

Landerhaven Dental Associates'

To Tell The Tooth

Produced to improve your dental health and awareness

Winter 2011

from the dentists

Waste Not, Want Not *Benefit now!*

We just love it when we get to be the bearers of good tidings! This is our chance to remind you that for most people, January signifies renewal time for insurance benefits. That means you get to begin the year with a clean slate and a fresh start for your smiling future.

Early in the new year is an excellent time for an examination so that we can monitor your oral health and review your home care regime. It's a great opportunity to consider cosmetic or orthodontic procedures you might have been postponing. Once we've assessed your oral health, we'll be happy to sit down with you to help map out your personal treatment options.

Make this your year to have a healthy, happy, fabulous smile. Don't waste a minute of it!

Yours in good dental health,

Drs. Lavigna and Leon

turn the page

Are your prevention efforts effective?

6 ways to an ageless smile!

Teach your kids well!

SMILE ... *It's Christmas!*

Thanks to you all

Here at the office, things are in a flurry as we get ready for the Christmas season.

Before we get too caught up in the excitement, we'd like to thank you all for your patronage and loyalty over the past year. Our relationship with our patients goes further than just reminding you to brush. We look forward to serving you in the coming year and giving you the best dental care available.

We want to assure you that we're always learning and upgrading our skills so we can recommend the best for you and your smile.

From all of us to all of you, a safe, healthy and happy holiday. If you have any questions or concerns, be sure to give us a call. You are important to us.

Wishing you a wonderful holiday,

Landerhaven Dental Associates



Thank you for all your referrals - we appreciate them!

5 TOP TIPS

4 Prevention

Here's a menu to keep you smiling!

Online or off, the digital world can present some risks to the unwary. For example, research suggests that young teenagers tend to consume more sugary snacks during prolonged gaming, which in turn can increase the likelihood of tooth decay. As well, teeth whitening products which are accessible online may not be a safe choice at any age, because they could harm gums and damage teeth enamel. When it comes to good oral health, trust your dental team.

Here are 5 tips for every member of your family:

- See us first to make sure your mouth, teeth, and gums are healthy before starting any whitening program.
- Choose one of our supervised whitening options for safety and the maximum results only we, your dental care team, can provide.
- Stick with your maintenance schedule to keep your smile bright. No whitening is permanent and regular professional cleaning is essential to remove stains and the tartar that can cause gum disease.
- Keep sweet food, desserts, and drinks to mealtimes and brush thoroughly afterwards. It's consumption over extended time periods that heightens the risk of decay.
- Acidic food and drinks can be just as harmful to your teeth as sugar. The acid erodes tooth enamel and can make your teeth sensitive, more vulnerable to cavities, and unattractive.

Virtual reality can be a great place to visit at any age, however real-time brushing and flossing combined with dental visits are still the best for problem prevention to safeguard smiles.



INSIDIOUS INFILTRATORS

Fact: Gum disease is linked to, and may impact, other serious health issues including type-2 diabetes.

Both of these diseases affect millions – children and seniors as well as those in the prime of life. Just as approximately half of type-2 diabetes sufferers have no symptoms, in the earliest stage of gum disease (called *gingivitis*), you might not even realize you have it.

WATCH FOR WARNING SIGNS:

- red or tender gums
- bleeding when brushing or flossing
- chronic bad breath
- receding gums
- loose teeth

Regular recare visits help us monitor developing oral health conditions that have the potential to adversely affect your overall body health. If you don't know you have a disease, you can't treat it ... but we can detect gum disease and treat it right away!

A GREAT GRIN IS *Ageless*

Restorations will give you reason to smile

Studies show that people in cultures that do not focus on oral health often suffer a litany of related and progressive health problems. Gum disease and tooth loss have been correlated with cognitive decline as well as hearing loss in later years, for example. Because of this, it is vitally important to ensure lost or damaged teeth are replaced or restored promptly to insure you can eat and speak properly, avoid further damage, feel good about your appearance, and maintain your positive outlook.

Ensuring healthy gums and teeth that last a lifetime begins with good oral care in childhood, but sometimes teeth can become damaged, broken, or lost. We can restore and replace teeth with beautiful esthetics at any stage of your life...

- **Inlays** are tooth-colored fillings for the biting surfaces of molars.
- **Onlays**, also tooth-colored restorations, sit on the biting surfaces and wrap over one or more cusps of molars.
- **Veneers** offer beautifully shaped straight white teeth while hiding small imperfections.
- **Crowns** cap individual teeth, lending support to compromised structure.
- **Bridges** effectively replace a lost tooth with a replacement tooth, using adjacent teeth as anchors.
- **Implants** are a secure permanent way to replace one or more missing teeth.

Call today to book your consultation to discuss solutions designed for your individual presentation, preference, and budget. Don't wait to restore your smile... Your good health depends on it.

