

fromthedentist

Welcome!

Our new newsletter

Welcome to the very first issue of *Smile! Pass It On!*, a newsletter designed to keep you informed of new ideas and concepts in the field of



dentistry. Over the next few issues we will bring you information on areas such as cosmetics, whitening, oral cancer screening, and many other topics where dentistry has made terrific advances over the last few years. We also hope to bring you information that is particular to our office, of which you are the most important part.

This newsletter relies on your input to be successful, so please mention any topics that you would like to see included in a future issue. If you happen to receive two issues, please share one with a friend who you feel might benefit from the services and care that we provide.

Yours in good dental health,

Dr. Robin Lucas

turnthepage

Live 14 years longer!

Gum disease ... me?

Let's talk *toothpaste!*

Well It's About Time...

With OraVerse™

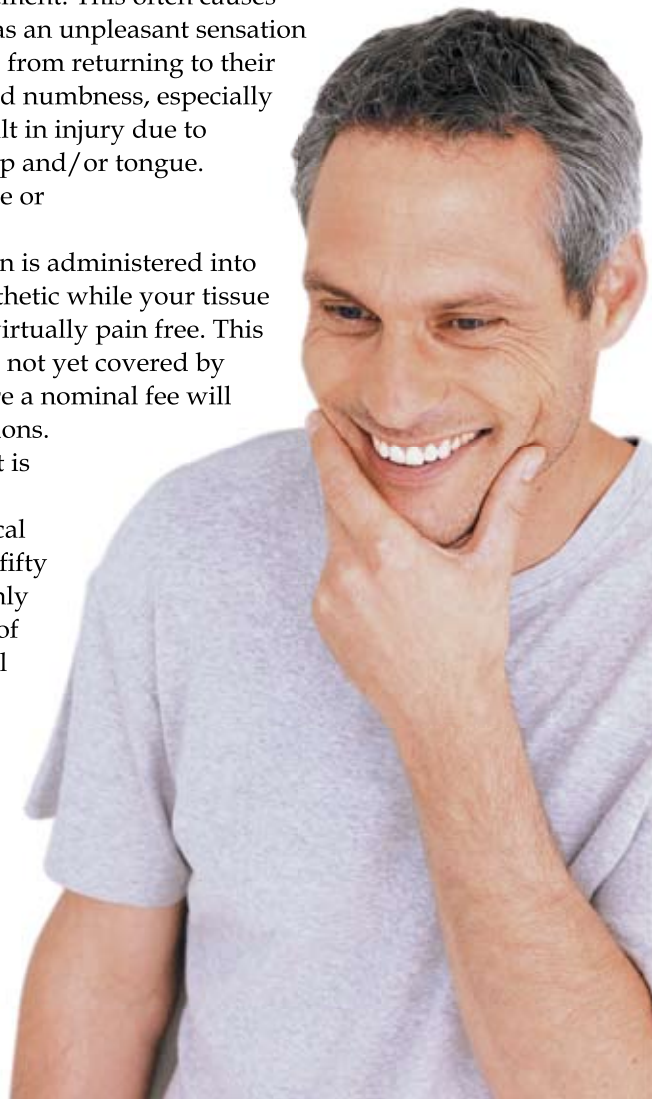
Most patients have experienced the discomfort of prolonged numbness, the uncomfortable side effect that accompanies local anesthetic. At Dr. Lucas' practice we're pleased to share a solution for this issue, as we offer *OraVerse™*, which can help you feel, speak, smile, and drink normally in approximately half the time after receiving local anesthetic.

