



Dr. Robert L. Beckelman's

Word Of Mouth

Produced for the Patients of Dr. Robert Beckelman

Spring 2011

from the dentist

Your Trust, Our Inspiration

Our thanks in action

Beyond family and friends, our most important long-term relationships are those that bolster our health and infuse in us a sense of confident wellbeing. Few relationships, however, are more important than those with healthcare professionals like your dentist. Every team member at our practice intimately understands the strong link between our oral health and general health that cannot be ignored, and it is this vital health-connection that fosters our dedication to you. That you would place such an important trust in our professionalism is genuinely humbling and a constant inspiration for us to reassess our performance, to seek technologies that are state-of-the-art, and to create an environment that inspires confidence and ease in our patients.

I appreciate your trust and remain dedicated to build upon it at every point in our relationship.

Yours in good dental health,

Robert L. Beckelman, DMD, PLLC

turn the page

Assess your self-esteem regime!

Do this to uncomplicate your life...

Are YOU a BRUXER?

Your Overall Health Could Be In Jeopardy

Don't discount the importance of your regular checkup

We remember all of those important dates like birthdays and anniversaries. We remember to change the oil in the car, get our hair done and pay our taxes, but did you know that one of our most important annual events, the dental checkup, is often forgotten or cancelled?

Cancellations or just not showing up for an appointment costs us time and prevents us from helping other patients that want treatment. But more importantly, **skipping your checkup will affect you.** We understand that you may be stretched financially, and as a result, your recare visit can be given low priority, but something as simple as the early detection of a cavity can save you money down the road. The benefits do not stop there.

Beyond brightening your smile and removal of dental tartar with a thorough cleaning, we can evaluate the health of your gums (which has been linked to diabetes, stroke, premature birth, heart disease and cancer) and **screen for serious threats like oral cancer.** So, while you might think, "It's just a checkup," your recare appointment helps to monitor and maintain your good health.

Keeping tabs on your oral health should be as important as your annual physical, and will help avoid painful and costly consequences down the road. **Please check your calendar for your next appointment, if you haven't got one booked - call us today!**



Remember to help us keep your medical information up-to-date. Be sure to let us know about anything new at your next appointment!

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



Say Yes To You

You'll smile more!

Though each of us inherits both good and not-so-good features from generations past, we are more than a patchwork of hand-me-down genes. We all have the power to learn to be happy with ourselves. Once that happens we can stop being self-conscious and enjoy being in the moment.

Positive self-esteem is more than just liking how you look. It's about feeling good emotionally, mentally, and physically. There is no question that your good oral health directly affects this perception.

We're very proud when we can contribute to your well-being. Sometimes it's by providing cosmetic treatments that work with what you've got to help you change what you can. Other times it's by providing quality care to achieve and maintain your healthiest smile. Make regular visits part of your self-esteem regime!

3 KISSES For You Keep it simple, savvy, easy & sassy!

According to *Cornell University* researchers, in addition to all your other daily choices, you make 200+ decisions a day - a minimum of 1,400 a week - just about what food and beverages to put in your mouth! And how about sorting through countless toothpastes, mouthrinses, and other oral care products on the market? We'd like to uncomplicate at least one part of your life. Here are three amazing smile sparklers. If you can't settle on only one, consider all three!

Teeth whitening picks up your smile power by removing even the most stubborn stains caused by tobacco, tea, coffee, wine ... or time.

White fillings made from long-lasting easy-care materials matched to your own enamel color will restore your smile to its original immaculate condition, so no one will guess you've ever had a cavity!

Veneers are thin individually sculpted concealers that are applied to the surface of your own enamel.

