



Dr. Robert L. Beckelman's

Word Of Mouth

Produced for the Patients of Dr. Robert Beckelman

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fromthedentist

Committed To You Now and always

Have you ever wondered why we are so committed to continuing education and to leading-edge technology, procedures, and materials? You are the reason.

Your enthusiasm and commitment to our team and our practice is contagious and encourages your friends and family to come and see us. In turn, our healthy, bustling practice is the engine that generates our ongoing ability to invest time and money in excellence.

Please accept our gratitude for your support and commitment to our practice family ... and yours. It's been our privilege and pleasure to provide the highest standard of preventive dental and oral health care to you, our patient, your families, and your generous referrals.

Yours in good dental health,

Robert L. Beckelman, DMD, PLLC

Eat Chocolate...

...for
improved
health?
You bet you
can!



See page 4 ... and smile!

Keep Your Secret!

Invisalign® Express

We are one of the first practices to offer *Invisalign® Express*, one of the most advanced components of cosmetics for teens and adults. It's a new, less expensive, yet proven method for correcting minor orthodontic problems like crowding and spacing. Invisalign uses a series of custom-made, nearly undetectable aligners.

Since the Express system is designed for mild problems only, treatment time is usually less than six months.

Each aligner is precisely calibrated and manufactured to custom-fit over your teeth and gently move them through every stage of your treatment.



No metal wires! No food restrictions!
Many benefits!

If you're inspired and think you're a candidate for Invisalign Express, please call us for a consultation. We want you to feel happy and confident about your smile!

What can you expect with Invisalign Express?

- They are invisible - no one can tell they're being worn.
- You can really smile at parties, weddings, and on dates.
- They are simple to put on and take off.
- You can eat and drink just like normal while in treatment - just remove the aligners.
- They are comfortable - no metal wires or sharp brackets.
- You can wear them playing sports and woodwind and brass musical instruments.
- If you lose an aligner, it can be reproduced.
- Treatment is finished faster with fewer appointments.
- Biocompatible material decreases allergic response.
- Using virtual technology, you can see your straight teeth - in advance!



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

More Power To You

Make the right connections ... and smile!

Homophily is the natural tendency of people to associate and bond more strongly with people who are similar to them. So what can we do to help you connect with all those *other* beautiful people? Well, according to research, a cosmetically enhanced smile will make you appear more attractive and popular with the opposite sex, as well as more intelligent, interesting, successful, and wealthy!

Together, we can choose cosmetic options that will enhance your natural smile foundation and make your smile sing out success! We can...

- Brighten your teeth with whitening, bonding, or porcelain veneers.
 - Rebuild chips and cracks and close gaps that make you self-conscious.
 - Straighten and even out the appearance of crooked, crowded teeth.
 - Reproportion tooth shape, length, and width to ideally balance your features.
 - Recontour an uneven or too high/low gumline.
 - Correct a receding gumline that exposes roots and makes your teeth look longer - and you look older.
 - Widen your smile to fill in the gaps at the corners of your mouth.
 - Diminish lip lines and make your lips appear fuller by adding volume.
- And there's even more that we can do...
- We can maximize the dramatic impact of whichever cosmetic procedure you choose. How? By helping you achieve clean teeth and pink healthy gums with a strong supporting bone structure.

Nothing makes a connection better than optimal oral health and a high-powered smile.



crowns & veneers

Brighten



gum sculpting & veneers

Reproportion

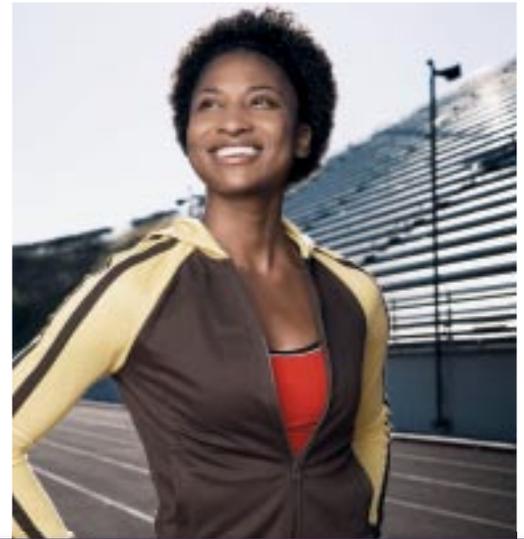


orthodontics & veneers

Straighten



A Crown F



Take Heart! & Save your smile

In the earliest stage of gum disease, you won't even know you have it. Early on, it's reversible with home care and regular dental treatment, but in later stages it can lead to tooth loss and only professional dental intervention can help. Studies have linked gum disease and cardiovascular diseases and stroke - the number-one killers of men *and* women.

Stay fit and keep your mouth *and* heart healthy!

- Exercise regularly to increase blood flow, strengthen your heart, control your weight, stress, and risk of high blood pressure, cholesterol, and diabetes.
- Eat fruits, whole grains, vegetables, low-fat dairy products, and sources of protein, legumes, and Omega-3 fatty acids.
- Don't use tobacco, a risk factor for oral cancer, tooth loss, and heart disease.
- Get regular medical and oral health screenings.
- Keep smiling!



For All Reasons

Prevent...
Protect...
Impress!



For many people, appearance is *the* greatest inducement to sustaining oral health. Who among us does not want to make a great first impression at a job interview, look fabulous in photos, and shine at significant moments like weddings? Beautiful crowns can help you do all that and more. They are the most popular restoration not only because they can create a natural-looking improved appearance for discolored, misshapen, or missing teeth, but because they prevent and protect to save smiles!

Crowns can...

