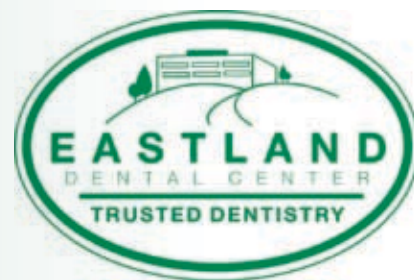




SMILE REPORT



Produced for the Patients of Eastland Dental Center

Fall 2011

OFFICE INFORMATION

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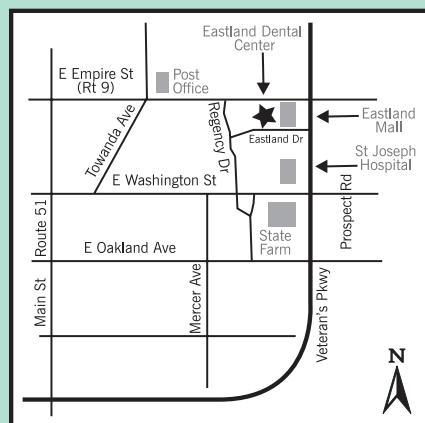
Office Hours

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

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Visit our Website!
www.EastlandDental.com

Seeing Is Believing

Take this test & change your life

Research has shown, not just once or twice but repeatedly, that for most people your smile outranks your eyes, hair, and body as your most attractive feature. Being a person yourself, it's probably also the first thing you notice – or avoid – when you look in the mirror or at photographs of yourself.

Here are questions to help you decide how much you like what you see. After all, who knows better than you how your smile has affected your happiness and success.

1. Are you totally happy with the way your teeth and smile look?
2. Do you habitually hide your smile with your lips or your hands?
3. Do you try not to smile in front of others, especially people you don't know or who have terrific smiles?
4. When the camera comes out, do you avoid smiling?
5. Would you like a smile that makes you feel proud and confident?
6. What would you like to change about your smile?



You know, there's no need to be embarrassed to visit us because it's been some time since your last appointment. That's what dentists are here for. Once you've decided to improve your smile, our dental team will help you explore your esthetic options. Teeth whitening, veneers, crowns, and implants can create your ideal smile – often in only a visit or two. We look forward to helping you pass your smile test with flying colors!

Thank you for all your referrals. We appreciate them!

Tick Tock

Forget the clock!

Even things that are supposed to simplify life, like computers, can become a source of anxiety. One survey team coined the phrase *Hourglass Syndrome* to describe the frustration participants reported while watching the little hourglass icon spin. You know – as you wait ...and wait ... and wait for the connection.

When you experience frustration you could be grinding your teeth and clamping your jaws without realizing it. That can wear down your teeth, place stress on your gums, create aching jaws, and even headaches that seem unrelated.

No matter what it is that gets you going, try to get in touch with your unique signs and symptoms. That way you'll know better when it's time to de-stress, and you'll feel better in no time!



Look Younger Without Surgery!

Ask us about your dental facelift options



One of the things we are seeing more often is patients choosing dentistry as a non-surgical alternative to a face-lift. It's a great option and it's one that can produce excellent results whether you're a mature adult who requires more volume to soften wrinkles, or a younger person whose appearance is prematurely aged because teeth have worn down from grinding and clenching, or from bone loss due to gum disease, for example. The secret is to select the right cosmetic techniques to reshape and re-proportion the face, rather than just focusing on the mouth.

Veneers made from bonding materials and ceramics can be applied to the teeth to do more than mask enamel stains, cracks, and fill small gaps. They can also create greater facial volume and add length which can open up your bite, making you look instantly younger.

Crowns made from natural-looking materials to match your own tooth enamel can protect and strengthen teeth and fill in gaps from tooth loss. Combining them with permanent dental implants and crown-and-bridge restorations can create a more youthful esthetic and proportion to your face.

Cosmetic Dentistry:

The non-surgical alternative to a facelift!

The results of a smile makeover can help you look significantly younger ...without undergoing plastic surgery. If you think you might be interested, we'd be happy to talk to you about your smile and show you options we think will work for you.

