

# SMILE

# highlights

WITH DR. PAOLO INCAMPO



Produced to improve your dental health and awareness

Winter 2010



## Taking Time

*We're thankful to you*

It seems that as each holiday draws near, there's precious

**from the dentist** little time to get everything planned, organized, and prepared! But no matter how busy we are, it's always important to make time for the people who mean the most. In our dental practice, it's our patients who are number one. That's why in the spirit of the Thanksgiving season, we would like to take some time out to sincerely say thank you! Your ongoing loyalty, referrals, and each and every kept appointment has gone a long way toward helping us run our practice smoothly and efficiently, making it a more comfortable and rewarding place for everyone!

If you have questions about our newsletter content, or if it's time for a checkup, just give us a call. We'd really like to say thank you in person.

*Looking forward to seeing you soon,*

*Dr. Incampo*

*We can always find something to be thankful for...*

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

# Look Great

## And save the environment too

**Choose** eco workout wear. Many fabrics made with organic and recycled fibers such as cotton and soy blends, and athletic footwear made from recycled rubber and vegan materials, are becoming increasingly available.

**Shop locally** even if you can't find the very latest eco trends nearby. You can choose partially recycled materials, minimal packaging, and you'll be saving the expense and environmental cost of travel or shipping.

**Conserve** post-workout water and energy with low-flow shower heads that don't release hot water until you actually step in the shower and turn the shower head's valve.

**Shave** with only 5-7 drops of a natural shaving oil. A tiny bottle can provide about 100 shaves, is ideal for your travel bag, and a number of brands are available online or through large retail chains.

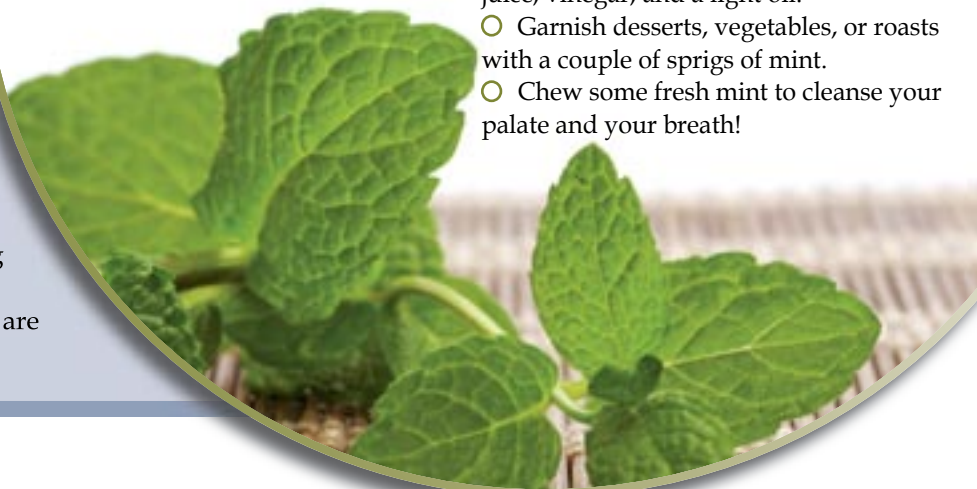
# Marvelous Mint

## More than a breath freshener

You probably associate mint with toothpaste or breath freshener, but it has been used as an herbal remedy and a spa soother in face packs, foot rubs, and bath soaks. Both peppermint and spearmint are very popular, especially for cooking, and if you're not a gardener, you can easily find commercially dried leaves.

### 7 Mint Hints For Your kitchen

- Steam vegetables with mint in the water.
- Mix chopped mint with butter for boiled new potatoes.
- Toss whole mint leaves in cooked rice before serving.
- Freeze whole mint leaves in ice cubes for tea or lemonade.
- Make salad dressing with mint, lemon juice, vinegar, and a light oil.
- Garnish desserts, vegetables, or roasts with a couple of sprigs of mint.
- Chew some fresh mint to cleanse your palate and your breath!



before



after



## ▲ Crowns ▼

before



after



# Crown FAQs

## Your best decision is an informed decision

### What Is A Crown?

A crown is an artificial cover that is used to restore, protect, and strengthen your tooth and keep it healthy.

