

SMILE

highlights

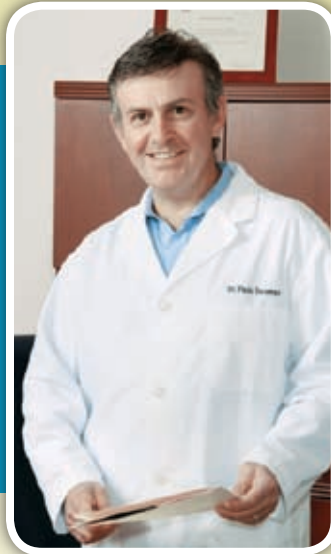
WITH DR. PAOLO INCAMPO



Produced to improve your dental health and awareness

Winter 2010/2011

from the dentist



Prosthodontics ...Plus! For your comfort

As a prosthodontist, you know that I specialize in tooth replacement and am highly trained in completing complex cases, whether functional or cosmetic. I have restored many smiles using crown and bridge treatment, implants, and dentures. But, my services don't stop there.

Our practice also encompasses other aspects of dentistry such as fillings, check ups, treatment of gum disease, hygiene and all treatments to keep your overall oral health healthy!

Whether you are in need of prosthodontic care or simply in need of a filling we are here to help. Please do not hesitate to call us

*Looking forward to seeing you
in this new year,*

Dr. Incampo

Be Anxiety Free

**Oral conscious sedation
brings relief**

NEW
TO OUR OFFICE

We are pleased to be able to offer our patients what's called *oral conscious sedation*, a technique that can make your dental visits more comfortable and stress-free. It's used to relax you without putting you to sleep: you remain fully conscious and able to talk, walk, and breathe on your own, but you are less aware of your surroundings, the passage of time, and nearby activity.

The night before your appointment you take a mild pill that allows you to sleep well and be rested and relaxed the next day. An hour before your appointment, you take a second pill and possibly some additional medication during the procedure. You'll need to have someone drive you to and from our practice.

This sedation method is particularly appropriate for patients who are very apprehensive about dental care and who even may avoid care due to these fears. You must be healthy and have had a recent physical by your family doctor. Medical conditions such as heart disease or certain medications may affect your eligibility.

How does it make you feel? Drowsy and dozy, as if you'd had a few glasses of wine, for example. After you've been driven home, you'll feel like a nap, and you should probably organize a friend or spouse to stay with you for a few hours.

Please contact us if you feel that oral conscious sedation might be right for you.



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

The Game's Afoot Go green & have fun!

Green gyms are in, and it's a growing movement. Traditional gyms use a lot of electricity, and increasingly providers are looking at how they can become more energy-efficient. In the meantime, consider working out on your gym's self-powered equipment instead of the energy-hogging ones.

Another way to reduce your eco footprint is by being more active outside in every season...

- | | |
|---|--|
| <input type="checkbox"/> Garden | <input type="checkbox"/> Play tennis |
| <input type="checkbox"/> Use a push mower | <input type="checkbox"/> Swim |
| <input type="checkbox"/> Canoe or sail | <input type="checkbox"/> Snowshoe or ski |
| <input type="checkbox"/> Walk | <input type="checkbox"/> Run |
| <input type="checkbox"/> Bike | <input type="checkbox"/> Hike |

And what about this? By participating in conservation activities like trail building, you can stay fit, connect with the environment, and help your community.



Whitening & Veneers



Fast Track – Fast Results ▶

There are some claims you can believe in

When an employer or prospective client has to make a choice and all else is equal, your appearance and grooming could make or break your chances. So it's only reasonable that you want to look your best. It's good to know that while many products promise more than they can deliver, you can count on cosmetic dentistry to give you long-lasting results you'll be proud of.

We'll be happy to talk to you about affordable non-surgical treatments like whitening, recontouring, bonding, and veneers that can literally transform

your smile, often within only one or two visits.

