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Produced for the Patients and Friends of Dr. Donald R. Rozema

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fromthedentist

For your referrals

We'd like to thank all of you for sending your family, neighbors, and even business colleagues to our office. These referrals mean a great deal to us! They tell us that we're doing a great job for you and your family, and that you trust us to do the same for other people in your sphere of influence.

That's why we are so committed to continuing education and to leading-edge technology, procedures, and materials. And it's also why we work so hard to be on time for appointments and to streamline recordkeeping to keep your visits hassle-free.

Yes, we really appreciate the new business you send us! As professionals, the real brass ring is knowing that our team is providing gentle, caring, and excellent dentistry to you and yours.

Yours in good health,



turnthepage

Step into health!

Wake up your dream smile!

Tea for teeth!

Gain A Confident Smile With Crowns And Bridges

Crowns and Bridges. The very words denote power and strength. That's fitting because crown and bridge restorations are meant to boost your smile power while strengthening the structure of your teeth. Because of today's superior ceramics and bonding materials, bonded all ceramic crowns have become the restoration of choice in many cases - even for front teeth. Not only are crowns strong and long-lasting, they can be precisely matched to the translucence, color, and contours of your other teeth.

Crowns are sometimes called caps because they fit over your teeth to support them and to improve their appearance. They are usually made of

natural-looking translucent porcelain and are designed to blend in so well with neighboring teeth that no one can tell that you have them.

Where does the bridge come in? When you have one or more missing teeth, and using implants to replace the missing teeth is not feasible, replacements are created to fill in or bridge the gap. The supporting teeth on either side of the missing tooth or teeth are restored with crowns to make them strong enough to support the replacement.

Crown and bridge restorations can benefit you in so many ways - enhanced appearance, improved ability to eat and speak ... and renewed self-confidence.

A Crown May Be Recommended If A Tooth Has:

- Been extensively damaged by decay;
- Become weakened because there is more filling than tooth;
- Been fractured or cracked, compromising its structural integrity;
- Become discolored and detracts from your smile;
- Undergone root canal treatment;
- The role of supporting a bridge.



*We invite you to call for a consultation.
Your confident smile is always a jewel in our crown!*

A healthy smile will last a lifetime!



Not For Women Only

6 perio facts

1 Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.

2 Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.

3 Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.

4 Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.

5 Tobacco and alcohol should be avoided, especially in combination.

6 Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

Healthy You

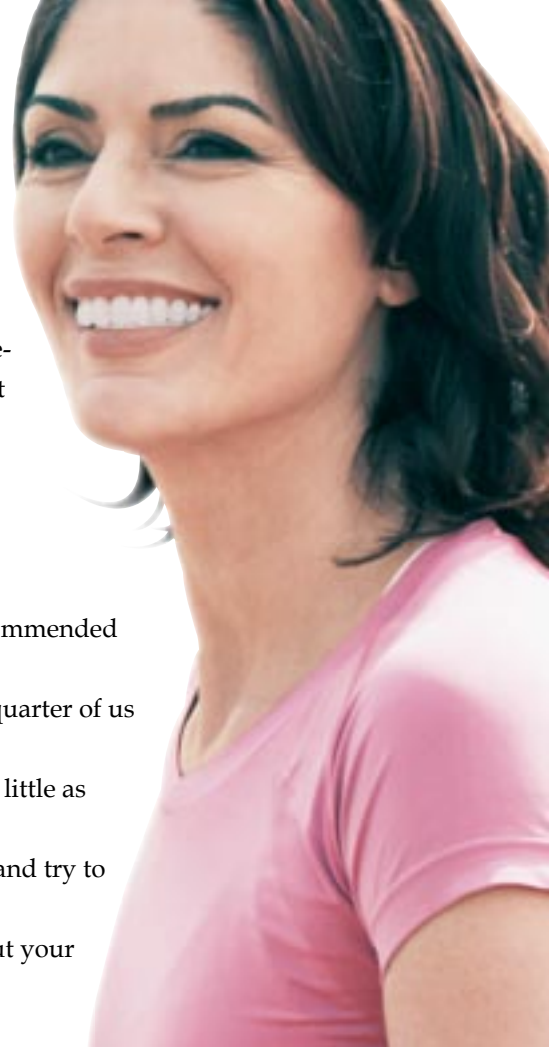
Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

Did you know...?

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



Wish No Longer

Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

Cosmetic veneers could give you your dream smile if...

You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

You are unhappy with the shape and proportion of your teeth.

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

A Little Or A Lot

You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCOLOR



IDEALIZE

TEMPT YOUR TASTEBUDS

TRY WHITE TEA

The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.

The Science Of Saving Teeth

Root canal therapy is a tooth saver!

You may not be able to see it, but structures inside your tooth could be inflamed or abscessed. You might experience some symptoms like sensitivity to cold or heat, a constant throbbing ache or pain when you chew ... or you may feel nothing at all. Whether you know about it or not, internal damage will worsen over time. Eventually it could mean lost teeth and gaps in your smile.

At least that's what would happen without our help. Treating internal damage is a special area of dentistry. It's called endodontics or root canal therapy. Using special tests and radiographs, we can detect internal damage and repair it before it destroys your tooth from the inside out.

Root canal therapy is a way of stopping an infection in the root of a tooth from spreading to the rest of the tooth and jawbone where it can cause painful abscesses and tooth loss. During treatment, infected soft tissue inside the root is removed through a tiny opening in the top of the tooth. The hole is filled and the outside of the tooth is restored to its normal appearance and function.

Like most problems, the sooner infections are treated the better. That's why we insist on regular checkups even if you don't feel any pain. If you're due for an examination, don't wait, call us today.



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Tooth whitening

Modern whitening procedures and techniques, supervised by us, can have a dramatic effect on your smile in a very short time. Generally, whitening is successful for at least 90% of patients. But we know that some of you have concerns about the safety of whitening.

Tooth whitening involves the lightening of dental discoloration by application of a whitening agent. The newer products are a vast improvement over some of the older techniques because they're safer and give more predictable results. Still, tooth whitening is a serious business, and there are some over-the-counter commercial whiteners that could cause you harm. Please schedule a consultation with us to make sure if you are a candidate for whitening, and which procedure suits you and your smile best.

Also, mention this article and receive 10% off any whitening procedure or product through December 31st, 2009.

Regular dental visits and a scrupulous home hygiene program can keep your breath fresh and your smile sweet! How's your HCQ – Home Care Quotient? Take our quiz and find out.

Bad breath can be:

- caused by plaque and food particles on and between the teeth;
- a warning sign of gum disease (gingivitis or periodontitis);
- caused by bacteria that wasn't brushed away from your tongue;
- all of the above.

The number-one cause of tooth loss in adults is:

- car accidents;
- advanced age;
- gum disease.

Plaque, the thin film of bacteria that you can feel on your teeth, can begin to form within:

- 48 hours of brushing;
- 24 hours of brushing;
- seconds of brushing.

No matter what your score, just remember to brush, floss, and rinse!

Answers: all of the above; gum disease; seconds of brushing.

TEST YOUR HCQ!