



Dr. Robert L. Beckelman's

Word Of Mouth

Produced for the Patients of Dr. Robert Beckelman

Spring 2008

fromthedentist

Resolve To Smile

It's spring!

Smile if you let a new year's resolution slide! *Just one?* Well, I'm sure you have plenty of company. I like to think that spring is our second – and maybe best – opportunity to actually follow-through with self-improvements.

If you *meant* to get your teeth cleaned and whitened at New Year's, we believe you! But spring is an equally perfect time with upcoming weddings and graduations, and in general, people are outdoors more, so you're going to see and be seen more!

One appointment could be all it takes for your mouth to feel and look springtime fresh. We can also camouflage flaws that the camera might catch.

Spring is the real go-getter season. We hope the article *Fitness Is As Fitness Does* strengthens your resolve to make an appointment!

Yours in good dental health,

Robert L. Beckelman, DMD, PLLC

turnthepage

Fight bacteria now!

Oral tips for life!

Whitening that works!

Mytronics

A Non-Surgical Face-Lift?

It is no secret that muscle and joint imbalances lead to problems like runner's knee, tennis elbow, and carpal tunnel syndrome. The same is true for the jaw. Improper alignment of the jaw joint and its system of muscles can have serious consequences.

The muscles of the head and neck that support your jaw must be in a comfortable, relaxed position in order to prevent conflict with the teeth and joint. Otherwise, you might experience headaches, dizziness, eye pain, ringing in the ears, neck and shoulder pain, difficulty swallowing, and clenching or

grinding your teeth. Also, a misaligned jaw distorts facial proportions.

Science has provided the answer in the form of the K7 Mytronics System – a computerized diagnostic system used to measure the three-dimensional pattern of jaw opening and closing through its full range of motion. The system uses three, painless, non-invasive scanning techniques to arrive at a relaxed, symptom-free alignment of your jaw!

You will feel better and your face will find its natural proportions again. It's like having a face-lift without the surgery!

Try This Little Experiment

With your head and neck erect, lightly touch your teeth together. Now, slowly tip your head forward, then back. Pay attention to what happens to the position of your lower jaw. You will feel your lower teeth sliding forward and back. The trick is to find the perfect alignment for you.



Thank you for your referrals. We appreciate them! "You are our best representative"



You'll like it!

Look At That

Ugli fruits are named after their greenish-yellow appearance, odd shape, and lumpy, bumpy skin. Imagine a *really* ugly grapefruit.

Tasty Treat

This mandarin hybrid has a very sweet citrus taste and is said to combine the best qualities of Seville oranges, tangerines, and grapefruit. Ugli fruits are sweetest from their native tropical West Indies and Asia, though they have been grown in the sub-tropical United States since the 1930s. Nearly seedless, uglis peel easily for quick snacks or as an unusual feature in salads, stir fries, or stews.

For Your Oral And Overall Health

Ugli fruit is an excellent source of vitamin C, an antioxidant which promotes healthy gums and fights cardiovascular disease, plus it's a good source of fiber as well as folate which is an important B vitamin that promotes oral health.

Prevention Is Better

Two things you don't want to share!

We all host bacteria in our mouths so everyone is potentially vulnerable to decay and gum disease. Here are some facts you may not know...

■ Bacterial Infections

In **caries** (decay), *Streptococcus mutans*, is the major bacterium that uses sugar to produce acids that dissolve dental enamel, creating cavities.

In **gum disease**, plaque – the soft thin film you feel on your teeth – is a *biofilm* which hosts many different bacteria.

■ Transmissible

You can pass on **gum disease** and **caries** bacteria to the people you care about – even babies whose teeth have yet to erupt – by kissing, blowing on food, or sharing utensils.

