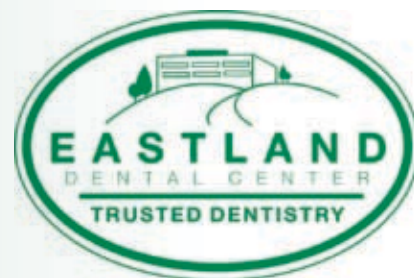




SMILE REPORT



Produced for the Patients of Eastland Dental Center

Summer 2011

OFFICE INFORMATION

Dr. Mike Milligan

Dr. Ken Gerstein

1404 Eastland Drive
Bloomington, IL 61701-7904

Office Hours

Monday	7:30 am – 6:00 pm
Tuesday	7:30 am – 2:30 pm
Wednesday	7:30 am – 6:00 pm
Thursday	7:30 am – 2:30 pm
Friday	by appointment

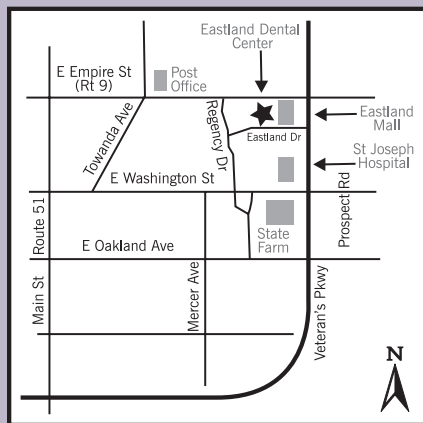
All times central standard time.

Contact Information

Office	(309) 663-4711
Fax	(309) 663-1854
Emergency	(309) 212-0112
Web site	www.EastlandDental.com



VISA



Visit our Website!
www.EastlandDental.com

Plan To Benefit!

As summer marks the half-way point to the expiration of your dental insurance, are your benefits half full or half empty? Are you taking full advantage of the policy you're paying for? As your dedicated dental practitioner, it's important that I recommend that you plan and schedule your dental visits now – through summer to the end of the year – because before you know it, your insurance benefits will be expiring. Make sure that you optimize your insurance because I know you want to enjoy optimal oral health!

Let this newsletter be the harbinger of your year-end goal – a goal that we are dedicated to helping you achieve: a beautiful, healthy smile. And remember ... we have more appointment times available in the summertime!

Call today! We'll fit you in!

– Dr. Mike Milligan



Thank you for all your referrals. We appreciate them!

A Face-Saving Option

Consider permanent dental implants

Let's face it – all mature adults experience the effects of gravity and a life well-lived on their appearance. Though when teeth are missing, the bite and facial structure can alter, exaggerating signs of normal ageing and creating a sunken aged appearance. You may be surprised to learn that dental implants, which were invented as a permanent way to replace teeth and to avoid bone loss, actually have a cosmetic benefit and can even prevent the need for a surgical facelift.

Implants have two parts: a root made of biocompatible metal and a custom-made enamel tooth crown which is attached to it. Here's how they can help save your oral health and appearance...

- Immediate placement after tooth loss can save supporting bone, adjacent teeth, and your great looking smile.
- Implants can be an attractive alternative to a denture or bridge.
- An implant-supported bridge can be used when more than one tooth is missing to provide greater stability and save underlying bone.
- An implant-supported denture can solve the problems of eating, speaking, and socializing associated with wobbly fitting dentures and permanently removes the need for adhesives.

We are committed to helping you prevent tooth loss, but when the need arises, we'll be happy to discuss whether implants are a suitable option for you. Not only can they save your looks – they look and feel natural too!

Let us lift your smile & your confidence!

Go Ahead! Add an onion!

From time immemorial, onions have been used as a food remedy for a myriad of health issues. Why? Raw or cooked, onions have anti-inflammatory, anticholesterol, anticancer, and antioxidant properties which may help with many diseases such as diabetes, osteoporosis, and high blood pressure. It might surprise you to learn that onions are one of the best foods for your smile too!

Because they contain an antibacterial compound that kills many types of oral bacteria, onions can help diminish the severity of gingivitis and periodontitis (gum diseases). Eating them raw produces the maximum benefit.

On the nutritional front, onions contain numerous vitamins and minerals... and on top of all that, they're inexpensive and delicious! Worried about onions on your breath? Fresh parsley will do the trick!





Tattoo Who? No worries!

Tattooing, though ancient, has really caught on with people who admire the tribal esthetic. Interestingly, in addition to the body, some nations to this day deliberately tattoo the *gingivae*, or gums. Motives vary: appearance, superstition, and occasionally as a folk remedy. An amalgam tattoo, though inadvertent, is also a real thing.

Sometimes a small area of blue-gray-black, which looks much like a tattoo, can appear on the tongue, cheek, roof of the mouth, gums, or lips. It is usually caused by tiny amalgam particles when you get or remove a silver filling, and sometimes can form over time when a filling rubs oral tissue while talking or eating.

Amalgam tattoos are nothing to worry about – most people never realize they have one. But if you do, we'll be happy to take a look.