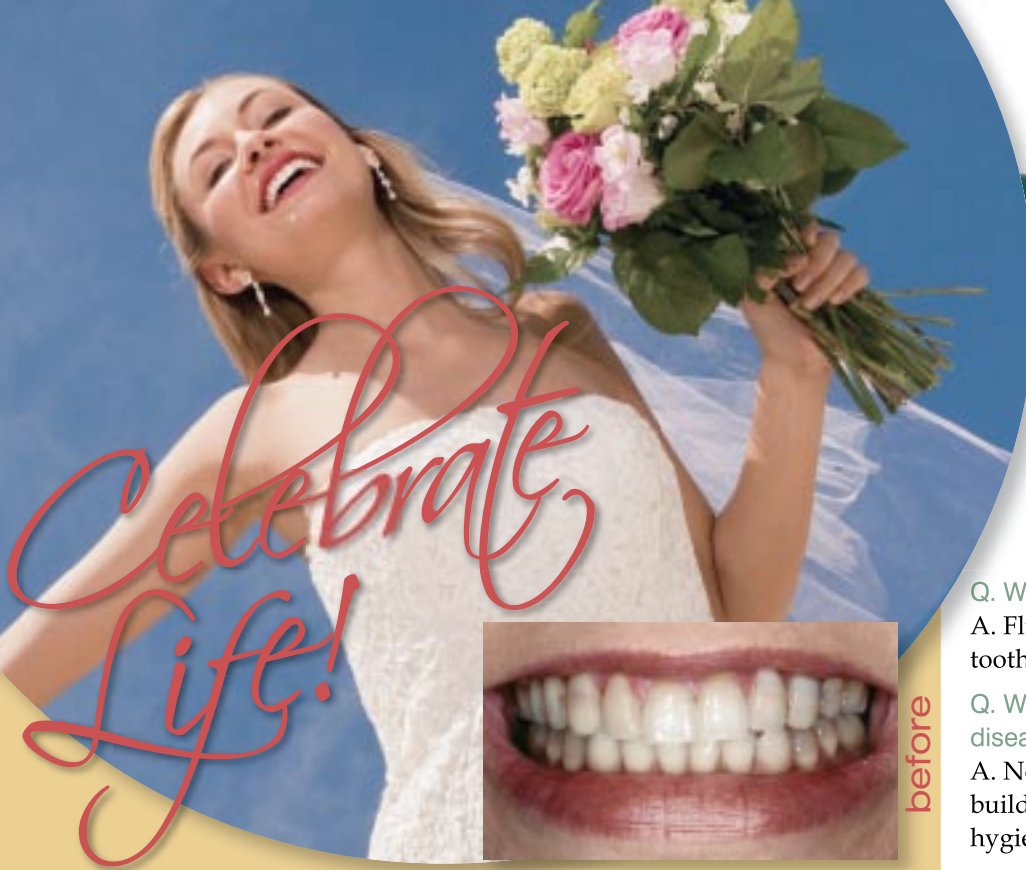
Usually, numbness after dental procedures can last for up to five hours following the treatment. This often causes embarrassment, as well as an unpleasant sensation that can prevent patients from returning to their daily activities. Prolonged numbness, especially in children, can also result in injury due to accidental biting of the lip and/or tongue. OraVerse can help reduce or eliminate this risk.

The OraVerse injection is administered into the same site as the anesthetic while your tissue is still numb, making it virtually pain free. This is a novel solution and is not yet covered by insurance plans; therefore a nominal fee will apply to OraVerse injections.

This amazing product is completely safe and has been used in other medical applications for the past fifty years. It's the first and only FDA-approved product of its kind for use with local dental anesthetic.

We know how uncomfortable and inconvenient the prolonged numb feeling can be and are always striving to find ways to make your visits more pleasant. So ask us about OraVerse – and get back to feeling normal sooner!





Celebrate Life!

Everybody wants to put their best smile forward. According to a national study, teeth are the number-one facial feature that people would change... three out of four adults think that a nice smile is important to landing their dream job ... 84% think that an attractive smile is important for meeting Mr. or Ms. Right. It seems that we associate a pleasing smile with many of life's passages. Celebrating these milestones means family, friends, and ... photographs. Are you ready to get ready?

Sometimes even subtle changes can turn a nice smile into a sensational smile - often in only one or two visits...



before



after

Share your smile with the one you love!

