



**Advanced
Dental**
Personalized & Comfortable

THE

SMILE REPORT

Produced for the Patients of Advanced Dental

Summer 2005

fromthedentists

Ensure Your Insurance

No time like the present

Most insurance companies base compensation on a calendar year, therefore summer marks the half-way point in your opportunity to use 2005 benefits. We encourage you to come in as soon as possible to ensure sufficient time to sort out treatment and insurance considerations.

We want your teeth to last your entire lifetime. That's why we like to see most of our patients at least once every three to six months. Not sure about coverage? When you file your insurance booklet here with your records, we can review your treatment and cost options in advance. If you don't have a booklet from your employer or insurer, simply ask for one, then bring it in to us. We look forward to seeing your smile.

Yours in good dental health,

Dr. Mike Maroon

Dr. Dennis Pezolesi

turnthepage

Making a statement ... with veneers!

7 smile solutions ... 7 reasons to smile!

Natural radiance? Rely on us!

What Is Cosmetic Dentistry?

Art & science improves your smile & self-confidence!

Cosmetic dentistry is the art and science of enhancing smiles. Procedures can range from the simple, like teeth whitening, to the complex, like a complete smile makeover that improves both appearance and function.

Non-surgical techniques can transform your smile, enhance your appearance, and build your confidence. Stained, chipped, or misshapen teeth can become a thing of the past. Cosmetic dentistry can restore balance and harmony to your facial features, and even plump out fine lines to make your lips appear fuller.

In short, today's cosmetic dentistry offers you more ways than ever to smile with self-confidence.

The mutually compatible desires to look good and to be looked at are completely natural. And we know that the human perception of beauty is inborn, and that symmetrical features are regarded as universally beautiful. The desire for an attractive appearance is more deeply seated and more natural than previously thought.

Individual appeal is based on experience, learning, and personal taste. But looking good, and knowing it, is part of the total human experience.

Let cosmetic dentistry help you to look good. Non-surgical procedures like teeth whitening, white fillings, bonding, and veneers can improve your smile, your appearance, and your self-confidence! We would be happy to explore your options with you.



Fact:

Crowns restore teeth to their normal shape, color, & function. Nothing beats their durability & strength.

Visit our website at: www.advanceddental.com



Seven Reasons To Smile

Communicate ... express yourself ... enjoy!

Why do *you* smile? Is it because you're greeting someone ... trying to reassure ... sharing joy ... covering embarrassment, sadness, or anger ... putting a good face on things, so to speak?

We'll guess you answered *yes* to all of these! And you're probably surprised at just how often you do smile!

Today we not only communicate with our smiles, we express ourselves with them. Like our clothes, hair, job, and home, smiles convey who we are.

We seek recognition from others, and smiles are one of the ways we find it. A smile is so important that it's the only facial feature humans can identify across the distance of a football field. Smiles make us feel good in another way... They release endorphins to give us a natural high.

That's a lot of good reasons why we want *you* smiling. And it's our pleasure to have just the smile solutions that will give you the feel-good recognition that a warm smile can provide.

1 Whitening Lightens the color of teeth that have darkened due to age, smoking, coffee, tea, medication, or endodontic treatment.	2 Crowns Cover broken, cracked, poorly shaped, severely discolored teeth to restore natural appearance and color.	3 Veneers Cover front of tooth to mask discoloration and improve tooth shape through esthetically pleasing contours.	4 Bridges Replace one or more natural teeth by supporting a false tooth attached to one or two crowns.	5 Braces Correct crooked or crowded teeth, overbites, underbites, incorrect jaw position.	6 Composite/Inlays/Onlays Restore and strengthen decayed areas while looking extremely similar to original tooth color.	7 Bonding Masks discolored teeth, and can camouflage other flaws while straightening slightly crooked teeth.
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Save Energy... Smile

Does it take fewer muscles to smile than to frown? Well, it depends on who you ask. There are 53 facial muscles, and deciding which are involved in frowning or smiling is a bit subjective. By some counts, it takes a mere 11 to smile and an enormous 12 to frown.

Don't feel like smiling? Studies show that even faking a smile can make you feel better ... and it only takes an energy-saving two muscles!

Tips for Lips! **Frame that smile!**

Poets have waxed lyrical about lips. So have anthropologists and zoologists. But *really*, who sees more lips than your dental team? Here are some of our favorite lip tips.

Moisten. Drink plenty of fluids and condition lips with balm.

Stop. Do not lick or chew your lips. The skin is very thin and is easily damaged.

Exfoliate. To smooth away roughness, take a clean, dry, soft or ultra-soft

toothbrush, then gently brush your lips for several seconds to keep the skin smooth.

Switch. Matte lipstick shades have less moisturizer than shiny, so alternate them periodically.

Prevent. Age lines around your mouth - and skin cancer - can be prevented by quitting smoking and wearing sunscreen. If you have some premature lines, cosmetic dentistry may even plump wrinkles out!

Sarcopenia

You can prevent it

Osteoporosis and the bone loss that precedes it directly affect the health of your jawbone and teeth. The inactivity that contributes to osteoporosis can also lead to *sarcopenia*, a loss of skeletal muscle mass that can result in muscle atrophy.

Both genders are affected, but women are at greater risk than men for both diseases because they start out with less muscle and bone mass. Sarcopenia sufferers have fewer reserves to fight illness when the body withdraws muscle protein to aid in healing and fighting infection.

