



# Theodore D. Haines, DDS, PS

## NEWSLETTER

Spring 2002

### FROM THE DENTIST

I would like to take this time to thank you; I truly appreciate your trust, confidence, and support. I realize that some of the changes over the past three years have been challenging for some of my clients. I understand this and thank you.

We are delighted if your employer has provided a benefit to assist you in attaining (and maintaining) your dental health. Insurance policies are geared toward repair and routine maintenance based on the insurance company's least costly alternative and on a statistical norm – and not on individual needs. In comparison, I remain committed to excellence in your individual care and to using the highest standard of materials and prevention.

There is no regulation as to how insurance companies determine reimbursement levels, resulting in wide fluctuation. In addition, insurance companies are not required to disclose how they determine these levels. Employers are also allowed to pick the policy they offer to you based on these levels. The lower the reimbursement levels the lower the premium to your employer.

In the event you have a situation, which requires individual consideration, if you need further clarification, or if we can be helpful in any way, please let us know.

*Sincerely*

*Theodore D. Haines, DDS*

## Words To Live By

- People are often unreasonable, illogical, and self-centered; Forgive them anyway.
- If you are kind, people may accuse you of selfish ulterior motives; Be kind anyway.
- If you are successful, you will win some false friends and some true enemies; Be honest and frank anyway.
- What you spend years building, someone could destroy overnight; Build anyway
- If you find serenity and happiness, they may be jealous; Be happy anyway.
- The good you do today, people will often forget tomorrow; Do good anyway.
- Give the world the best you have,



and it may never be enough;  
Give the world the best you've got anyway.

■ You see in the final analysis, it is between you and God;  
It was never between you and them anyway.

– *Mother Teresa*

## Considering Implants?

Though they've been around since the early eighties, dental implants are now the most popular "new" dental technology when it comes to replacing teeth. They can take the place of one tooth, or a whole set of teeth. They can replace dentures or be used as a foundation for attaching bridges and partial dentures. The implants themselves are specially designed pieces of metal and ceramic anchored right into your jawbone.

They look just like natural teeth on the outside.

Thanks to implants, dentures are no longer the last resort. Implants look more natural and won't fall out at inappropriate times. Depending upon your particular case, getting implants will take a fair amount of time and commitment. But the results are unparalleled. If you think implants may be right for you, ask us during your next visit to the dental office.

***Thank you for all your referrals – we appreciate them!***

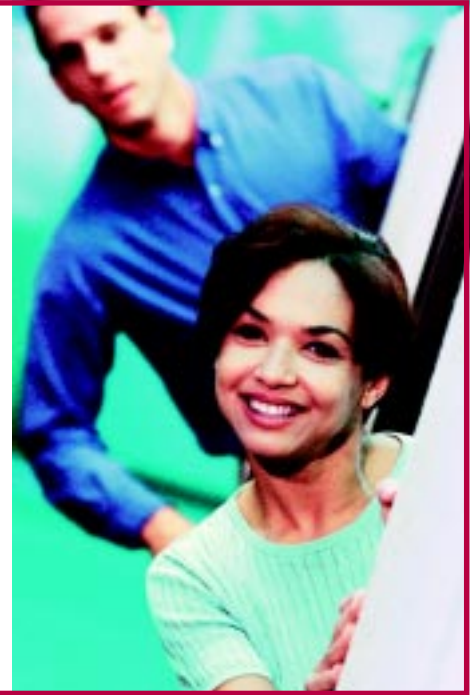
## Option Number One

**1** We're all aware of how plastic surgery techniques may enhance our appearance. Fuller lips, tighter chins, and sleeker cheeks are all surgical options offered by the nip and tuck experts. Dentists can easily provide many similar enhancements to your good looks and self-esteem! One leading North American cosmetic dentist put it this way, "We have the simplest, fastest, least painful procedure to enhance a person's looks. We can change people's smiles in one day to a week. By revitalizing your smile, esthetic dentistry can make patients look ten years younger." If you're considering facial plastic surgery, or if you just want to brighten up your trusty but slightly older smile, please make your first step a consultation with us.

