



# Theodore D. Haines, DDS, PS

## NEWSLETTER

Winter 2001/2002

### A NOTE FROM TED

Somehow it doesn't seem possible ...but we are in our 23rd year of dental practice. My choice of this profession has been soul satisfying, particularly because of the pleasure I receive in knowing and helping people. I would like to take this time to thank you – I truly appreciate your trust, confidence, and support.

In recent years I have been deeply invested in a process which has enhanced both my clinical and behavioral skills. As a result, there are some changes which have been occurring within me ... and which are being reflected in my dental practice. Twenty years ago my work focused on the identification of disease and its repair. Today my focus is on health, wellness, and personal choice. As I approach the last third of my career, I have come to understand that my time is finite, and accordingly, have made a decision to spend the remainder of my work life helping clients become healthier. For me this means working with clients who actively seek and participate in enhancing the level of health they choose.

It is extremely important to me to have an opportunity to create and maintain personal relationships with each of my clients. This provides a basis for trust and permits us to serve clients with unique preferences and needs in a selective and individualized way. As I move toward a practice encouraging active input and participation from our clients, I am systematically making changes in our facility which are

see *A Note From Ted* on back

# Peace On Earth



*There is no better time than  
the holiday season to say a  
simple and sincere thank you  
to our friends, old and new.  
Warm Season's Greetings  
and Happy New Year!*

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

# IT ALL STARTS WITH A SMILE

How often do we think about our smile? Isn't it just another part of our being, a part of what we've been given, like our hair color, or our height? Well, yes and no. Your smile is one of the first and most important things people notice about you. It can portray many things ... a joy in life, self-confidence, even strength of character. Or it can portray personal insecurity, stress, even premature ageing. In fact, it's truly difficult to over-estimate the importance and impact your smile can have in your life.

This is a competitive and beauty-conscious society, whether we like it

or not, where a pleasing appearance can mean the difference between success and failure in both our personal and professional lives. At the center of appearance, pleasing or not, is your smile. Vanity is no longer a bad word when it comes to improving or enhancing your oral health, and therefore your smile. One leading dental researcher believes that enhancing your smile is just another way people can present themselves in the best light possible. "It's the same idea as women applying makeup every morning or men shaving. They are self-enhancements that should not be considered vanity. Everyone wants

to look good and to feel good." Now dentistry can help in that pursuit.

As we get older, our smile may reveal worn, discolored, chipped, or missing teeth that can add years to our appearance. Cosmetic dentistry's role in looking younger is often under-estimated. We can take years off your smile, and thereby greatly enhance your overall appearance.

We can perform many procedures, often simple ones, to enhance your smile, your self-esteem, and your personal success. Please come and see us for a smile evaluation at any time. Remember ... smiles, like scowls, come from within us.

## SMILE FACTS

*Did you know that...*

:] More than 92% of adults agree that an attractive smile is an important social asset, and it also encourages a smile in return.

:] Sometimes teeth do not fully erupt out of the gums, and the outcome is a *gummy smile*. In many cases this can be fixed by a simple cosmetic surgical procedure.

:] Many adults are unaware that they are still candidates for braces and an improved smile at almost any age!

:] 85% of people agree that an unattractive smile makes a person less appealing to people of the opposite sex.

:] Almost 88% of people say that they always remember someone with an especially attractive smile.

:] From the distance of a football field, the only facial characteristic we can notice is a person's smile.

:] Three quarters of adults believe that an unattractive smile can hurt a person's chances for career success.

We are smile experts, and we're enthusiastic about helping to make your smile sensational!

## Implants: New Teeth For A New Smile

### Comfort and confidence again

This year 55 million teeth will be removed as a result of dental disease and accidents. Whether you're missing one or all of your teeth, there's now an exciting option that will help you smile with confidence again. Thousands of people are flashing smiles that have been beautified by implants, a fabulous tooth replacement technique that can be performed right here in our office.

Implants are made of special biomaterials that are surgically placed in the jawbone under your gumline. After a few months the implant becomes anchored to the surrounding bone. A natural-looking replacement tooth is then permanently attached to the implant to replace the form and function of a real tooth. Implants can be used to stabilize dentures and bridges, replace just one tooth or to rebuild an entire jaw of missing teeth. The best part is that they look and feel just like natural teeth.

Even though the technique may be new to many patients, some approved and tested dental implant systems have lasted more than twenty years with a better than 90% success rate.



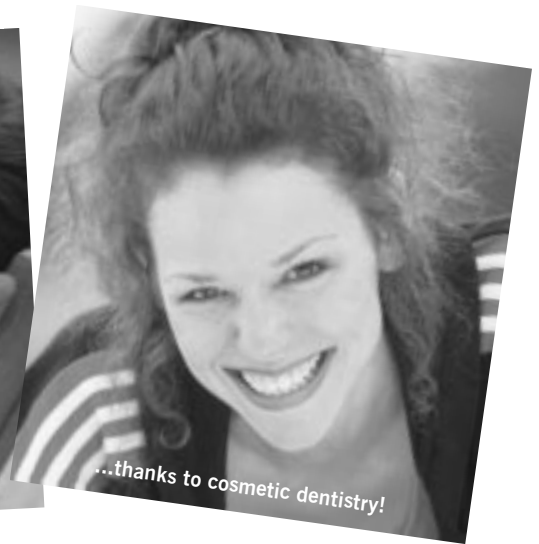
Dr. Ted had a dental implant placed last year to replace a tooth that cracked and had to be removed.