FAQtually Speaking

About toothpaste

Q. What does fluoride toothpaste do?

A. Fluoride fights tooth decay and strengthens tooth enamel.

Q. Will tartar-fighting toothpastes prevent gum disease?

A. No. They only help reduce *additional* tartar buildup *above* the gumline, so regular flossing and hygiene visits are essential.

Q. Are whitening toothpastes okay for sensitive teeth?

A. No. Most contain a higher level of abrasives. Use a toothpaste for sensitive teeth instead.

Q. Does *The American Dental Association* test toothpastes?

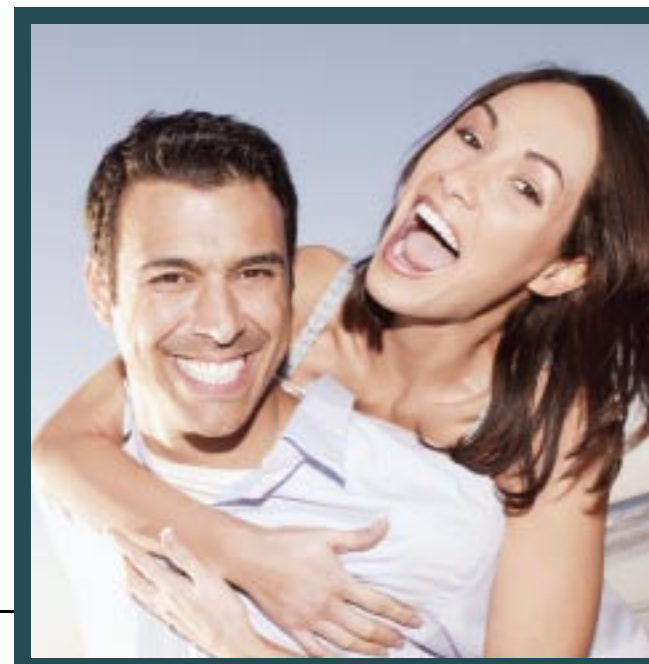
A. Yes. The *ADA Seal of Acceptance* means they meet specific criteria for safety and effectiveness.

Q. Do children's toothpastes need to taste good?

A. Yes. This encourages brushing, but use a pea-sized amount and don't let them swallow.

Q. How often should I use toothpaste?

A. You should brush *at least* twice daily with toothpaste for 2-3 minutes and floss daily.



Whitening *Bonding*
Tooth-colored inlays/onlays

Create an even more dramatic impact. We can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile...

Dental implants
Veneers *Crowns*

Whether you want your best milestone smile for a graduation, wedding, or The Big 4-0 - give us a call as soon as you can. You'll have your great new look in no time!

Are You Symptom Free?

Are you ready for biology's next revolution? *The Human Oral Microbiome Database* has been created to provide scientists with comprehensive information on oral microbes. That's good news for you because gum disease is no minor infection. It can change your appearance, your ability to eat, your social life, and your general health. It has been called the *silent disease* because you can have it and be symptom-free. Being young is no protection.

Learn how
to avoid
the Silent
Disease

Here are some more facts you need to know...

- Up to 30% of people may be genetically susceptible to gum disease and six times more likely to develop periodontitis, its most serious form.
- Periodontitis is the leading cause of tooth loss among adults. It can destroy jawbone and supporting tissues as well as your appearance.
- Unnatural-looking indentations left by missing teeth and bone loss can compromise the esthetics of replacement teeth.
- Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- Surveyed U.S. dentists say gum disease is a more pressing oral health concern than tooth decay by a 2-to-1 margin.

Millions of people don't know
they have gum disease.

Could you be one of them? Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.

De-Escalate!

Reclaim your world

It's a wonderful world we live in. Yet the excitement and challenges of even the best things in life can create tension. Teeth clenching and grinding are common symptoms of stress which over time can escalate into Temporomandibular Disorder (TMD), a painful problem of the jaw joints. Of course, dentistry can provide relief with oral appliance therapy, but a strategy for self-care will help keep you at ease for the long term.

