

SMILE highlights

WITH DR. PAOLO INCAMPO



Produced to improve your dental health and awareness

Summer 2010

fromthedentist

I am back from Egypt ... and what an experience. As many of you know, I joined a group of American Dentists in Cairo to perform extensive dental surgeries in the Egyptian dental school/hospital. Our days were very long, starting at 8:00 with lectures followed by surgeries all afternoon and then sight seeing until 1:00 in the morning. I rode a horse into the desert, had traditional Egyptian meals, saw in amazement the pyramids and sphinx and took a cruise down the Nile. Needless to say this experience was memorable, highly educational and now allows me to perform additional procedures for you, my patients in the comfort of our office. I look forward to discussing any questions you may have as I see you over the next few months.

- Dr. Paolo Incampo



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.

Moms Dads & Grads...

Receive a Gift Card for a manicure, pedicure or to Home Depot when you refer a friend or family member to our office.

Feel your best and make your smile look its brightest for that Special Day!
Come in or call today!

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

Something To Chew On

The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

Here are five fruit-friendly tips...

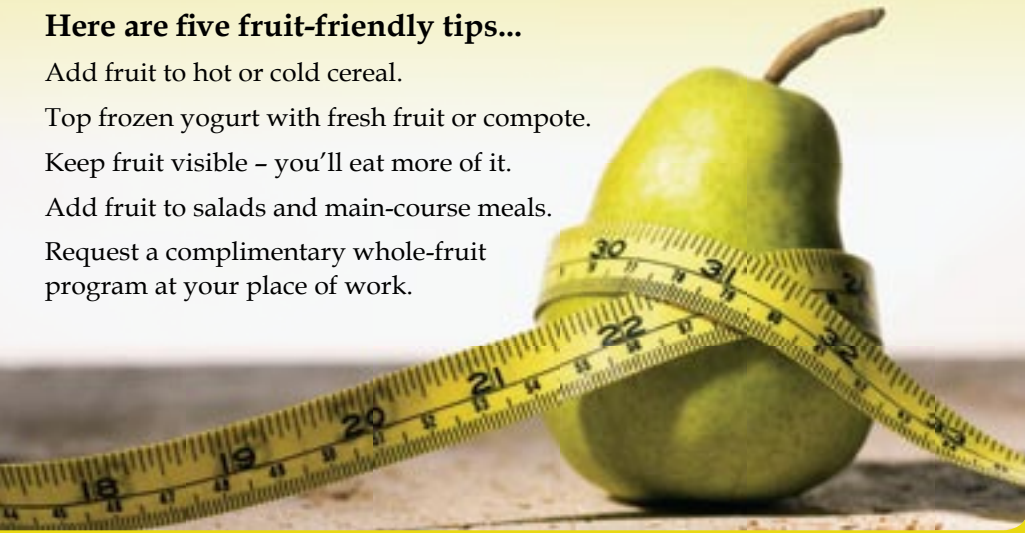
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



Strategies From H To O

You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO₂ than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

What's Precious To You?

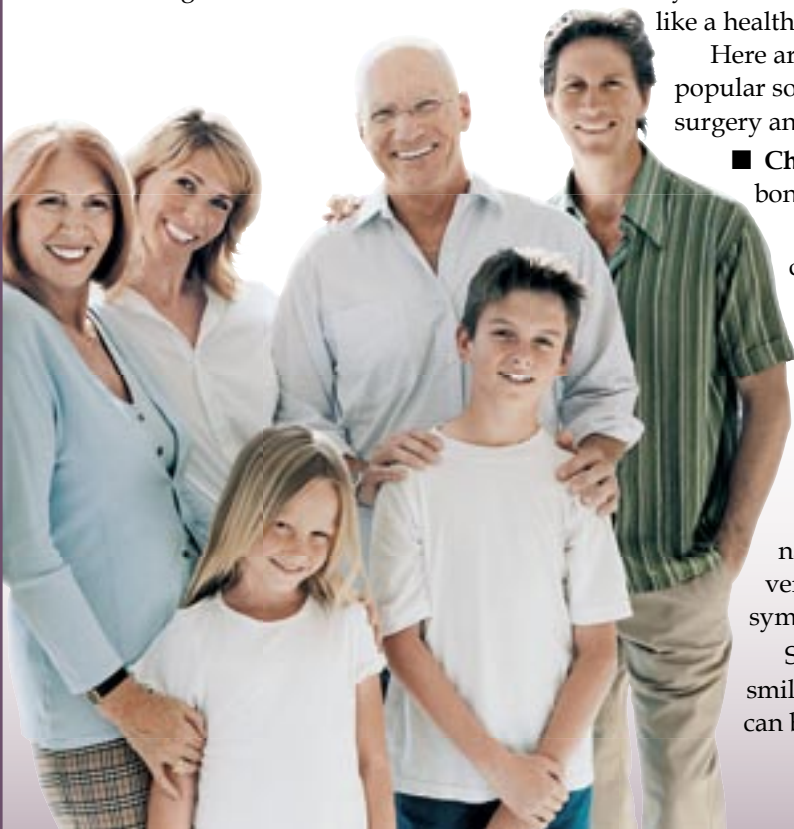
Tell the world... every day!