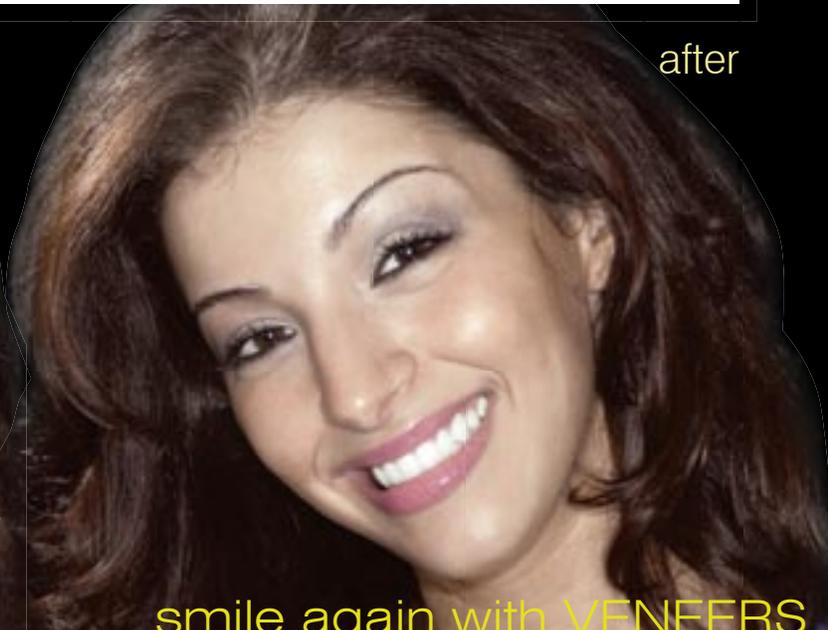
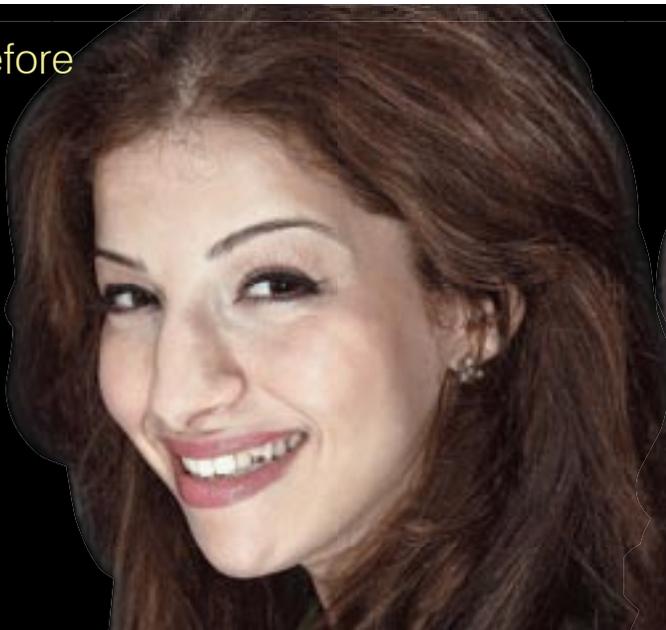
There's nothing superficial about the results though, thanks to sophisticated materials that are strong and require no special care. Veneers are an excellent choice to mask...

- chipped, cracked, or worn teeth
- unattractive gaps
- minor twists and overlaps
- even the darkest stains
- misshaped teeth.

Still can't decide? Keep it simple and give us a call. We'll work with you to help eliminate the guesswork!

before

after



smile again with VENEERS

Your Smile. YOUR WAY.

Planning the future of your smile

We follow the golden rule: we treat our patients the way we would like to be treated. It's important to us to provide you with real information, explain our recommendations, and give you time to absorb them. We understand that just as milestones like marriage, graduations, and retirement involve planning, ensuring your smile will last through your lifetime takes some forethought too. That's where we would like to help you.

For example, some restorative solutions are so beautiful that you may believe they are only cosmetic. Yet many metal-free restorations made of white composite, porcelain, cast glass, or resin that are matched to your enamel were actually created to save your smile, not just dress it up.

Consider...

When your tooth is too damaged for a simple filling, *inlays* (which fill the cavity) or *onlays* (which also covers it) can be an excellent solution.

A *crown* can be used to cap your entire tooth to provide improved shape and strength. One or more can also be attached to a *bridge* when several teeth are missing.

A crown can also be placed on top of a permanently implanted artificial root made of biocompatible metal. These *dental implants* can also be used to anchor a bridge or a denture for greater stability.

Still have questions about your best smile-saving options? We will always be happy to answer them for you. Call us today!



Crowns

Keep Up The Pace!