### When Would I Need One?

- If you have a tooth that has been worn down by teeth grinding, an improper bite, or decay, a crown restoration could save it.
- Crowns will give cracked or broken teeth much-needed support.
- A tooth that has loosened due to gum disease can be stabilized by crowning it and connecting it to the neighboring teeth.
- Gaps in your smile can be replaced by incorporating a single crown onto the root of a dental implant placed into your jawbone.

### What Are My Options?

**Ceramic crowns** are the most natural-looking and can be as translucent as your own enamel. They are the perfect choice for those with metal allergies, but people usually choose them because of how they look.

**Ceramic-fused-to-metal crowns** combine this natural look with the strength of metal underneath, but they are not as translucent as ceramic alone.

Feel free to call now. You don't have to wait for your next appointment to discuss treatment.

# Defy The Trend

Subtle measures - radical results

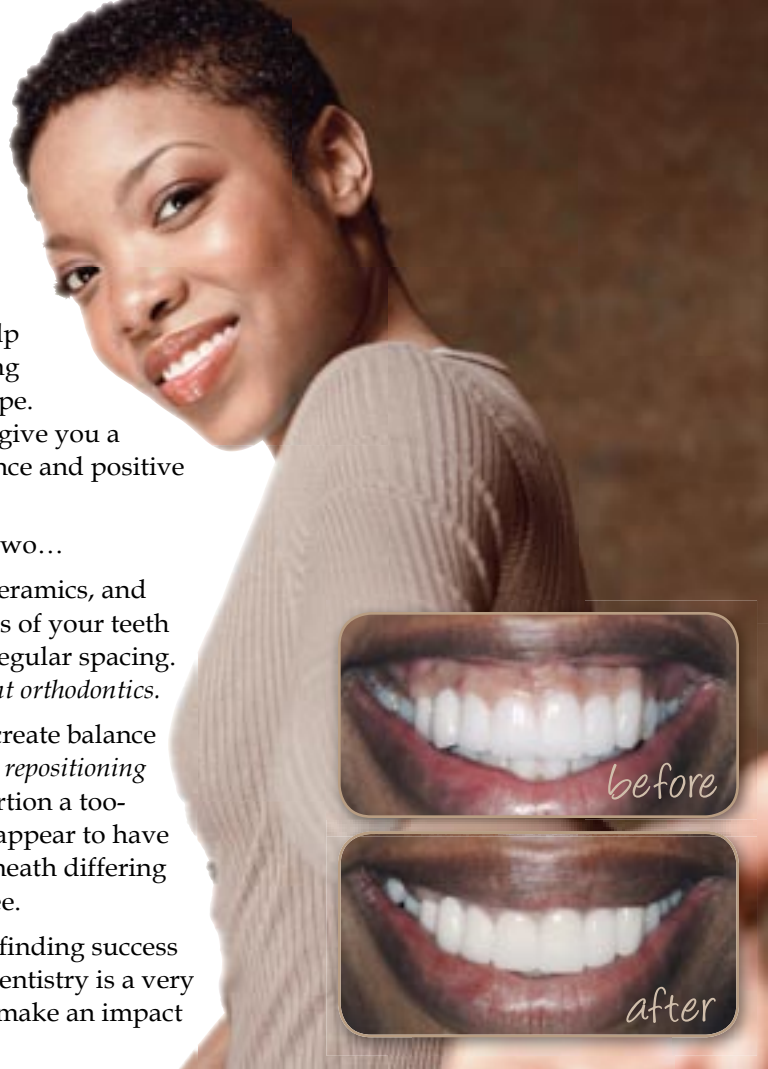
Have you seen some of the guerrilla tactics and extreme stunts people are deploying to reboot their careers? Believe us - singing telegrams or renting a hot air balloon are not your only answers! We can help you create a unique, engaging, and thought-provoking impression that will generate buzz without all the hype. For example, a subtle smile makeover can do a lot to give you a more youthful pick-me-up, and give you the confidence and positive attention you deserve.

Many cosmetic techniques involve only a visit or two...

**Veneers** crafted from translucent porcelains, ceramics, and other bonding materials can be applied to the surfaces of your teeth to disguise deep stains or other flaws like chips or irregular spacing. In fact, the veneering technique has been called *instant orthodontics*.

**Esthetic gum re-proportioning** can create balance and symmetry for your smile with techniques like *lip repositioning* and *gum recontouring*, as seen here. You can re-proportion a too-gummy smile, teeth that look too short, or teeth that appear to have different lengths because their crowns are hidden beneath differing amounts of gum tissue ... or a combination of all three.