*Call us
today for
solutions
to your
ageless
smile!*



“Ascared” Of The Dentist?

Not your kid!

Kids' fear of “going to the dentist” is usually anticipatory and unfounded. Here are a few tips to help eradicate the potential for life-time dental anxiety by ensuring positive dental experiences throughout childhood.

Show no fear. Even if you experience anxiety, do not communicate this to your child.

Set the bar high.

Demonstrate excellent home care and encourage your child to practice at an age-appropriate level. Pitch in when necessary.

Start early. Call us to discuss the best time to start your child's dental visits, beginning with a get-to-know-us appointment, and if we complete an oral exam, you will be right by your child's side. Afterwards, make the day even more special by going out to lunch or catching a movie together.

Instill pride. Praise your child for taking good care of their smile ...not for their bravery.

Ice Cream Owww!

Icy incidents

How fast can you say *sphenopalatine ganglioneuralgia*? It's the scientific name for “brain freeze.” It happens when you eat something very cold very quickly. You can try pressing your tongue to the roof of your mouth to warm it, but it's best to eat things like ice cream slowly to avoid the discomfort which, weirdly, you feel in your forehead.

That's because when the affected blood vessels signal the largest cranial nerve, your brain interprets the pain as a headache. The trigeminal nerve is also the culprit behind many head, neck, and face aches that are actually generated by the temporomandibular jaw joint. It's no wonder that some sufferers of Temporomandibular Joint Disorder (TMD), a dysfunction of the jaw, don't think to ask their dentist.

Ask us. We'll inform your brain, not freeze it!



A Bright Clear Future

Technologies that may be right for you

Invisalign® Keeps Your Secret

We offer *Invisalign*®, one of the most advanced components of adult cosmetics. It's a proven method for straightening teeth using a series of custom-made, nearly undetectable aligners. Each aligner is precisely calibrated and manufactured to custom-fit over your teeth and gently move them through every stage of your treatment. No metal wires! No food restrictions!

Adults account for nearly 25% of all orthodontic patients! The most common problems? Crowding, spaces, and protruding teeth. After consultation, we take an impression of your teeth and submit it to Invisalign. Using the latest 3-D computer technology, our instructions are translated into a series of medical-grade plastic aligners. You can even view your own virtual treatment plan when you start, so you can see how great your straight teeth will look!



Spreading The Word

Thank you so much

The power of the spoken word cannot be denied. When used to help improve the lives of others, words not only bring positive change, they often bring life-long results. And, when spoken as a referral or "personal testimonial," all kinds of good things spring forth.

Do you know how we measure the quality of care we provide for you? Every time you return to our practice, give us your positive feedback, and tell your friends, family, and colleagues to come see us for their dental care, you are letting us know that what we do for you matters. Your support motivates us to continue raising the bar on the superior standards you expect.

Thank you, from all of us, for your wonderful feedback, your loyalty, and your ongoing new patient referrals.



office information

Landerhaven Dental Associates

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Office Hours

Mon & Thu	8:00 am – 5:00 pm
Tuesday	7:00 am – 2:00 pm
Wednesday	7:00 am – 2:00 pm
Friday	8:00 am – 3:00 pm
Saturday	8:00 am – 1:00 pm

Contact Information

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Office Staff

Cheryl, Nancy.....	Front Office
Jen, Dennine	Dental Assistants
Heidi, Tenika	Hygienists

At Landerhaven Dental Associates, we can provide for all your dental and oral health care needs.



New Solutions For Old Fillings

Why your fillings need a regular tune-up

If it doesn't hurt, don't fix it ... right? Wrong! Even if you aren't experiencing any pains or problems, your fillings and crowns will eventually need to be replaced. When you consider the amount of work your teeth do every day, it's not surprising that fillings will eventually wear out and sometimes need to be replaced. Just like natural teeth, your restorations need regular care to prevent dental problems that can lead to expensive treatments or tooth loss.

There are many factors that can affect the life span of your fillings. The average silver filling, crown or bridge can last from ten to twenty years. Plastic tooth-colored fillings may only last half as long before they need repair or replacement.

Outdated fillings may start to leak around the edges from regular wear and tear. This could allow harmful bacteria to get into the tooth or crown where it can cause decay. This type of decay often goes undetected until it has reached the nerve of the tooth.

Cracks can also be a problem. The average human bites with several hundred pounds of pressure per square inch. That can make tiny cracks in the restored tooth. If cracks aren't repaired in time, they can lead to fractures that may extend below the gumline or into the nerve. That might mean you'll need a new crown. We may recommend a crown before this happens to prevent unnecessary damage.

Unchecked, many of these dental dangers can open the door to gum disease or loss of your teeth. If you have any questions about your fillings, please feel free to contact our office. It's important you understand what to expect from your fillings and crowns and what kind of care they need.