■ Preventable

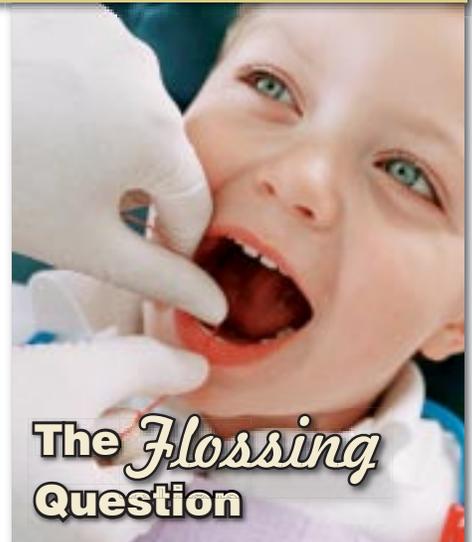
You can minimize your risk for **caries** by avoiding sugary carbohydrates and keeping saliva flowing. Saliva is your natural buffer against acid. Daily removal of soft plaque by brushing and flossing keeps it from building up then turning into hard tartar or calculus, promoting **gum disease**.

■ Reversible

In the earliest stages when **caries** are white patches, remineralization (assisted by our saliva) can reverse the process. As the caries progressively become darker in color, treatment becomes more complex and invasive.

Gum disease can appear silently and we can reverse it with prompt treatment before it progresses to produce swollen, tender, bleeding gums, and deep pockets of infection that can lead to tooth loss.

We have many effective strategies to prevent and treat these two diseases, so please – keep your regular appointments.



The Flossing Question

Ever too young?

As soon as two teeth touch, between six months and one year, kids need daily flossing to avoid gum disease. Only flossing can remove the biofilm and food particles that build up between their teeth and below the gumline where a toothbrush can't reach. Here's how to floss your child's teeth...

First, wrap an 18-inch strand of floss around your middle fingers just as you would for yourself, and hold a one-inch section tightly.

Then, gently ease floss between each of your child's teeth, unwinding clean floss as you proceed.

Too squirmy? Consider colorful, flavored, kid-friendly floss sticks that can change colors and come in favorite character shapes.

Between the ages of 5-10, most children can floss their own teeth. And thanks to your perseverance and great example, they'll want to!



Evaluate Your Family Dental Values

At every stage of life, your oral health and attractive smile are invaluable assets

LIFE STAGE

FOCUS

HOW WE CAN HELP

Infants & Children



- Healthy gums and teeth
- Proper spacing and bite alignment
- Protection against sports and play injuries

- Prevention and monitoring with regular dental visits starting when teeth erupt
- Early orthodontic assessment
- Oral hygiene instruction
- Custom-fitted mouthguard
- Emergency care

Teenagers



- Greater awareness of social value of nice smile and fresh breath
- Greater susceptibility to gum disease, enamel erosion

- Positively reinforce importance of nutrition, regular oral care routines, and professional oral care for an attractive smile
- Provide strategies for fresh breath and a whiter, brighter, straighter smile

Young Adults
20s & 30s



- Greater maturity and awareness of mouth-body link
- Continued interest in appearance and lifestyle issues like teeth staining from coffee, wine, and tobacco

- Regular preventive and maintenance visits to maintain healthy teeth and gums
- Cosmetic consultations for teeth whitening and other procedures

Mid-life Adults
40s & 50s



- Continued interest in appearance
- Increased risk of oral cancer
- Risk of receding gums, root caries, and loose teeth as hormonal levels decline, bone mass decreases, and teeth become worn and stained

- Regular oral health exams
- Natural-looking restorative treatments including crowns, bridges, implants, and veneers, plus cosmetic whitening

8 Is Great!

Boost your smile!

A jolt of morning java might boost your day, but over time it could take supervised teeth whitening to jumpstart your smile again! Red wine, tobacco, dark fruits and juices, and some medicines can also trigger staining.

What can affect your whitening outcome?

Your Age

Whitening is the most in-demand cosmetic procedure and although we recommend teens wait 'til after age 14, there's no upper age limit. If thinning tooth enamel is a consideration, cosmetic bonding and veneers are excellent whitening alternatives.

Your Dental Team - That's Us!

We make absolutely certain that the whitening ingredients we prescribe for you are safe, reliable, and appropriate. Stains caused by illness or medications can only be removed by a dentist.

Your Foundation

Teeth may be whitened up to an average of eight shades lighter than the color you start with!

Where does your smile rate on our whiteness scale?