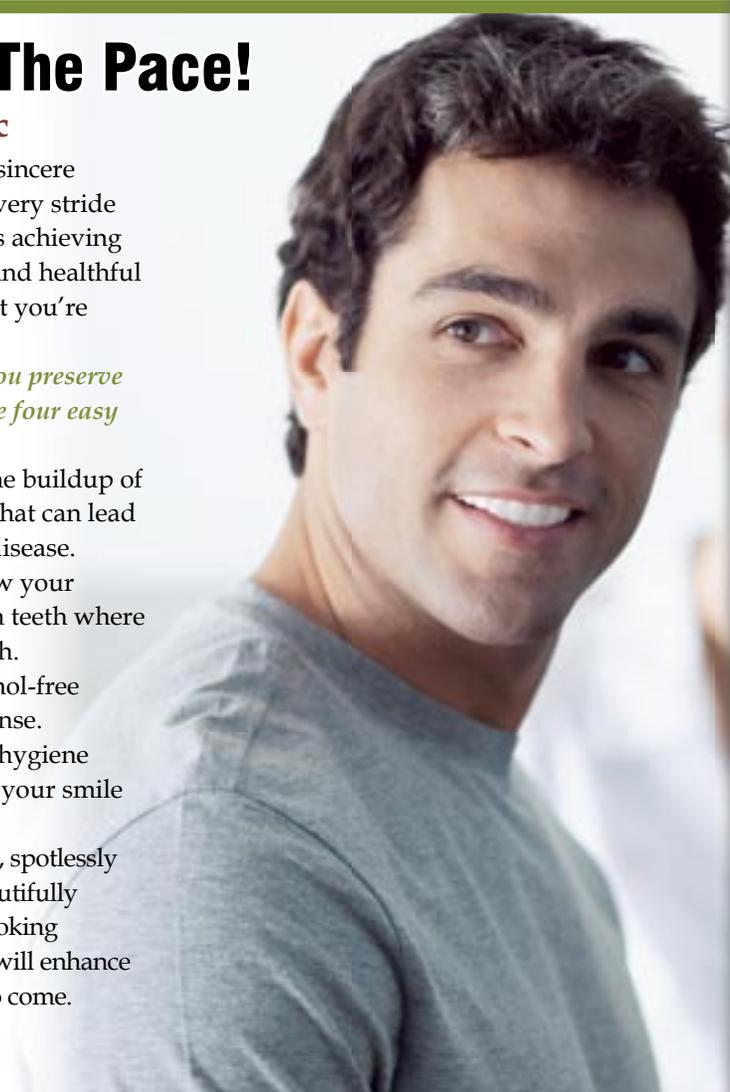
You look terrific

Please accept our sincere congratulations for every stride you've made towards achieving your most beautiful and healthful smile. We can see that you're pleased - it shows!

We'd like to see you preserve that sparkle! Here are four easy steps to success...

1. Brush to prevent the buildup of the bacterial biofilm that can lead to cavities and gum disease.
2. Floss to reach below your gumline and between teeth where your brush can't reach.
3. Rinse with an alcohol-free antibacterial mouthrinse.
4. Keep your regular hygiene visits so we can keep your smile clean and fresh.

Pink healthy gums, spotlessly clean enamel, and beautifully maintained natural-looking cosmetic restorations will enhance your smile for years to come.



It's Called WHAT?

Find out if you do it

Bruxism, the often unconscious habit of clenching and grinding your teeth, can run in families. Stress is the most frequent cause. Some children grind, but it is most common in 20-40 year olds. Three times as many women do it, yet it has also been linked with apnea - multiple cessation of breathing through the night - which is more common in men. Male or female, whatever your age, bruxism can damage your teeth and dental restorations and cause jaw and facial pain and headaches.

We can check you for...

- signs of bruxism
- problems with your bite
- the need for a custom nightguard or splint.

Your doctor can recommend...

- stress counseling
- exercise &/or physiotherapy
- medication.

You can try to...

- change sleep positions
- avoid alcohol and caffeine
- refrain from chewing on pens, pencils, gum, and fingernails.

Seeing Is Believing

Take this test & change your life

Research has shown, not just once or twice but repeatedly, that for most people your smile outranks your eyes, hair, and body as your most attractive feature. Being a person yourself, it's probably also the first thing you notice – or avoid – when you look in the mirror or at photographs of yourself.

Here are questions to help you decide how much you like what you see. After all, who knows better than you how your smile has affected your happiness and success.

- > Are you totally happy with the way your teeth and smile look?
- > Do you habitually hide your smile with your lips or your hands?
- > Do you try not to smile in front of others, especially people you don't know or who have terrific smiles?
- > When the camera comes out, do you avoid smiling?
- > Would you like a smile that makes you feel proud and confident?
- > What would you like to change about your smile?

You know, there's no need to be embarrassed to visit us because it's been some time since your last appointment. That's what dentists are here for. Once you've decided to improve your smile, our dental team will help you explore your esthetic options. Teeth whitening, veneers, crowns, and implants can create your ideal smile – often in only a visit or two. We look forward to helping you pass your smile test with flying colors!



office information

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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
Donna Dental Hygienist
Marissa, Doreen H, Monique
..... Dental Assistants



Don't Worry! Be happy!

Easier said than done, but it's so important. We want everyone to feel great when at our practice. We do not want you to feel anxious or stressed, and keeping our appointment commitments is a big part of that.

But we all get busy, and sometimes a patient will run late, and sometimes we will run late. So I want you to know that my team is committed to doing their best to keep everyone on schedule. I also want you to know that we really appreciate it when you arrive on schedule.

We can't wait to see you, and as always, if you have any concerns definitely call us immediately. And if you have any questions about improving your smile (like what your options might be for whitening your teeth), call and we'll schedule a free consultation.

Get Hooked On Hygiene! And seal the deal

Healthy, bright smiles breed self-confidence, help convey a sense of personal pride and promote good general health. No wonder parents are willing to wear the label of "pest" to establish good oral health habits in their children.

Dentists recommend scheduling regular "smile-checkups" to monitor oral health, but to effectively reduce the occurrence of cavities, molars and premolars can be coated with dental sealant. "Chewing teeth" have folds and buckles that trap food often missed by brushing. Applying a thin plastic coat over folds and indents prevents cavities from taking hold, and this simple procedure requires only that teeth be cleaned and dried before application.

Good oral health habits and dental sealants are a one-two combination for delivering life long smiles.