

# smile highlights

Dr. Linda Lewis  
Crosslake, Minnesota *Dentist*



Produced to improve your dental health and awareness

Summer 2008

## fromthedentist

### Art & Science Embrace

Dr. Lewis, Mary and Katie were thrilled to attend *Excellence in Cosmetic Dentistry 2008*, the *Annual Scientific Session of the American Academy of Cosmetic Dentistry* (AACD) held in New Orleans in May. The AACD is the largest international dental organization advancing excellence in the art and science of cosmetic dentistry.

The conference featured top educators who are concerned with not only creating beautiful smiles, but also developing lasting function (chewing and talking) for patients. The Academy encourages the highest standards of ethical conduct and responsible patient care. In addition, AACD members have donated over \$5 million in services to survivors of domestic violence through our Give Back A Smile program. For more information, refer to the website: [www.aacd.com](http://www.aacd.com).

We returned re-energized as a team to provide you, our patients, with proactive dental care for confident smiles.

*Yours in good dental health,*

*Dr. Linda Lewis*

## turnthepage

Keep diabetes at bay!

Strengthen teeth with exercise?

Grin and love it!

## Orthodontic Specialist

**Robert H. Grossman, DDS, MSD**

We are fortunate to have Dr. Robert Grossman provide orthodontic services in our small town. He brings years of experience to us from his practice in Burnsville, South of the Twin Cities. He also teaches at the University of Minnesota Postdoctoral Orthodontic Program. Dr. Grossman sees his orthodontic patients one Saturday each month at Dr. Lewis' office. Parents and kids don't have to take off from work and school to travel very far to receive orthodontic care. We really enjoy our relaxed, "Up North" Saturday mornings with Dr. Grossman. He has a great sense of humor! For more information please refer to his website: [www.grossmanorthodontics.com](http://www.grossmanorthodontics.com).



**Check out page four of this newsletter for a summer coupon for orthodontic treatment!**

As summer marks the half-way point to the expiration of your dental insurance, are your benefits half full or half empty? Are you taking full advantage of the policy you're paying for? As your dedicated dental practitioner, it's important that I recommend that you plan and schedule your dental visits now - through summer to the end of the year - because before you know it, your insurance benefits will be expiring. Make sure that you optimize your insurance because I know you want to enjoy optimal oral health!



*Communication is important to us. Don't be afraid to ask questions!*

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.



# Achieving Your Perfect Smile...

## With traditional orthodontics

The dream of healthy teeth and a perfect smile is becoming a reality to more and more people every day. Did you know that the number of adults and children taking advantage of orthodontic treatment to improve their dental health and give their self-esteem a boost has *more than doubled* since 1984?!

Traditional braces are the most commonly accepted treatment for *malocclusion* (bad bite). Ideally, your top teeth should extend slightly over your bottom teeth and molars should fit together perfectly. Unfortunately, as a result of an accident, thumbsucking, early loss of teeth, or heredity, this is not the case for many people. Teeth can be crooked, crowded, or twisted, and poor alignment of the top or bottom teeth can result in an overbite, underbite, or crossbite.

Improved appearance is just one reason – and it's an important reason – for orthodontic treatment.

Good self-esteem is crucial. Good oral health is also crucial: straight teeth are easier to clean, and therefore orthodontics makes a great contribution to your optimal oral and overall health.

The search for a perfect smile is not new. The modern science of orthodontics began in the early 1900s

and over the following 100 years, braces made of gold, silver, wood, and ivory have evolved into today's modern treatments which use space-age materials and state-of-the-art technology to give children and adults a healthy, beautiful smile! Are you a candidate for orthodontics? Give us a call!



*Orthodontics makes a great contribution to your optimal oral and overall health*

## office information

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### Office Hours

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### Office Staff

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Katie ..... Registered Dental Hygienist  
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..... Insurance & Financial Administrator

CapitalOne | healthcare finance™

CareCredit® Lake State Bank ATM



Information included is not dental or medical advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.

**Summer Special**

**GROSSMAN**  
*Orthodontics*

Please bring this coupon to your orthodontic initial appointment and receive up to

# \$400 off

the cost of your orthodontic treatment.

New patients only - present this coupon at the initial exam to redeem.

This savings is not valid with any other offers. Valid from May 1, 2008 to October 1, 2008.

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