



# Dentally Speaking

*with Dr. James E. Metz*

Produced to improve your dental health and awareness

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## fromthedentist

### Spring Is Here! We deserve it!

Open up the windows and breathe! It's time to throw the weight of winter off of our shoulders and put some new life into our steps.



When brightening things up why not include your smile?

Spring is the perfect time to come in for a cleaning and get your mouth feeling its best. And we would be happy to give you a refresher on how best to care for your teeth at home - the best way to avoid repairs.

You may also be considering some of the new cosmetic techniques. We can whiten, mask stains, fill gaps, and cover cracks quickly and painlessly. Just ask for a consultation.

Looking your best helps you feel your best. We're always happy to help. How better to say welcome spring than with a dazzling smile?

## turnthepage

Amazing before & after smiles!

What makes a difference for every man?

Cancer alert: you should be aware!

## Great Expectations...

*...That come true with your dream smile!*

We often hear our clients express their delight with the dramatic change "crown lengthening" has had on their lives. But their smiles speak louder than their words! These patients came to us knowing how important a beautiful smile can be, and wanted to be able to smile and grin and laugh without being self-conscious of their too-small teeth or their too-gummy smile. The truth is that these patients always had beautiful virgin tooth buried underneath excess gum tissue. Crown lengthening, or gum sculpting, simply exposes more of the tooth crown to achieve a more esthetic tooth shape and tooth-gum ratio.

Although crown lengthening is so safe that it has become a routine procedure for us, there is nothing ordinary about its remarkable cosmetic and functional improvements ... often beyond patient expectations!

Crown lengthening can also help to ensure restorations function to the max:

- When a tooth is broken or decayed below the gumline, we need to see it to fix it. As well, you need to be able to

reach your restoration during thorough home care.

- When there is insufficient tooth structure to support a filling, we may need to place a crown that needs under-the-gum tooth structure to support the restoration.

Could you be a candidate for an uncomplicated smile adjustment that has delivered bold results and enhanced smiles? Call us for a consultation!



*A healthy smile will last a lifetime!*



# Men's Health Not Improving

Better oral health can make a difference

**R**esearch conducted in the United Kingdom suggests that men's health has not improved since the 1970s, and heart disease is still the leading cause of death for men in North America where a third of men with diabetes don't know that they have it, and men are twice as likely as women to develop oral cancer. What does this have to do with dentistry? Plenty – because more men than women have gum disease, and gum disease has been linked with oral cancer, heart disease, diabetes, kidney disease, and Alzheimer's. Periodontal disease can be prevented and controlled with regular brushing and flossing as well as regular visits to our office.

Good oral health and a healthy lifestyle that includes exercise and excellent nutrition can go a long way toward keeping men – and their families – healthy.

# BIG...BIG...BIG

Sometimes it's the smallest things that pack the biggest wallop. For example, improving a very minor smile flaw can result in a big gain in self-confidence and make a difference in how you are perceived by others. Today, dentistry can restore your self-assurance – and your biggest smile – with non-surgical cosmetic makeovers. Here are some proven techniques that can provide big results. So, please – don't hide your smile. Instead, let us help you to pick the best strategy for your unique smile!

**Teeth whitening** removes stains on enamel & lightens pigmentation by up to 8 shades with our supervision. Whiteness depends on the degree of discoloration & whether your teeth are dimmed by ageing, food, nicotine, or root canal treatment. The process is safe, speedy, & dependable.



**Metal-free filling materials** create an appealing & natural look. They are strong & durable, & can look as good as – or better than – your own teeth!



Translucent **veneers**, **bonding** materials, and non-metallic **crowns** can conceal many imperfections. Are your teeth stained, worn, chipped, or cracked? Look totally natural with any of these custom-made restorations. Are your teeth slightly crowded, uneven, or irregular? We can re-fashion your smile ...without braces!



# CANCER ALERT

A Brazilian study has linked oral cancer with the regular consumption of foods high in animal fat and saturated fat, including bacon, cheese, pork, and fried foods. Although people who smoke or use smokeless tobacco remain at highest risk for oral cancer, experts estimate that about 35% of cancers can be linked to diet.

