

Dr. Sean M. Hamilton's

Word Of Mouth

Produced to improve your dental health and awareness

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fromthedentist

Your Referrals...

Get special care

Huge international corporations and advertising agencies would give just about anything to get something we have that they don't. We're privileged to have your loyalty and your referrals.

Maybe you'll be surprised to know that we get most of our new patients from our existing patients, like you. This is much more valued than any marketing campaign as it's clear that your testimonial speaks volumes beyond any advertising slogan. It's simple really... Because your referrals know you, they trust you. And that means they'll trust us.

We want you to know that we are committed to upholding your trust by providing your referrals with the special care you intend for them.

We welcome your referrals, and we're very proud of them. *Thank you.*

Yours in good dental health,

Dr. Sean M. Hamilton

turnthepage

Keep diabetes at bay!

Strengthen teeth with exercise?

Grin and love it!

Erica's Makeover



As you know from previous newsletters our office is trained at placing Lumineers™ to improve our patients' smiles. Lumineers are thin porcelain coverings which improve the appearance of your teeth. Although similar to conventional veneers, there are some very important differences. Your teeth do not have to be anesthetized (no shots), there is minimal or no tooth grinding and you don't have to wear temporaries while the lab fabricates your new smile. Lumineers can be the solution to many common dental problems like chipped or discolored teeth, misalignment (crooked teeth) and spaces.

Here is a before and after picture of our patient Erica. She was always self-conscious of how her front teeth looked. Erica's teeth had areas of discoloration and she didn't like the spaces between her teeth. She felt her teeth looked

too small like *baby teeth*. In just two easy appointments, Erica's smile was transformed by placing four Lumineer restorations. Now Erica has the white, sophisticated smile she has always wanted.

If you are interested in transforming your smile too, just call our office for a free consultation.

smile facts
75%

of adults believe that an unattractive smile can hurt a person's chances for career success

We welcome new smiles!

FAQ

Q How often should I brush my teeth?

A: Brush gently at least twice a day for at least two minutes, and floss once a day, ideally at bed time.

Q My teeth are too close together to floss. What can I do?

A: If you're not flossing you're missing about a third of your tooth surfaces where your brush can't reach! Waxed floss can be easier to use, but there are other types to suit different needs - tape, thread, unwaxed, and shred-resistant.

Q How do you floss wide spaces between teeth?

A: You can substitute floss with an interdental cleaner which is also effective with crowns, bridges, and braces.

Q Should I use an oral irrigator?

A: Oral irrigators are very effective for cleaning around braces and between teeth. They can also be used to clean periodontal pockets and to apply prescription medication.



So Much In Common
About gum disease, diabetes ... and you!

Periodontal (gum) disease can alter your glucose metabolism even if you are not diabetic. This is worrisome because experts believe this could lead to prediabetes in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes can be a precursor to Type 2 diabetes.

The relationship between periodontal disease and diabetes has been studied extensively for more than fifty years. Each arrives silently ...is chronic ... epidemic ... and has been associated with chronic inflammation.

■ Gum disease is an infection that occurs when the bacteria in plaque, the film on your teeth, is allowed to build up and inflame your gums. It can lead to tooth loss and bone loss, and has been linked to cardiovascular

and other systemic diseases including diabetes.

■ Diabetics with periodontal disease have *two* chronic conditions which may affect each other.

■ People with prediabetes or diabetes are likely to have periodontal disease more often and more severely than people without.

■ Diabetics with periodontal disease have more difficulty controlling blood sugar levels. This perpetuates the risk of recurring gum disease and increases the risk of other diabetic complications during every stage of life, including childhood and pregnancy.

Gum disease can arrive without symptoms, and has been linked to both prediabetes and diabetes. It's in everyone's best interests to have regular oral exams.

Grin & Bear It ...for oral health!

Exercise benefits run more than skin deep. Exercise contributes to the reversal of ageing at the cellular level. *Astounding!* Whether you perform aerobics for cardiovascular stamina or anaerobics for strength, your exercise program could jumpstart your quality of life.

When weight-bearing exercises are incorporated into your fitness program, they can also ward off thinning of the bones, or *osteoporosis*, which has been linked to poor oral and overall health.