Fitness Is As Fitness Does!

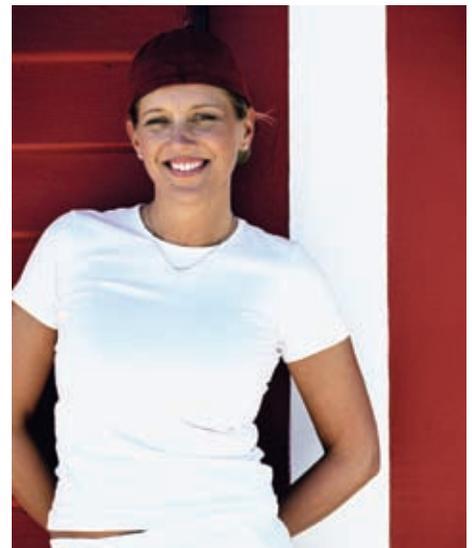
Defeat gum disease & improve your health

Numerous reports, including The Surgeon General's Report, recommend thirty minutes of moderate physical activity a day for better physical and cardiovascular health. Did you know that can be accumulated activity, such as three bouts of ten minutes each? So maybe you can rescue those fitness resolutions you made at New Year's! The Surgeon General says you can benefit your cardiovascular health in another way - by taking care of your oral health.

Heart disease and strokes have been linked to gum disease. For some reason, people find that difficult to believe. But if you think of your mouth as the gateway to your body, you might find it easier to visualize how oral bacteria can have the potential to affect the rest of you. Your gums form a natural barrier against bacteria migrating into your bloodstream. If your gums are wounded due to injury or gum disease, your natural protection will be compromised.

Science is still investigating the precise dynamics between oral disease and overall health, but the Surgeon General went so far as to say that "you cannot be healthy without oral health."

Thirty minutes of daily physical activity can help to protect you against cardiovascular diseases. So can the few minutes a day it takes to brush, floss, and rinse. So get going and pay attention to your smile! It's really one of the easiest fitness routines out there!



Step 1 - Inside & Outside Surfaces: Softly vibrate bristles in a circular motion at a 45° angle against gumline. Step 2 - Clean top surfaces of molars with a back-and-forth motion. Step 3 - To clean insides of front teeth, turn brush vertically and gently brush in a circular motion.

officeinformation

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Visit our website at
www.drbeckelman.com

Office Hours

Monday	9:00 am	-	8:00 pm
Tuesday	8:00 am	-	2:00 pm
Wednesday	7:30 am	-	1:30 pm
	or 8:00 am	-	7:00 pm
Thursday	8:30 am	-	5:00 pm
Friday	Closed		
Saturday	7:30 am	-	1:30 pm *

* closed occasional Saturdays

Contact Information

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Office Staff

Doreen.....Office Manager
Nicole.....Receptionist
DonnaDental Hygienist
Marissa, Doreen H,Dental Assistants



All Cracked Up?

Because they are most noticeable in the front teeth, craze lines can make patients crazy! When you switch quickly between eating and drinking hot and cold foods, the enamel and the underlying dentin expand and contract at slightly different rates causing superficial cracks in your enamel. These unattractive craze lines are painless, and treating them cosmetically is a simple matter.

A cracked tooth is more serious. Do any of your teeth hurt when you bite down? Is the pain fleeting? Do very cold or hot drinks cause sharp pain? You may have a cracked tooth - a common condition caused by years of biting, clenching, and grinding, or because of an accident.

Pain? Sensitivity? Call us and let the dentist diagnose ... and give you relief!

Exceeding Expectations

Our daily pledge

It's a matter of great personal and professional pride to me and to my team that we provide you and your family with personal, customized attention and the highest quality of care. Do you know how we decide what constitutes excellence in care for you? Every time you return to our practice, give us your positive feedback, and refer someone you know to us, you're telling us that we're continually raising the bar.

Your support motivates us to work hard to provide the services *you want* ...and to keep them up to the superior standards *you expect*. In turn, our commitment to continuing education and leading-edge dentistry keeps our practice unique.

Thank you, from all of us, for your wonderful feedback, your loyalty, and your ongoing referrals.