



Dr. Robert L. Beckelman's

Word Of Mouth

Produced for the Patients of Dr. Robert Beckelman

Spring 2009

fromthedentist

We Can Help

In uncertain times

These are difficult times filled with much uncertainty about the future. But there *are* a few certainties that you can count on. Winters will come and springtimes will follow, and we will be here for you. We are willing to work together with you to ensure that your good oral health continues uninterrupted.

As you know, it is also a certainty that oral health is linked to our overall health and wellbeing, so regular recare and follow-up visits are very important. Let us explore creative ways to finance your dental care, including Care-Credit, the "no interest" plan that works just like a credit card, and monthly payment options tailored to your circumstances.

The tonic for difficult times is confidence, and you can be confident in our continued commitment to your good oral health.

Yours in good dental health,

Robert L. Beckelman, DMD, PLLC



Visit us online

www.drbeckelman.com

Oh, The Magic Of Spring

...Celebrate your smile!



Mother Nature in all her glory casts the greatest magic of all ... spring! The blossoming of trees and flowers ... the return of bird songs, sweet to our ears. It's also a time of personal renewal, and celebrations - weddings, graduations, sports, and social events - wonderful, memory-making times. You will want to make sure you look great, feel great, and get your smile in photo-op shape!

After all, during the winter holidays, it's hard to say no to sweet foods and drinks - a natural part of socializing. Grandma's chocolate covered ginger and candied yams, and Aunt Lily's peanut brittle carrot cake. You can almost feel a cavity coming on just thinking about it! Now is a great time

to make sure those *off-diet* times weren't also teeth-damaging times. Come in to us so we can nip any tooth decay in the bud - whiten and brighten your teeth, mask stains, fill gaps, and cover cracks quickly and painlessly.

Yes, it's time to clear out the old, bring in the new. And, while you're at it - give your teeth a spring cleaning to invigorate your smile. And if needed, we'll even give you a refresher on how best to care for your teeth at home, so you can avoid repairs.

Get ready for outdoor activities you want to share, and social gatherings you're sure to remember. Spring is a magical time. Make sure *your smile* is magical too!

Take a look at our website for all that's new! www.drbeckelman.com



Not For Women Only

6 perio facts

1 Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.

2 Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.

3 Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.

4 Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.

5 Tobacco and alcohol should be avoided, especially in combination.

6 Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

Healthy You

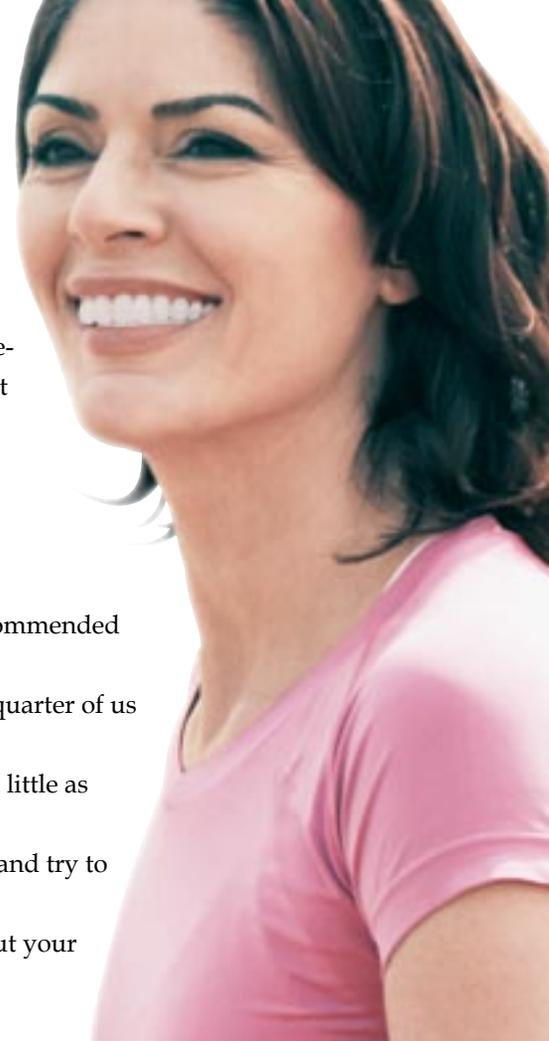
Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

Did you know...?

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



Wish No Longer

Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

Cosmetic veneers could give you your dream smile if...

You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

You are unhappy with the shape and proportion of your teeth.