- Prevent a cracked tooth from getting worse;
- Strengthen and halt further damage to a broken tooth, either...
 - one that has undergone root canal therapy or
 - one with a large filling or fillings.

In fact, when your custom dental crown is created, it becomes your tooth's new outer surface. Technicians incorporate precise measurements to suit your bite, jaw movements, and anatomy. Durable metal or metal camouflaged with white porcelain can be used, and all-porcelain materials can exactly match your smile's enamel.

Attaching multiple crowns to a natural-looking bridge is an excellent technique for replacing several missing teeth. It can prevent drifting teeth, challenges to eating and speaking, and increased risk for tooth decay and gum disease.

And the bonus: avoid the premature wrinkles and age lines that may accompany an altered bite. Your smile will look even more attractive!



Modern crowns & veneers turn a smile into ... a SMILE!

Where does your smile rate on our whiteness scale?



5 THINGS about teeth whitening

1. *Not all of your natural tooth enamel is the same color...*

- your front teeth are usually whitest
- molars tend to be in-between
- eye teeth are commonly darkest

2. *Discoloration can be caused by:*

- coffee, tea, red wine, colas, or tobacco
- heredity
- illness and medications
- ageing

3. *Structural changes occur over the life of your teeth and affect their whiteness...*

- young teeth are whiter and usually have a highly opalescent enamel with milky brightness
- older teeth are darker with a more translucent, thinner enamel and a grayish appearance

4. *People perceive teeth as whiter and more attractive when they are contrasted against pink, healthy gums.*

5. *We don't add whitening to your teeth - we remove stains to brighten your teeth enamel by up to eight shades!*

Bollyfood

It's hot, hot, hot!

The whole world is charmed by the flamboyant extravaganzas produced by Bollywood, India's unique counterpart to the Hollywood film industry. Another cultural export, famous Indian curry dishes, aren't merely gorgeous, aromatic, and appetizing. It seems they have the potential to improve your oral and overall health.

Turmeric, a yellow spice that gives Indian curry powder its distinctive color, contains a compound that appears to relieve or suppress Alzheimer's symptoms.

Curcumin, an antioxidant known to benefit periodontal health, also found in turmeric, has been shown to help prevent tumors.

Curry leaves, common in South Asian cooking, release fragrant essential oils when chewed or combined with water. They are an ingredient in some mouthwashes and can help to reduce caries and chronic bad breath.

Want to spice it up a bit? Explore your Asian grocery!



The Sixth Complication

The perio prescription for diabetes

Periodontal (gum) disease appears without symptoms and can lead to bone loss and tooth loss if left untreated. It is often considered the sixth complication of diabetes. Research shows that the relationship between the diseases works in two ways.

Firstly, diabetics are more likely to have gum disease than others, perhaps because they are more susceptible to infections. Diabetics with uncontrolled diabetes are especially vulnerable. Secondly, diabetics who have periodontal disease have more difficulty controlling blood sugar levels, increasing the risk of other diabetic complications.

Here is a periodontal health prescription for diabetics ... and the rest of us!

Maintain:

A Home Care Routine – Brushing twice a day and flossing at least once a day keep oral bacteria from building up and turning into tartar, the calcified

substance that can damage your gums.

Regular Recare Appointments – We can diagnose and treat periodontal disease even when you are symptom-free. If tartar is present, only we can remove it.

Adequate Nutrition – Diet has always been an important part of diabetic treatment. But good nutrition is also a prescription to help fight infections like periodontal disease.

Avoid:

Stress – Stress decreases the body's ability to fight off infections.

Teeth Grinding And Clenching – Besides creating jaw pain and wear and tear on tooth enamel, excess force is exerted on the supporting tissues of the teeth. This can speed up the progress of periodontal disease. We can help.

Tobacco Use – Tobacco may be one of the most significant risk factors in the development and progression of periodontal disease.

Toothbrush Decisions

Ask your Dentist!

What kind of toothbrush should I use? How often should I change it? Should I use an electric or a manual? Which brush do you recommend?

The ideal manual brush: soft, rounded tip and nylon bristles. Replace it when bristles become frayed or least every three months. And keep your toothbrush to yourself.

Electric toothbrushes: Effective in preventing and even reversing gum disease. We offer and highly recommend Pro-Dentec® Rota-Dent®. It's great for many conditions, including braces, bridges, crowns, and other dental appliances. Most patients who switch to electric have considerable improvement in oral hygiene. Get a model that has a 2- to 3-minute timer. Electric brushes don't reach between your teeth – keep flossing!

Please call us if you have any other questions about brushing.

officeinformation

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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 2:00 pm – 7:00 pm
Thursday	8:30 am – 5:00 pm
Friday	Closed
Saturday	7:30 am – 1:30 pm *

* closed occasional Saturdays

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Office Staff

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Chocolate Boosts Health? You bet it can!

Diabetics have found heaven on earth. So have dentists who have discovered the extraordinary health benefits of Xocai™ dark chocolate, coined “The Healthy Chocolate.” Unlike most commercial chocolate that claims to have 80% or higher cacao content – Xocai (Sho-sigh) uses its own exclusive “unheated” process that keeps “alive” over 300 ingredients full of antioxidant, *eliminating almost all of the fat and sugar typically found in other chocolate.* In fact, 1 chocolate nugget is equal to ½ a pound of spinach – sharing the #6 position in the top 10 super foods.

With less than 10% of North Americans consuming enough fruits and vegetables to obtain the necessary antioxidants their bodies need, healthy chocolate like Xocai is a delicious option for slowing the ageing process, improving your health – and even reducing plaque and gum disease!