Dental implants have been used successfully for years, helping thousands of people to eat, smile and speak with renewed self-confidence. Patients who practice good oral home care and regular dental checkups can enjoy implants that last a lifetime. Putting in implants requires a time investment, as much as three to nine months from start to finish. A lot depends upon your oral health and your general health. We can help you decide if a dental implant is right for you. If you consider that implants can last a lifetime, the investment in your smile is well worthwhile.

a guide to  
**GREAT  
 TEETH**

What an exciting time this is for your smile! We can now offer you the healthy and beautiful smile you deserve, quickly and efficiently. New techniques and materials allow us to repair stained or discolored teeth, or replace missing or worn teeth with metal-free inlays, crowns, veneers, and bridges.

You no longer have to be afraid to smile. The examples below are just a few



of the many conditions that our new restorative techniques can correct. We can make your smile bright, happy, and

healthy, just the way it's supposed to be!  
 Imagine what cosmetic dentistry could do for your smile!

**Problem: Stained, Discolored, Or Dull-Looking Teeth**



**Solution**

If you're happy with your smile the way it is but would just like to brighten it up, all you may need is a whitening treatment to get rid of those stains. Whitening is a safe and effective means of returning your teeth (or even just one tooth) to their original dazzle. It's very important to consult with us regarding the best method for you. We'll suggest either in-office treatment, or a customized, at-home system supervised by us.

**Problem: Chipped, Cracked, Or Worn Teeth**



**Solution**

We can restore your cracked, chipped, or worn teeth with crowns or ultra-thin ceramic veneers. New materials and bonding techniques are not only cosmetically pleasing, but can strengthen the teeth that are being restored.

**Problem: Gaps Between Teeth**



**Solution**

As we grow up, our jaws also grow to accommodate our new adult teeth. But occasionally, the size of our permanent teeth does not match the space available in our jaw, and the result can be spaces or crowding. In some cases, gaps can be corrected by using porcelain crowns or veneers. In other cases, you may need orthodontics, where braces and other appliances are used to move teeth into their proper position.

**Problem: Bite Dysfunction Or Missing Teeth**



**Solution**

We can replace your missing teeth with fixed bridges or dental implants. Crown or bridge work is best for correcting major functional or structural problems involving individual teeth, missing teeth, or general bite dysfunction. We can also replace missing or severely broken teeth with new porcelain and ceramic technology that looks so real, no one can tell the difference from your natural teeth. Dental implants can also be a wonderful solution for missing teeth.

# State Of The Art!

New advances in dental technology are challenging Mother Nature! We are very proud in this practice to be able to offer you, our patients, the world's most advanced dental restoration system. The *Cerec 3™* system makes it possible for us to manufacture lifelike porcelain crowns, veneers, inlays, and fillings right here in our office. The term CEREC is derived from CERamic REConstruction, i.e. the replacement of missing tooth substance with ceramic material. Ceramics offer great advantages as a dental material: it's tooth-colored, translucent, and biocompatible.

Previously, tooth reconstruction required at least two or three appointments. On your first visit, we would take an impression of the tooth and forward it to the dental lab. In the meantime you would be fitted with a

temporary tooth while the lab created the ceramic restoration. About a week later you would return so the restoration could be fitted. Now, with the Cerec 3 system, the whole procedure takes place in only one office visit.

With a special electronic camera we take an optical impression of your prepared tooth. The restoration is then designed from a three-dimensional scan and precision-milled from a porcelain block. The Cerec 3 imaging unit incorporates a mobile PC which has been specially approved for medical applications, and uses Windows-based Cerec 3 software. Because the scan offers such exceptional detail, the Cerec 3 is able to create an extremely

accurate restoration ensuring a marginal seal.

The restoration is almost as strong and long lasting as natural dental enamel. The ceramic material is biocompatible and will not be affected by heat and cold, so you'll be able to enjoy cold treats and hot drinks with less sensitivity.

Due to its revolutionary technology, Cerec is the clinically best-researched method of tooth restoration. There have been over one million successful Cerec restorations performed worldwide since its introduction in 1985. And the brand new Cerec 3 system incorporates the most modern technology to ensure your smile is almost as new and natural as Mother Nature made it!

## OFFICE INFORMATION

**Theodore D. Haines, DDS, PS**  
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### Office Hours

Monday 8:00 am – 5:00 pm  
Tue & Wed 7:00 am – 5:00 pm  
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### Office Staff

Dawn, Staci, Kristine, Annette



Hey wait a minute ... I can't come back for a cleaning in July



## A Note From Ted

*continued from front*

integral to and reflective of this philosophy. We began by installing a digital imaging system enabling our clients to not only visualize what exists, but also permitting them to see and appreciate what is possible in options for their treatment. We have remodeled our office to more effectively represent our commitment to excellence, and now have an area to relax and re-energize our clients before and after treatment. I want to create an environment that is not only state-of-the-art clinically, but will reflect my appreciation for our clients whose confidence, trust, and support I so value.

*Yours in good dental health.*

*Dr. Ted Haines*



IT WAS NOW OFFICIAL...SID THE WHITE-TOOTHED REINDEER WOULD GUIDE THE SLEIGH THIS CHRISTMAS EVE

## Mercury-Free Zone

For over a century dentists have been using mercury amalgams as fillings for cavities. But as a result of the ongoing health controversy surrounding the use of mercury in amalgam fillings, our office has only placed white composite fillings for the past twelve years.

There is no doubt that as you chew your food, mercury vapors and particles are swallowed and inhaled. For most of us, the amount of mercury released is our major source of exposure, together with the mercury in the atmosphere from pollution. We don't know the effect to your body that this very low dose has.

White filling material actually bonds mechanically and chemically to the tooth structure, allowing for a stronger filling. These fillings are also much more natural looking, and never discolor neighboring teeth as mercury fillings are prone to do.

Your comfort and safety is always our priority. Becoming a *mercury-free* practice is just one more step we've taken to meet this goal. We welcome any questions you may have about this and any other dental topic.