- **Whiten your smile** by as many as eight shades with safe reliable dentist-supervised teeth whitening.

- **Brighten your smile** with enamel-colored fillings to replace older metal and stained white fillings.

- **Re-shape teeth, close spaces between teeth, repair chips and fractures, and strengthen teeth** where enamel has been lost with bonding or beautiful translucent hand-crafted porcelain veneers.

Cosmetic dentistry means more

than camouflaging smile flaws. Sure, permanent **dental implants** that replace lost teeth will keep you looking good, but they also prevent tilting and shifting teeth that will both alter your bite and your ability to speak, eat, and chew. **Gum recontouring** can restore balance and symmetry to a too-gummy smile or uneven gumline that detracts from otherwise healthy beautiful teeth.

In the competitive world of business where opinions are formed in only seconds, we're proud that we can help you feel self-confident – and confident in us.

Pregnancy Perio Risk

Oral health could affect you & your baby

For some time, advanced gum disease, called *periodontitis*, has been linked to complications of pregnancy including premature birth, low birth-weight, toxemia, and gestational diabetes. Research has strengthened this association by showing that gestational diabetes appears in women with gum disease – even if they don't smoke or drink. Gestational diabetes usually disappears once the baby is born, but it places you at a greater risk of developing Type 2 diabetes later on.

So how to prevent gum disease? The best prevention is regular dental care and thorough daily brushing and flossing to remove the buildup of plaque, the natural biofilm that is always present in your mouth.

Pregnancy is a time of hormonal fluctuations that can alter the bacterial and acidic balance in your mouth and leave you a little more susceptible to gum disease. That's why, during your pregnancy, we may suggest more frequent follow-up than you're used to. Yet everyone at every age needs to maintain their oral health because gum disease has also been linked to cardiovascular diseases, osteoarthritis, kidney disease, cancers, respiratory diseases, and diabetes in the general population.

No matter what your stage of life, don't wait until you see symptoms of inflammation including redness, puffiness, or bleeding gums. Even if you think you are problem-free, don't skip your recall visits.

We screen for gum disease at every visit ...because we like to see you smiling.



Easy On You

Easy on your wallet

Here are some budget-friendly ways to de-stress:

Picnic in the park. Relax, dress casually, and don't worry about which fork to use. Take a simple pre-prepared meal with you.

Dine at home. Have a special family meal. Let everybody pitch in. It's fun to share the cooking (and cleaning!), and even little ones can help.

Step back. Back in the day, a leisurely car ride to the countryside or a long meandering walk through the neighborhood were simple and affordable ways to stay tuned to nature, community, and family.

Create a home spa. Alone, or with friends and family at your "spa," create a custom facial, manicure, and pedicure. Raiding your fridge and cupboards for natural spa ingredients just adds to the fun.

Just Lose Five

Drop these now...

Using tools on teeth

Ouch. Knives, forks, keys – our inventiveness is legend. You risk damaging teeth and gums! Carry dental floss instead.

Using teeth as tools

Tearing food packets, prying off container lids and bottle caps, and chewing pens and pencils can lead to cuts, damaged jaw joints, or chipped and broken teeth.

Using tobacco products

Smoking cigarettes and cigars, or chewing smokeless tobacco, can lead to oral cancer as well as gum disease, tooth loss, and unattractive staining.

Indulging your sweet tooth

Too many sugary soft drinks, acidic power drinks, candies, and other sweet treats are well-known culprits.

Avoiding routines

Don't skip brushing and flossing your teeth or your regular dental visits. Avoid costly dental bills instead by preventing tooth decay and gum disease with excellent home care. You'll also be keeping your breath fresh and your smile white and appealing.

