



fromthedentist

Best Wishes For 2009

Thanks for 2008

As we look ahead to 2009, I would like to thank each of you for your continued loyalty over the past year. I speak for everyone in our practice in telling you how much we appreciate and enjoy your visits. We always enjoy hearing your news about family activities and personal experiences. We hope you look forward to those visits too.

Your oral health is our first priority and we are committed to providing a comfortable, friendly environment so that you, our patients, enjoy a relaxed, positive experience.

We wish you and your family good health for 2009 and look forward to seeing you in this New Year.

Here's to a great 2009!

Dr. Robert Ryan & Team

turnthepage

Keep diabetes at bay!

Strengthen teeth with exercise?

Grin and love it!

Dental Implants

Comfort and confidence again

Would you like to speak or bite into an apple knowing your denture won't slip? How about smiling with absolute confidence or enjoying the simple pleasure of going to bed without removing your denture? Are you missing one or more teeth? Then dental implants - artificial substitutions for natural tooth roots to which replacement teeth can be attached - may be right for you.

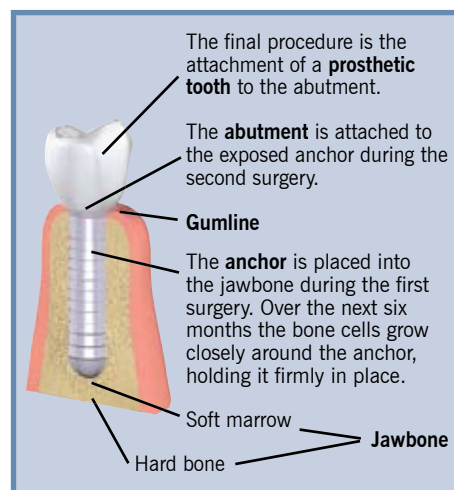
We can help you to decide if implants are the right solution for you

It's hard to imagine, but more than 55 million teeth are removed every year as a result of infection, gum disease or accidents. When you lose teeth, several problems can occur. The remaining teeth can shift, rotate and become crooked. This can leave you with a bad bite and unsightly spaces,



making it painful to chew food. Dental implants replace the form and function of missing teeth, whether it is one tooth or a whole jaw. They can be used to anchor dentures to prevent soreness and clicking noises when you talk, or as replacements for partial dentures and bridgework.

We can help you to decide if implants are the right solution for you. We'll review your medical history, examine your oral tissues and take impressions and radiographs. If your dental evaluation shows that you are a good candidate for the implant procedure, you can look forward to a lifetime of smiling with comfort and confidence again.



A healthy smile will last a lifetime!

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.



Don't Hide Your Smile

Dental implants can restore confidence

Anyone who has ever suffered from tooth loss can tell you about the embarrassment of constantly hiding their smile and about the social awkwardness that accompanies difficulty in speaking and chewing. Dental implants could be the answer. A dental implant is an artificial root to which an artificial tooth is attached. An implant can replace one or more teeth or permanently support a bridge or denture.

Here are some of the proven benefits of dental implants.

Improved Appearance: Dental implants look and feel just like your own teeth, so no one will know unless you tell them.

Improved Self-Confidence: An attractive, natural-looking appearance, plus the ability to speak and eat normally and comfortably will have you smiling again!

Improved Oral Health: Dental implants actually preserve bone

tissue, and the procedure is considered non-invasive because it does not affect the surrounding teeth.

Reliability: Dental implants have had a proven track record for more than 35 years, and are an excellent option for tooth replacement.

If you are in good general and oral health you may be an excellent candidate for dental implants - no matter what your age!



officeinformation

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Office Hours

Monday 8:30 am – 3:00 pm
Tuesday 9:00 am – 6:00 pm
Wednesday 8:30 am – 3:00 pm
Thursday 9:00 am – 5:00 pm
Friday 9:00 am – 12:00 pm
Saturday by appointment *

* Saturday hours for surgical procedures

Contact Information

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Office Staff

Dr. Robert J. Ryan..... Periodontist
Tatyana, Nancy, Debby
..... Dental Assistants
Monika Office Manager

Brush • Floss • Smile



Keeping Gums Healthy

Help is available!

Gum disease affects 75% of adults over the age of 35, and is a major cause of tooth loss. There are many practices and procedures that may dramatically reverse the process of the disease.

Regular cleaning to remove plaque and tartar from below the gumline will ensure bacteria can't get a foothold. If disease has advanced and pockets are too deep to clean with daily oral hygiene routines, surgery may be necessary. If periodontal disease has progressed, and the bone is badly damaged, the tooth may have to be removed and a replacement tooth placed.

Periodontal disease is a serious matter but there are ways in which we can help. Schedule regular dental examinations and cleanings to ensure the health of your precious smile!

Relationships Inspire

We thank you!

Every season has a way of inspiring thoughtful moments, and our thoughts often turn to important relationships. Since much of our life is spent as professionals, that's a lot of relationships!

When you return time after time, we understand that you are expressing your trust in our professionalism. When you refer your friends and family, we understand that you are placing your relationships in our care.

These relationships are important to us, and we look forward to meeting the people you send our way. We will always provide the same kind of reliability, friendly service and professionalism to them as we give to you. No exception!

Your referrals are most welcomed, and we thank you for them.