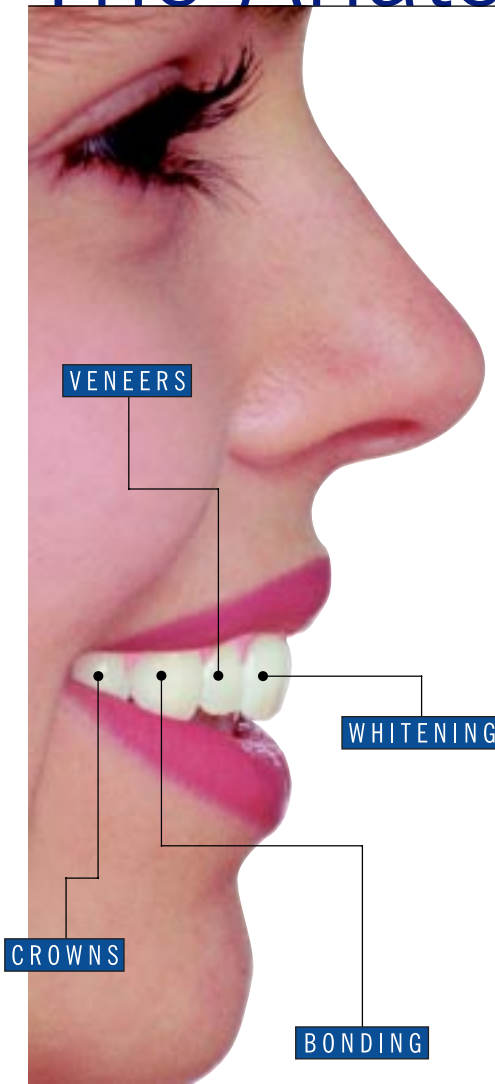
## CAREER ALERT

We all know our smiles are important to our self-esteem, even our social life. But how about to our jobs? Fully 75% of adults believe that an unattractive smile can hurt a person's chances for career success. And if someone believes your smile is hurting you in the workplace, it probably is.

Our society is more concerned than ever before with health, nutrition, fitness, and an attractive appearance. And don't think you can hide your smile under a bushel in the workplace. After all, from the distance of a football field, the only facial characteristic we can distinguish is a person's smile ... and the next office is a lot closer than that!



# The Anatomy Of A Great Smile



A simple fact: your smile is among your most important physical attributes. The effect of a sparkling, confident smile on personal, social, and business relationships has been proven to be crucial. As one New York psychologist puts it, "A warm, open, attractive smile ... translates into a potent punch of personal power."

But many of us are not confident in the power or the sparkle of our smiles. We worry that our teeth may be discolored. We may be self-conscious about a small chip in a front tooth. We might be concerned that old, unsightly fillings become visible if we make a huge, happy grin. Age itself will produce darker teeth or gums that are receding. And, let's face it, most of us are not born with those perfect movie-star teeth.

Cosmetic dentistry has made huge strides in the last twenty years, and we now have many different procedures to help your smile become a confident, dazzling part of your personality.

Tooth **WHITENING** is an easy, affordable, and painless way to brighten teeth discolored from food, nicotine stains, or root canal

treatments, or that have become darkened with age.

Worn down, chipped, cracked, or widely spaced teeth can be repaired through a process known as **BONDING** where a tooth-colored plastic is applied to your teeth and cured with a light. The result looks and feels just like the original.

Severely stained or chipped teeth may require **VENEERS**, ultra-thin sculpted pieces of tooth-colored porcelain that fit over the front of your teeth.

If your teeth have undergone root canals, are misaligned, or weak, then **CROWNS** may be the solution. Crowns combine good looks and great strength since they entirely cover the affected tooth.

We have all the technology that can give you a confident, beautiful smile.

We're here to make sure you look and feel your powerful best!



We have the technology that can give you a confident and beautiful smile.



"Instant



Orthodontics"

Your bright, happy smile is one of your most precious attributes. But as we go through life, your smile finds lots of enemies that can make it a pale imitation of the original. Discolored or chipped teeth, teeth that are pitted, misaligned, or simply crooked are among the most common conditions that may make you self-conscious about your smile. Of course, the only way to hide your teeth is to not smile, which is hardly an option.

Porcelain veneers could be the answer. Veneers are super-strong,

ultra-thin pieces of sculpted porcelain that fit over the front of your teeth. They're extremely durable, virtually painless to place, and easy to maintain, and have often been called *instant orthodontics* because they can straighten severely crooked teeth in two weeks rather than two years.

If you are ever tempted to hide your smile, please come and see us for a consultation. We're in the business of smile success!