How do weight-bearing exercises improve bone density? They work your bones and muscles against gravity. In

reaction to the exerted force of your body mass and the pull of your muscles, the bone adapts by building more cells which increases sturdiness.

So do pushups, lift weights, or even cartwheel into your stronger, more-energized future. You'll eat better, sleep better, and smile more!

Be The Best You Can Be

Leap into your future with a smile!

Are you one of the fitness generation who might live to be a dynamic and healthy 100? Be bold. Take advantage of dentistry and infuse your smile with the same dramatic longevity and high-energy impact as the rest of you. And let's be honest ... a youthfully incandescent smile is always a head-turner!

Teeth whitening is the eye-catching cosmetic procedure that's most commonly requested by both men and women, and it's often very appropriate just before a restorative procedure. That way, when we match natural-looking **white fillings** and other restorative materials to enamel shades, yours will be at its very brightest.

For example...

Create your dream smile by camouflaging imperfections with **porcelain veneers** that have been custom crafted by hand especially for you. When permanently attached to the front surfaces of your teeth, your smile will look whiter, straighter, and more pleasingly proportioned.

Update your look by replacing unflattering older crowns that no longer match your smile with **metal-free porcelain** or **resin crowns**. Or consider these natural-looking restorations to save and strengthen cracked or broken teeth, or to bridge gaps.

Lead the pack with the leading-edge solution for teeth replacement. Permanent **dental implants** look completely natural, save supporting bone, and prevent further damage to your smile.

Make your zest for the best work for you. Live life to the fullest ... and smile, smile, smile!



Dare to turn heads with a smile that's been radiantly rejuvenated!



Crown Classics

Smile with style

Vintage is in, from cars and imported perfumes to red carpet couture. But please – not for your smile! Conspicuously old-school crown restorations can make you self-conscious, add unwanted years to your appearance, and really date your image. Contemporary crowns, on the other hand, will fast-forward your look from antique to chic!

You see, advanced materials now allow light to shine through in the same way your natural tooth enamel does. Leading-edge techniques allow us to match the color and contours of the rest of your smile in only a visit or two. You end up with a restoration that's strong enough to protect and save your tooth, but is really natural looking. Unprecedented!

So modernize your smile with beautiful crown restorations. They're strong *and* stylish.



Keeping You Updated

Do you need preventive premedication?

We welcome the new guidelines established by the *American Heart Association* limiting the need for premedication with antibiotics prior to dental procedures for patients with some heart conditions. Scientists now believe most of these individuals do not require antibiotics as a preventive measure against infective endocarditis, an infection of the heart's lining or valves. This rare condition is caused by bacteria - including oral bacteria - entering the bloodstream and traveling to the heart.

You are no longer required to take preventive antibiotics if you have:

- bicuspid valve disease;
- calcified aortic stenosis;
- mitral valve prolapse;
- rheumatic heart disease;
- congenital heart conditions such as ventricular or atrial septal defect, and hypertrophic cardiomyopathy.

You are still recommended to take preventive antibiotics if you have:

- a history of infective endocarditis;
- artificial heart valves;
- a cardiac transplant that develops a problem in a heart valve;
- some specific, serious congenital heart conditions or repaired heart conditions.

If you have been premedicated with antibiotics for dental procedures like teeth cleanings, extractions, or root canals in the past, we recommend that you contact your physician for clarification about where you fit in with these new recommendations.

And please remember that according to these guidelines, maintaining

your oral health to prevent periodontal disease with good home care and regular dental visits is more important in reducing your risk of infective endocarditis than premedications.



office information

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Office Hours

Monday 8:30 am – 5:00 pm
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Thursday 8:30 am – 5:00 pm
Friday *By appointment only*

Contact Information

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Office Staff

Michelle..... Treatment Coordinator
DeeScheduling Coordinator
April Dental Hygienist
Betsy Dental Hygienist
Allecia Dental Hygienist
Carolyn Dental Assistant
Margeaux Dental Assistant

CareCredit



Checks



Put The Paste On The Brush!

You know the importance of proper brushing, but first you have to put the paste on the brush. Go through the maze and connect the toothpaste to the toothbrush without lifting your pencil.

Good Luck!