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



What Do You Expect?

Get the most out of life - and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away - like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

About The Mouth-Body Link - Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

About Progressive Discomfort - Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

About Appearance - Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



Secure & Versatile

Smile with dental implants

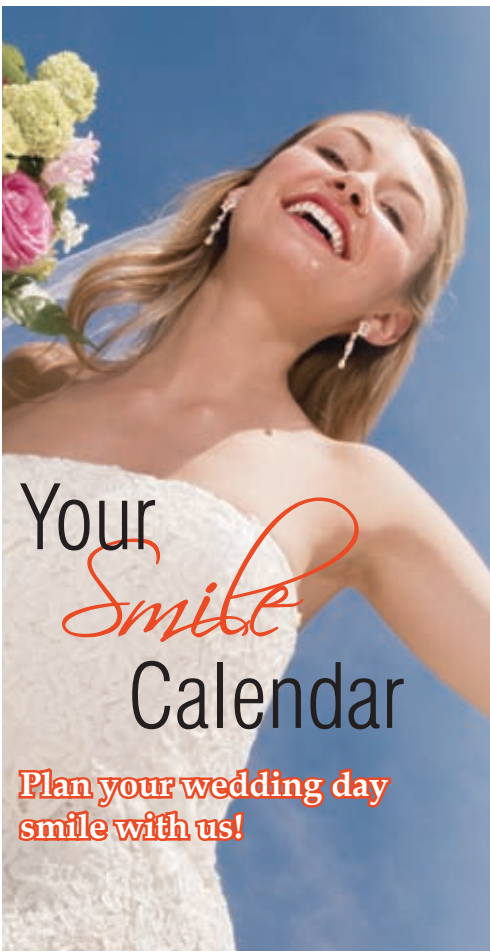
Nobody wants to lose teeth, but let's face it - it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

As if safeguarding your oral health and appearance weren't astonishing enough...

- 1** Implants require only normal brushing and flossing - no special home-care routines.
- 2** There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3** There is no metal visible above your gumline.
- 4** Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!





Your Smile Calendar

Plan your wedding day smile with us!

Whether you're the one walking down the aisle, a supporting player in the wedding party, or just dancing 'til the sun comes up ... when you're at a wedding, you'll be doing a lot of smiling! And no matter when your wedding event is scheduled, we can help bring your smile to its camera-captivating best. Just let us know your schedule, and book now to make sure there's time to complete your mini or maxi wedding smile makeover!

Your best smile makeover foundation is an oral hygiene appointment. A clean sparkling smile has a glamor all its own, and you'll get the best cosmetic results if you start with clean enamel and healthy gums.

Here is a **Smile Calendar** so you can plan cosmetic procedures that can rejuvenate your smile – in plenty of time for the wedding!

One day to a few weeks

- Shine up your smile with teeth cleaning and polishing. **1 day – 2 weeks**
- Brighten your smile with teeth whitening that can remove stains due to ageing, smoking, coffee, tea, medication, or root canal treatment. **1 day – 2 weeks**
- Restore dark decayed areas to original tooth color with white fillings or Composite Resin & Porcelain Inlays/Onlays. **1 day – 4 weeks**

One week to several

- Mask slightly discolored or flawed teeth with enamel-covered bonding. **1-4 weeks**
- Camouflage discoloration and re-proportion your teeth with natural looking cosmetic veneers. **2-4 weeks**
- Cover broken, cracked, poorly shaped, severely discolored teeth with crowns to restore natural appearance and color. **2-4 weeks**
- Replace one or more natural teeth by using a bridge between one or two crowns. **2-4 weeks**

Long engagement

- Correct crooked or crowded teeth, overbites, underbites, incorrect jaw position with braces. **12-24 months**

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Schedule For Summer

Avoid the rush!

With the arrival of summer, we all expect some disruption of routine in the pursuit of holiday fun. Most times this can work to your advantage. For example, we offer flexible summertime scheduling for all of our patients. In fact, we encourage you to keep up with your recall appointments ... even when the dentist is on holiday!

Our dental hygienist helps keep your teeth and gums clean and healthy, and makes a general assessment of your mouth and overall health. The hygienist's key concern is the prevention of dental disease. The dentist's is the diagnosis and treatment of it. All of your x-rays and assessments are always reviewed by our entire team – including the dentist upon return from vacation.

Call for a summer appointment and avoid the back-to-school rush!

Overcome Fearfulness Look & feel great

As many as 145 million North Americans avoid dental visits ... but that's changing. According to the American Dental Association, there's been a relative decline in dental fear compared to an increase in people's general anxiety levels.

We are trained to help put people at ease with a welcoming atmosphere, relaxed environment, and comfortable non-surgical procedures. And it doesn't matter what your age or how long it's been since your last dental visit ... you can still experience a white, attractive smile; non-surgical cosmetic and restorative treatments; healthy gums and fresh breath; and comfortable dental appliances.

We know we can make dentistry less anxious for you. Please call us today for a consultation.