## We already know that...

- poor nutrition can negatively affect your immune system's ability to resist disease;
- decreased intake of vitamins and minerals can lead to mouth sores and a breakdown of gum tissues which can contribute to oral cancer;
- a diet high in starch or sugar promotes tooth decay.

We perform an oral cancer exam on all adult patients in our practice at each recall visit. We'll show you how to conduct a self-exam at home.

# the truth

## About Craniomandibular Dysfunction

### What Is Craniomandibular

**Dysfunction?** CMD describes a collection of symptoms which occur when the chewing muscles and jaw joints do not work together correctly. It is also called Temporomandibular Syndrome or Temporomandibular Joint Disorder (TMD). By including a reference to the cranium or head, CMD evokes the relationship between the jaw, its joints, and the muscles and nerves of the face and head.

### What Causes CMD?

The temporomandibular joints are at the ends of your jawbones, just in front

of your ears. They attach your jaw to your skull. Muscles that attach to both the bones and joints allow you to open and close your mouth. Any problem which interferes with this complex system may result in Craniomandibular Dysfunction.

### What Are CMD Symptoms?

Clicking or popping of the jaw joints, pain in or around the jaw joints, and locking or limited opening of your mouth can be associated with a jaw problem. However, muscle spasms can create other symptoms that are less obviously bite-related and include...



**How Can We Help?** After a thorough examination and discussion of your symptoms, we will review dental treatment options with you, including stabilizing your bite to relieve any strain.

# COOL



# CLEAR

Drinking water has become very trendy. In some shops, entire aisles are dedicated to bottled water. But tap or well water from a good source is just as good for you ... and for your mouth.

Water is essential to maintain your oral and overall health. On average, human body weight is 50-75% water - or about 10-12 gallons. The specific percentage varies for each individual.

# WATER

- won't stain your teeth;
- is an effective rinse when there's no time to brush or floss;
- is essential in saliva production, neutralizing tooth-attacking acids and protecting teeth and gums from cavity-causing bacteria;
- prevents *xerostomia* (dry mouth) which can interfere with speaking, eating, chewing, and swallowing;
- maintains your mouth's pH balance to fight enamel erosion.

# Smile Facts

Did you know that...

- More than 92% of adults agree that an attractive smile is an important social asset.
- Sometimes teeth do not fully erupt from the gums, resulting in a gummy smile. In many cases this can be fixed by a simple cosmetic procedure.
- Many adults are unaware that they are still candidates for braces and an improved smile at almost any age!
- 85% of people agree that an unattractive smile makes a person less appealing to people of the opposite sex.
- From the distance of a football field, the only facial characteristic we can notice is a person's smile.
- Three quarters of adults believe that an unattractive smile can hurt a person's chances for career success.



**We are smile experts, and we're enthusiastic about helping to make your smile sensational!**

## office information

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### Office Hours

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### Dr. Metz is proud to be affiliated with:

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## Recommendations... Are appreciated!

Your personal recommendations can directly influence the decisions made by family, friends, and acquaintances to a far greater degree than any advertising campaign. This is true in every aspect of life, from decisions on which restaurants to try, to which professionals to use ... including dentists. When you make an enthusiastic recommendation to family or friends, they will usually follow it. Our dental practice is living proof. The majority of new patients come from the recommendations of our patients, like you.

We truly appreciate the powerful influence of our patients, and are so thankful that they find us deserving of their recommendations.

Every recommendation and referral you give us is greatly appreciated and valued. Thank you.

## Systemic Disease... & your oral health

We cannot definitively tell our patients that treating gum infection will prevent a future heart attack or any other vascular disease ... *yet*. However, a large number of studies suggest a link between oral health and systemic diseases. The nature of the data is circumstantial, yet there are a number of systemic diseases in which there is clearly a benefit to eliminating or controlling periodontal diseases.

For instance, aspiration of oral bacterial pathogens has been linked to pneumonia in the institutionalized elderly. Further, patients with blood *dyscrasias* - blood or marrow abnormalities - benefit by more frequent periodontal maintenance.

It'll take years to complete studies, but it seems that optimizing oral health has significant benefits for patients with systemic disease.