Martial arts for relaxation? Absolutely. **Aikido**, **Tai Chi**, and **Qi Gong** combine meditation and movement to improve posture, balance, coordination, endurance, and flexibility.

Yoga is popular, very do-able, and doesn't require special equipment.

Proper breathing, exercise, relaxation, diet, positive thinking, and meditation are tried and true. TMD is *all* about taking the pressure off.

4 Your Health

Too much information! Hardly a day goes by without yet another announcement about lifestyle, health, and longevity. Sifting through the pieces may make it seem complicated, but apparently it's simpler than we think. Researchers say that by combining the following four modest and achievable lifestyle changes, you could prolong your life by 14 years.

- 1** Give up smoking. You could gain an 80% improvement in health. Smoking has been linked to gum disease as well as oral and other cancers.
- 2** Eat five fruits and vegetables daily for a healthy mouth and body.
- 3** Keep active for cardiovascular health, strong bones, and stress relief.
- 4** Drink moderately. Alcohol has been linked to oral cancer, especially when combined with tobacco.

Fourteen extra years of oral and overall health. That should keep you smiling!



How We Protect You

Your dental team is always prepared

Sometimes we're asked about the possibility of infection in the dental office. That's understandable, especially when diseases like H1N1 are in the news so often. Please be assured that our team is aware of many actions that can be taken to help reduce the spread of such respiratory infections. In fact, protecting patients from *any* infection has been our top priority a lot longer than this particular flu has been in the headlines.

We follow special guidelines called *Universal Precautions*: the basic rule of thumb is cleanliness, disinfection, sterilization, and protective clothing. That means all surfaces are disinfected with approved chemicals between each patient. Instruments that aren't disposable are cleaned and sterilized. Waterlines have special valves and disposable parts to prevent contamination. That suction device we use in your mouth has a disposable tip.

Our staff takes special precautions too and adheres strictly to the comprehensive program set out by the *Occupational Health Safety & Health Administration* (OSHA). They've all had their vaccinations and wear disposable gloves, gowns, masks, and goggles when necessary. In keeping with recommendations from the *Centers for Disease Control*, we have in place special protocols for hand hygiene and coughing etiquette to prevent the transmission of respiratory infections like H1N1 flu in a dental healthcare setting.

No one should avoid visiting the dental office for fear of infection. If you have questions or concerns, we sincerely welcome them.



officeinformation

Robin Lucas, DMD

Dr. Robin Lucas

Dr. Stacey Laskis

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Office Hours

Monday	12:00 am	–	8:00 pm
Tuesday	2:00 pm	–	8:00 pm
Wednesday	10:00 am	–	6:00 pm
Thursday	11:30 am	–	8:00 pm
Friday	11:00 am	–	5:00 pm
Saturday	9:00 am	–	2:00 pm *

*Alternate Saturdays

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Office Staff

Meliza, Angela
..... Patient Financial Coordinators
Giovanna Patient Care Coordinator
Mira, Elvia Hygienists
Sara, Phyllis Assistants

*Communication is important
to us – don't be
afraid to ask questions!*

Your Dental Insurance

Get the most

The signs of fall signal back-to-work and back-to-school for many of us. They should also be a cue to make a dental appointment because your dental insurance has seasons too. 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.

If you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, before this year's dental insurance expires. So give us a call!

Our Sincere Thanks...

For your trust & loyalty

As we approach 2010 and enter our tenth year of practice, we'd like to thank you for your continued support. It's been a privilege and a great pleasure for us to be able to provide you and your family with the highest standard of dental and oral health care.

We try to treat our patients with the utmost dignity, respect, and compassion. It's very satisfying to see just how many patients pay us the ultimate compliment by referring their friends and family to our practice. We are truly grateful for your trust.

Please accept our gratitude for your support and commitment to our practice family ... and yours.