One in three people over age sixty fails to eat the required amount of protein, a dietary risk linked to poor dentition.



Your overall health affects your oral health. That's why we encourage weight-bearing exercise and a healthy diet throughout your life.

How Radiant?

Rely on us

No matter how dazzlingly white you want your smile to be, you can rely on us for completely natural results. The flat, matte, chiclety-looking restorations and whitening effects of the past really *are* a thing of the past.

If you look closely, you can see that there is a slight color gradation in natural tooth enamel. Enamel appears dense from the gumline to the middle, and thinner and more translucent at the tips or biting edge. The enamel at the front of your mouth differs from the back.

Using clinical microscopes that show color, texture, and micro surface anatomy, scientists have developed whitening systems and restorative materials that can virtually replicate the real thing.

Translucent restorations like veneers, crowns, bonding, and dentist-supervised predictable whitening procedures, ensure a totally natural look.

Glitz or glamor?

Make a statement with porcelain veneers

Glitz is glitter. Glamor is gold. Glitz is a rock diva. Glamor is an unattainable film icon. Wherever you fit on the glitz-glamor continuum, there is no better way to express your personal style than with a gigawatt smile. And whatever your trademark, exquisite porcelain veneers are all

about *you*. These *before & after* photos prove that a picture is worth a thousand words. Please call for *your* consultation!

Veneers: What's So Special

- Hand-sculpted just for you.
- Long-lasting.
- Whitening adds youthfulness.
- Dramatically recontour your smile.
- Translucence and natural color create depth and high realism.
- Applying veneers doesn't involve moving your teeth.
- Won't stain/wear like natural teeth.
- Resists disease-causing bacteria.



Improve
teeth size & gumline



Transform
discolored & crowded teeth



Correct
spaces between teeth



Regular Visits = *Healthy Smiles*

Is oral health one of *your* valuable possessions?

Oral health is sometimes easier to define by what it is not rather than what it is. A healthy mouth has firm pink gums, the tongue is pink and not coated, the teeth are clean and have minimal or no plaque deposits. A healthy mouth smells clean and fresh, and is free from gum diseases like gingivitis, periodontitis, and other disorders - including oral cancer.

Regular brushing and flossing combined with regular dental visits is the best means of problem prevention and oral health maintenance. Regular

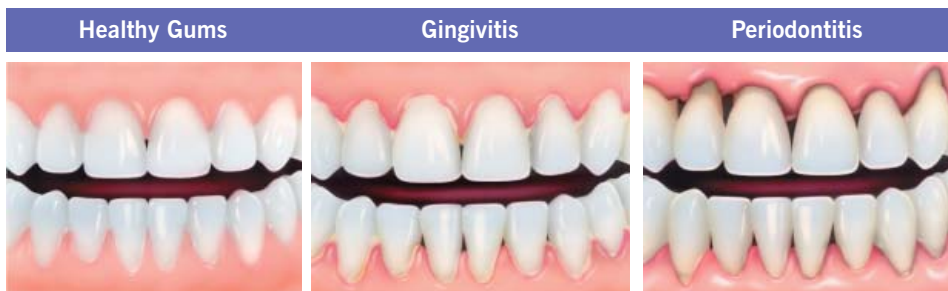
professional tooth cleaning is important to remove tartar (calcified plaque) and stains that may develop, especially in areas that are difficult to reach.

When we check your teeth, we see things you won't see in the mirror. We can be alerted to possible hairline fractures, impacted wisdom teeth, deterioration of restorations, the beginnings of cavities, periodontal pockets caused



by gum disease, and even new decay tucked under the gumline or under existing fillings! Your gums can also tell us about impending gum disease, and other areas of your mouth may even show the early warning signs of oral cancer.

These dental problems can be treated and gum diseases may be reversed if they are spotted in the early stages. We can help you maintain and recover your oral health.



officeinformation

Advanced Dental
Dr. Mike Maroon
Dr. Dennis Pezzolesi
 39 Webster Square Road
 Berlin, CT 06037-2326

Office Hours

Monday	7:00 am	–	2:00 pm
Tuesday	12:00 pm	–	7:00 pm
Wednesday	7:00 am	–	2:00 pm
Thursday	7:00 am	–	7:00 pm
Friday	8:30 am	–	5:00 pm

Contact Information

Office	(860) 828-3933
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Email	info@advanceddental.com
Web site	www.advanceddental.com

Office Staff

Jessica, Melanie Office Managers
 Edyta Hygienist
 Tracy, Priya, Adriana
 Treatment Coordinators



Get Fresh

We all experience bad breath from time to time, but for an estimated forty million Americans, chronic bad breath

is an ongoing problem - all day, every day. The medical term for this condition is oral malodor or halitosis. Unfortunately, most people with this problem are unaware of their bad breath. Once our smell sensors get used to an odor, they stop sending signals to the brain so that we can re-direct the energy and be alert to newer smells. Sometimes even the

best regime of home oral health care doesn't seem to get the job done.

Americans spend over a billion dollars each year on over-the-counter fresh-breath products, many of which only cover odors without eliminating bad breath. If you have a breath problem we have the solution. We have great confidence in a product called Oxyfresh®. We know your breath and your self-confidence are important to you so contact our office to find out more information.