We understand that sometimes, in today's world, finding success means getting yourself noticed. Stunt-free cosmetic dentistry is a very reliable and worthwhile investment that will let you make an impact - on your terms.



## it's laughable

For millennia, Tibetan monks have laughed out loud on awakening - no joke! Seriously, though, even faking a laugh cues your body and your mind to stay calmer and more focused.

How? By shutting off stress hormones and triggering the release of feel-good endorphins. What else? We can show you how to laugh out loud enthusiastically, vigorously, and confidently day or night - with or without an audience.

Natural-looking fillings and whitening can certainly help, but it's also about getting back to basics. Brush and floss, avoid sugary snacks, and maintain regular dental visits.

We promise - once you get the hang of it, the rewards are nothing to scoff at...

- Clean attractive decay-free teeth
- Clean pink tongue
- Clean healthy gums
- Clean fresh breath.

& so  
easy



# Massachusetts Coalition For The Homeless

## Holiday Toy Drive 2010

Once again Dr. Incampo's office will be collecting toys for homeless children in our area. This mission was greatly successful last year and we hope for continued success this holiday season. This year we will be donating to the Housing Families Inc., in Malden. Visit them on line at [www.housingfamilies.org](http://www.housingfamilies.org) The coalition needs toys for children of all ages.

### Toddlers

(Ages 0 to 3 years)

Balls, Blocks  
Push/pull toys  
Children's music  
Ride-on toys  
Lego  
Books  
Nesting/stacking toys  
Play household items  
Toy cars, trucks, trains  
Puzzles with knobs  
Smile shape sorters  
Musical instruments  
Non-toxic art supplies  
Wagons  
Pop-up toys  
Bath toys  
Baby dolls and accessories

### Elementary-Age

(Ages 5 to 11)

Arts and crafts  
Play house items  
Game Boys®  
Educational games  
Skateboards  
Clothing  
Backpacks/purses  
Stuffed animals  
Action figures  
Rollerblades  
T-Rex toys  
Play make-up  
Scientific games  
Sporting goods  
Jump ropes  
Board games  
Gift Certificates

### High School

(ages 14 to 18 years)

Watches  
Purses/wallets  
Celtics, Red Socks, and Patriots  
Items  
Books  
Gift cards: Wal-Mart®, Target®,  
Barnes and Noble, Local  
Restaurants, Movies  
Journals  
Lotion and body mist  
Backpacks  
Sporting goods  
Compact CD players

## office information

Paolo Incampo, DMD, PC  
Dr. Paolo Incampo

1 West Water Street, Suite 101  
Wakefield, MA 01880-2907

### Office Hours

Monday 8:00 am – 1:00 pm  
Tuesday 8:00 am – 5:00 pm  
Thursday 8:00 am – 5:00 pm

\*Other times available by request

### Contact Information

Office (781) 246-4244  
Fax (781) 246-4484  
Web site [www.bostondmd.com](http://www.bostondmd.com)

565 Turnpike Street, Suite 73  
North Andover, MA 01845

### Office Hours

By Appointment Only

### Contact Information

Office (978) 681-1118  
Fax (978) 681-6440  
Web site [www.bostondmd.com](http://www.bostondmd.com)

### Pre-School

(Ages 4 to 5 years)

Stuffed animals  
Radios/music head sets  
Tricycles  
Baby dolls  
Trucks, trains and cars  
Tea sets  
Ride-on toys/wagons  
Art supplies  
Clothing (4X-6X)  
Toy dishes  
Roller skates  
Kitchen play sets  
Play-Doh  
Dress-up items

### Middle School

(Ages 11 to 14 years)

Travel games  
Back packs/Purses  
Play make-up  
Yo-yo's  
Watches-boys and girls  
Rollerblades/pads  
Skateboards/pads  
Hula-hoops  
Clothing  
Patriot and Red Sox Items  
Nail art  
Jewellery arts & crafts  
Board games/card games  
Sporting goods

Please help us brighten a child's holiday by dropping off a new, unwrapped toy(s) to our office between November 22nd & December 18th.

Every child deserves to smile!



Our office will be closed  
Friday, December 24th for the  
Christmas Holiday.



## Your Dental Insurance

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.

Thinking about getting some dental care this year? Now's the time!