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

A Little Or A Lot

You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

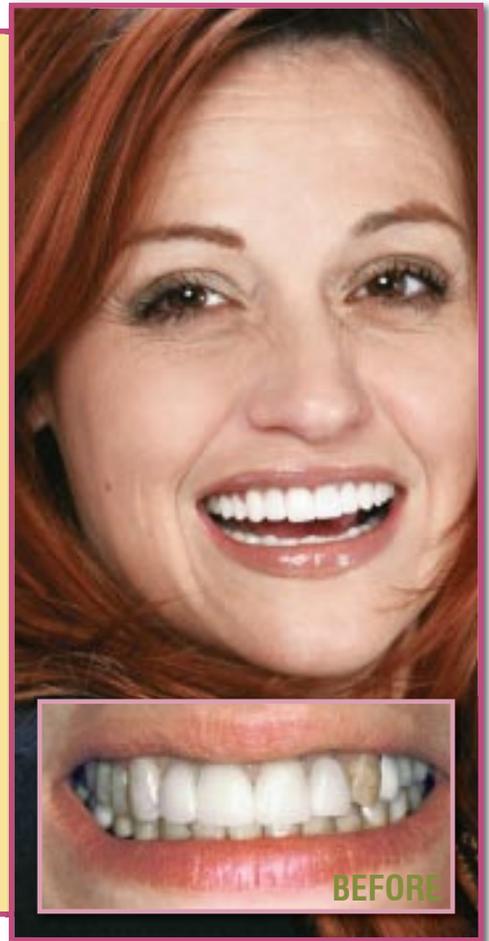
Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCOLOR



IDEALIZE



TEMPT YOUR TASTEBUDS

TRY WHITE TEA

The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.

Bruxism & TMD

Regular exams prevent chronic problems

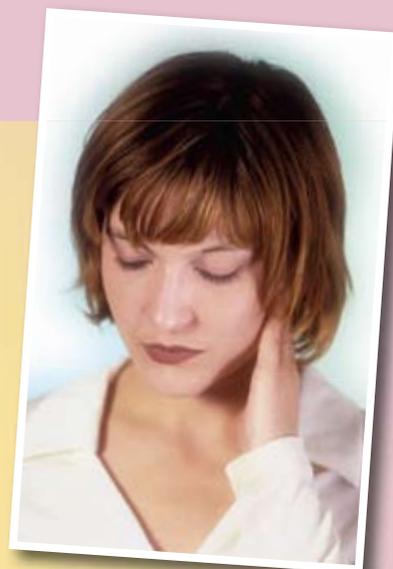
We are committed to preventive dentistry, so we are always on the alert for symptoms that could lead to chronic difficulties like temporomandibular joint disorder (TMD). This is a common problem that involves the joints used in chewing, swallowing, and talking. TMD can lead to localized symptoms or seemingly unrelated headaches and earaches. One of the first culprits we look for during regular examinations is *bruxism*.

Bruxism is the name for forceful grinding and/or clenching of your teeth. Grinding is usually noisy; clenching is silent. Either can create so much stress on the jaw joints that patients experience serious and even debilitating muscle spasms and pain, common symptoms of TMD.

Many individuals are unaware that they "brux," so we look for telltale signs that include:

- worn-down teeth;
- sensitive teeth;
- chipped or broken teeth;
- cracked or loose restorations;
- scarring of the tongue and cheeks.

Although earlier attempts to cure bruxism have ranged from sound alarms, electrical stimulation, psychotherapy, hypnosis, and drugs, we can now recommend simple, effective dental solutions. Some act like a crutch to rest the jaw joints while others encourage a natural reflex that stops your jaw automatically to protect your teeth and jaw joints.



We recommend regular dental visits so that we can monitor your oral health – and prevent little problems of all kinds from getting bigger.

office information

Robert L. Beckelman, DMD, PLLC

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Visit our website at
www.drbeckelman.com

Office Hours

Monday 8:30 am – 7:30 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, Cindy
.....Dental Assistants



Referrals Inspire Us

...To raise the bar

We love it when our patients refer us to family and friends. It speaks volumes to how much you trust us to provide you with the best possible oral health care. And it even goes beyond that. Your referrals inspire us!

Every time you refer our practice to people you care about, it re-energizes our commitment to ensure that your entire experience at our practice is relaxing, comfortable, and even educational – from the time you arrive, to the attention, care, and support you are given while you're here – to our continued communication beyond your appointment. It compels us to continually raise the bar and discover new ways we can provide you with even more.

*So, please keep the referrals coming.
Your inspiration benefits everyone – you,
as well as your family and friends.*

Leading Edge Strategies For Your Safety!

Your health and safety has always been the primary concern of this practice. From time to time we like to share some of the steps we take to protect your health.

■ We follow state-of-the-art sterilization procedures to flush our waterlines routinely.

■ All instruments are scrubbed, cleaned ultrasonically, then sterilized using heat and pressure technology.

■ Air and water tips and hand pieces are cleaned using Sterilox solution after every appointment. This includes the new handpieces we've installed in our operatories. Our *KaVo* electric system is leading-edge technology which is faster and quieter for your comfort.

■ Each room is cleaned regularly with sanitizer wipes and high concentration Sterilox solution on all surfaces.

■ Only disposable products are used for all non-sterilizable materials.

We welcome any questions you may have regarding this important issue.