composite fillings that resemble the natural tooth color.

Until the FDA report is completed, we encourage all of our pregnant patients to continue to see us and discuss options with us. Remember that dental care is particularly important during pregnancy because gingivitis and other oral health problems may be linked to pregnancy complications. We'll keep you posted as information is available.

And in the meanwhile, if you are expecting, be sure to get lots of sleep now... Life will soon be a little different!



If you're interested in exploring the alternatives to dental amalgams, we'd be pleased to talk with you.



officeinformation

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The Smile Shapers TEAM

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Rhonda, Lori
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Payment plans available – DFP



It's All About Time

Thank you for understanding

Your appointment times are reserved specifically for you and our operatories are set up to meet your unique requirements. We'd like to let you know what a last-minute cancellation or a "no show" means to us all as these are the two greatest sources of stress and expense in running our dental practice.

It takes hours to realign our timetable, but more importantly, there is usually insufficient time to schedule other patient(s) who could really benefit from the now-available appointment. Plus, un-kept appointments can adversely affect your health, either by delaying necessary treatment or interrupting a series of treatments which jeopardizes the ultimate outcome.

Please keep your appointments. If you absolutely cannot, then please give us as much notice as possible. Thank you!

Referrals Inspire Us

...To raise the bar

We love it when our patients refer us to family and friends. It speaks volumes to how much you trust us to provide you with the best possible oral health care. And it even goes beyond that. Your referrals inspire us!

Every time you refer our practice to people you care about, it re-energizes our commitment to ensure that your entire experience at our practice is relaxing, comfortable, and even educational – from the time you arrive, to the attention, care, and support you are given while you're here – to our continued communication beyond your appointment. It compels us to continually raise the bar and discover new ways we can provide you with even more.

So, please keep the referrals coming. Your inspiration benefits everyone – you, as well as your family and friends.