Straight To The Point

Use what you know to fight gum disease

Your immune system's killer cells, known as T cells, rely on vitamin D to recognize and respond to a threat from an infection like gum disease. That's a new discovery. Made by your own body through exposure to sunlight, Vitamin D can also be found in fish liver oil, eggs, and fatty fish such as salmon, herring, and mackerel, or taken as a daily supplement. *Good to know.*

Just as plaque, the bacterial biofilm you can feel on your teeth can lead to infection and inflammation if not controlled, other types of biofilms can cause disease elsewhere in your body – the middle ear and gastrointestinal tract are examples. Insight into how gum diseases trigger your immune system and link to inflammatory diseases like heart and stroke, diabetes, cancers, arthritis,

Alzheimer's, and complications of pregnancy, could further science's understanding of other biofilm-associated diseases. *Inspiring.*

Finding a cure is complex. Nearly one third of the human genome is involved in gingivitis alone, and that's the mildest form of gum disease. Plus, advances in molecular techniques suggest that human microbial systems are more uniquely individual than previously understood. *Fascinating challenge.*

Intriguing stuff, but sticking to the basics is still your best hope. Brush and floss daily to keep plaque from building up and hardening into tartar, and keep your regular hygiene appointments to prevent or reverse gum disease. *Straightforward and effective.*

When ISN'T Candy Dandy?

When it's really something else!

Tobacco candies come in the form of dissolvable, flavored, candy-like pellets, sticks, and strips. They are designed to give adults a smokeless way to get nicotine into their system. Trouble is, they look and taste just like regular candy, especially to children.

They can also contain a greater proportion of free nicotine which is more quickly absorbed into the bloodstream than is usual for other tobacco products. This could make them more toxic to a child than cigarettes or smokeless tobacco when accidentally ingested. For a small child or infant, it only takes one milligram of nicotine to cause illness. Larger doses can be fatal.

We support your efforts to quit tobacco and to avoid the perils of secondhand smoke – it's essential to your health and others. But please keep cessation aids out of children's reach.





3 Life Changing Truths

Your agenda? Your healthy mouth & body!

Some things are never worth delaying – especially your regular oral hygiene appointments. It's so important that we recommend recall visits as often as every three months for some patients and six months for others. Yet even those we schedule at twelve-month intervals can place themselves at risk if they keep putting it off.

Here are three key truths from the Surgeon General's Report that explain how much is at stake...

- **Oral diseases affect health and well-being throughout life.** Caries, gum disease, and bite issues, if allowed to progress, can create chronic pain, affect breathing, limit your ability to speak or eat a healthful diet, and damage your appearance and self-confidence.
- **General health-risk factors also affect oral health.** Diabetes, cardiovascular diseases, and arthritis are three examples of illnesses that suppress the immune system. Hormonal disruptions during adolescence, pregnancy, and mid-life can increase your vulnerability to oral health challenges, as can lifestyle choices and your family medical and dental history.
- **The mouth is the gateway to the body.** The mouth provides us with a window to your general and oral health status. Prevention of oral and systemic diseases is possible for everyone and early intervention can make all the difference.

The Surgeon General says that "you cannot be healthy without oral health," so please don't be tempted to stretch your recall schedule, no matter which timetable we have recommended. If insurance or payment is an issue, we can work something out.

Take Years Off!

Rejuvenate your smile

Make no mistake – crowns do rejuvenate smiles. Although the primary purpose of a dental crown is to protect and strengthen teeth, you'll love your improved great looks too!

Crowns are an attractive time-tested option for teeth that have been severely damaged or weakened by trauma, root canal treatment, or too much filling. They can also support bridges that fill gaps and be attached to dental implants to rebuild and enhance your smile.

Crowns have come such a long way from the all-metal originals, through porcelain fused to metal, and finally to all-ceramic or all-porcelain. Today, replacing outdated crowns is a surefire way to take years off your appearance.

Type of Crown: All-Metal

Benefits: Often made of gold (which is strong and long-lasting and will not wear down opposing teeth), they can also be made of less expensive metals or a mix of gold and alloy.



Type of Crown: Porcelain Fused to Metal

Benefits: Porcelain creates a more natural look than all-metal crowns, and though the metal limits translucency, it adds strength, which is particularly useful at the back of the mouth.

Type of Crown: All-Ceramic or All-Porcelain

Benefits: Translucent porcelain with opalescence looks the closest to natural teeth enamel, will not wear down opposing teeth, and there are no tell-tale dark metal margins at the gumline as sometimes occurs with porcelain fused to metal. These crowns are strong, long-lasting, and youthful looking.

Our Sincere Thanks...

For your trust & loyalty

We'd like to take this opportunity to thank you for your many years of continued support for our dental practice. It's been a privilege and a great pleasure for us to be able to provide you and your family with the highest standard of dental and oral health care.

We try to treat our patients with the utmost dignity, respect, and compassion. And it's very satisfying to see just how many patients pay us the ultimate compliment by referring their friends and family to our practice. We are truly grateful for your trust.

Please continue to refer any friends or colleagues to us, and accept our genuine "thank you" for your future referrals.