Superior Smile Maker

Fast, economical CEREC 3D restorations

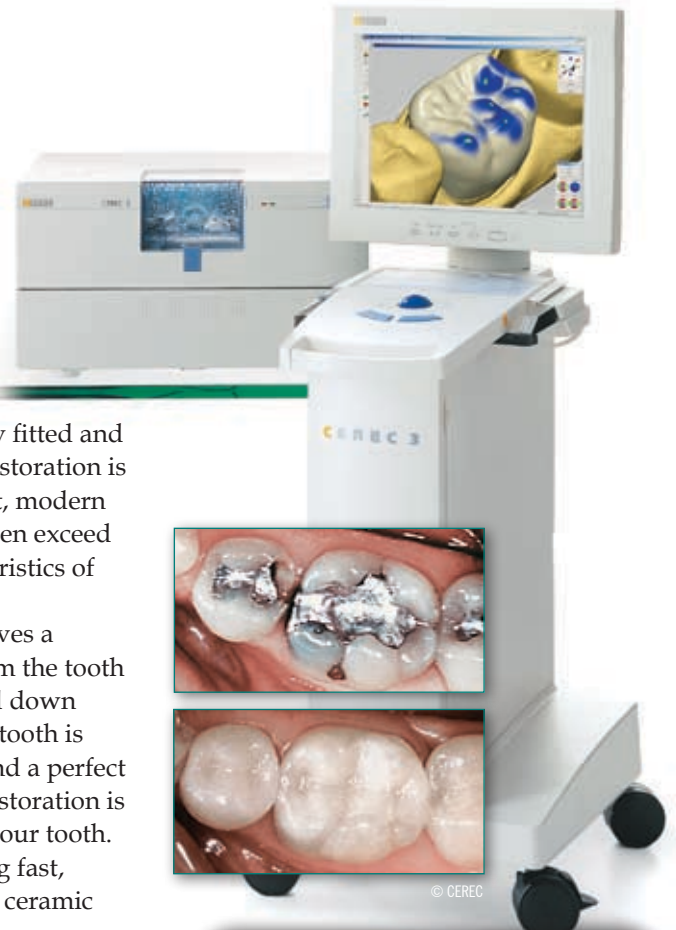
Today, cosmetic and restorative procedures that formerly required many uncomfortable hours "in the chair" and weeks of waiting for restorations to arrive can be completed in about one hour in our practice! CEREC 3D (Chairside Economical Restoration of Esthetic Ceramics), allows us to repair damaged teeth using the highest quality color-matched ceramic materials in just one appointment. The CEREC 3D system harnesses the power of the computer to create perfect porcelain crowns, inlays, and onlays. Let us explain ceramic inlays and onlays to illustrate how CEREC 3D works.

An inlay is used when repairing the chewing surface of a tooth. We excavate the damaged material, leaving an irregular shaped hole in the tooth's surface. The prepared tooth is scanned with a high-precision, digital camera that records the exact

size and shape of the excavation. Computer software generates a virtual model, and then automatically mills a *perfect* restoration from a solid ceramic block. It is so perfectly formed that it can be immediately fitted and bonded into place. The restoration is extremely durable. In fact, modern ceramic materials may even exceed the performance characteristics of natural teeth!

A ceramic onlay involves a restoration that flows from the tooth chewing surface over and down the side(s). Similarly, the tooth is prepared and scanned, and a perfect color-matched ceramic restoration is permanently bonded to your tooth.

CEREC 3D - providing fast, economical, and superior ceramic restorations.



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Applying is Quick & Easy: Ask us for an application. Complete and sign the application. Return to our practice for submission. Please ask us for more information, as we'll be happy to help in any way we can.

Smile White Smile bright

We can help you to say goodbye to dull, stained teeth!
Dazzle your significant other for Valentine's Day with a beautiful white smile – call today to take

advantage of our Whitening Special.

Regularly \$250

Now only \$199

Valid until February 28, 2011

Sharing Smiles...

Did you know?

As our way of saying thank you for each and every referral of your family and friends, **we will credit your account \$50 to go towards future dental treatment.**

Thank you for your continued support and the generosity of your referrals.