## GREAT SMILES

As smile experts, our goal is to make sure your smile is bright, healthy, and happy! We accomplish this by carefully examining all aspects of your smile to determine the right procedure for you. Great smiles have several things in common:

**Teeth are straight and evenly spaced;**

**Teeth are white, with no stains or discoloration;**

**Gumlines are smooth and even;**

**When you smile, your top teeth show, but not the gums;**

**The edges of your top teeth follow evenly the curve of your lower lip.**

But don't worry if your smile isn't quite perfect! Our *smilemiths* can help you make it great!



## Red Carpet... WHITE TEETH

The annual red carpet *Oscar* procession is filled with flashy, brilliant, and flawless pearlies – they scarcely need any lights. So is this just more Hollywood magic; another million-dollar special effect? Actually, no. The answer may be as simple as a properly supervised teeth whitening procedure.

In the last few years new teeth whitening materials have been developed that make the procedure simple, gentle, and inexpensive. There are over-the-counter whiteners available, but we strongly recommend that your whitening program be done under our supervision. If improperly applied, whitening agents can do serious damage to your teeth and gums.

If you think your smile is a good candidate for some brightening up, call us! After a thorough oral examination, we will evaluate your particular whitening needs and will suggest either in-office treatment or a customized at-home system supervised by us. Either treatment will get your smile the whitest it can be. So let the bright lights shine!

# Tips For Sound Dental Nutrition

Traditional wisdom holds that sweets and snacks are the biggest culprits when it comes to cavities. But certain carbohydrates found in breads, cakes, pizzas, and even rice can be just as damaging as a candy bar.

How we eat and drink has a major effect on dental health. Research shows that the cavity-causing power of a food depends on many factors: frequency of consumption; texture (stickiness); and how long the food remains in your mouth before being rinsed or brushed out. A balanced, nutritious diet is also important because your body's total health is directly related to your dental health. The order in which foods are

eaten during a meal is also important. Some foods with a high fiber content, like carrots, can be helpful at the end of a meal, increasing salivary flow which decreases the time harmful sugars and starches remain in your mouth.

A soft drink sipped throughout an afternoon is far more damaging than one consumed quickly. Drinking it with a meal lessens risk further because other foods interfere with the drink's potential to do damage. The number of meals or snacks consumed during a day is also an important factor. Our body's natural decay-fighting mechanisms need some "down time" between eating and

drinking to do their job – not enough recovery time weakens their effectiveness.

Low fat choices like raw vegetables, fresh fruits, or popcorn are smart snack choices. Make sure you brush well with a fluoride toothpaste after snacks!



## When Thinking About Snacks, Consider...

- 1 The number of times a day you eat sugary snacks.
- 2 How long the sugary food stays in your mouth.
- 3 The texture of the sugary food. Is it chewy? Sticky?

## OFFICE INFORMATION

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### Office Hours

Monday 8:00 am – 5:00 pm  
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### Contact Information

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### Office Staff

Dawn, Staci, Kristine, Annette

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



DISCOVER

## Why Does The Dentist Need My Medical Information?

New scientific research proves that your oral health is an essential component of your overall health. This is why we need to know your general medical history in order to provide you with the best care possible.

Some patients wonder why we collect this information in the first place, and further, why we sometimes ask for a medical update at every recall appointment. Firstly, your general medical condition, and your personal nutritional and lifestyle habits give us valuable clues to understanding your dental health. Secondly, we now know that your dental health has a direct impact on a wide-ranging variety of medical conditions from diabetes to heart and stroke disease, to osteoporosis and even some stress-related conditions. We're also on the front line when it comes to early diagnoses of a wide range of oral cancers.

If you have any questions about this, or have any other concern about the links between your dental and overall medical condition, please don't hesitate to ask us.

## Dental Trivia

- 100 years ago, one half of all adult North Americans were toothless. Today less than 10% of adults over 65 have lost their teeth.
- In the Middle Ages people believed that dogs' teeth boiled in wine made an excellent mouth rinse for tooth decay.
- According to a *Time Magazine* survey, 59% of North Americans would prefer to go to the dentist than sit next to anyone using a cell phone.
- The average North American can exert approximately 30-40 lbs per square inch of pressure with their jaws: denture wearers can get up to about 15 lbs. Some Inuit people can exert 350 lbs of pressure.
- US and Japanese studies have found that black or green tea has antibacterial powers that help prevent cavities and gum disease.
- Over 40% of North Americans have at least one tooth that would benefit from treatment.