Smiles That Go Miles

Home and pro care

A healthy beautiful smile is one of your best assets. It tells people you are conscientious, approachable, and responsible. And frankly, it ramps up your “attractive quotient.” Isn’t it a relief that keeping your smile clean and healthy takes so little daily effort and just a small portion of your personal home care budget? You know the at-home routine: brush at least twice a day, floss every day, eat sensibly, don’t smoke, exercise, and get sufficient sleep. Easy.

By having your teeth professionally cleaned by us at least every six months, you give us the opportunity to keep abreast of your oral health – preventing, detecting, and remedying a number of unwelcomed and harmful conditions such as gum disease, halitosis, cavities, cancer, and even perhaps identifying systemic disease that may be reflected orally. Plus fresh professionally polished teeth. Beautiful.

VIVACIOUS VENEERS

Once we’ve decided together that cosmetic veneers are the best option for you, the fun begins! In addition to your great new look, we’ll take into consideration your face shape and the proportions and symmetry of your face and smile.

We’ll look at these elements...

- overall dimensions of your face
- midline position of your teeth relative to the midline of your lips and face
- position and fullness of your lips
- tilt, angle, and curves of your teeth
- color of your teeth enamel
- contours of your gumline.

Based on these dimensions, your occlusion (bite), and your preferred smile color, contours, and proportions, we can move on to decide what size, shape, and type of veneers will best complement your smile.

A new smile in just a little while

Veneers can immediately provide you with whiter, even, straighter appearing teeth by...

Camouflaging

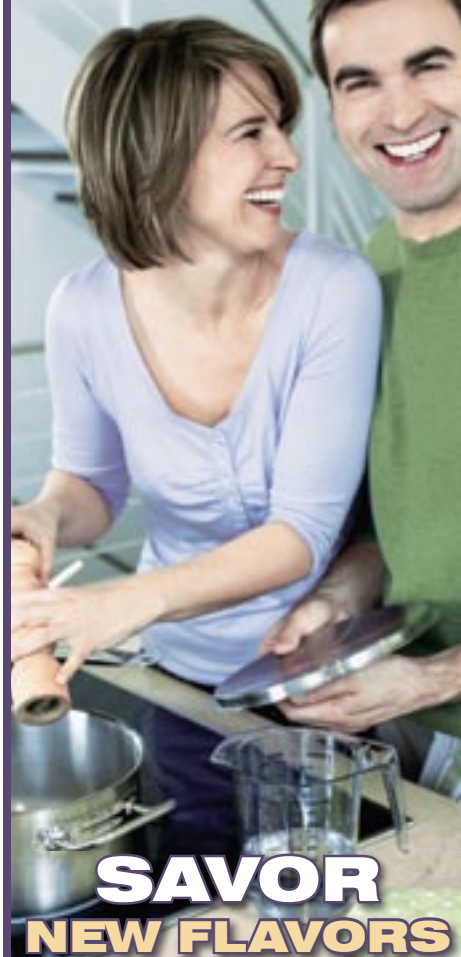
- pitted, worn, and dingy or yellow teeth due to enamel erosion, foods, beverages, age, or medications

- gaps that trap food and make you feel self-conscious about smiling
- overlaps and crowding that create an accordion appearance, especially in profile

- unsightly chips or cracks that catch on dental floss and attract stains like magnets.

Reproportioning

- an uneven or too-gummy gumline
- teeth that appear too long due to receding gums
- poorly shaped or sized teeth that don’t suit the proportions of your smile
- worn down teeth from clenching and grinding or enamel erosion.



SAVOR NEW FLAVORS

Train your taste buds

Ever since you were a kid, you’ve known that sugar is bad for your teeth. Even so, who can resist a sweet now and then? But people with high blood pressure, diabetes, cardiovascular diseases, and other health challenges sometimes have to adjust their diets and retrain their taste buds to appreciate flavors they might otherwise avoid.

The transition need not be painful...

■ Experimenting with aroma, texture, shape, and color can all improve anyone’s dining experience.

■ Scientists say humans can detect six distinct tastes: sweet, sour, salty, fat, bitter, and umami, which means “savory” in Japanese. You can mix ‘n’ match foods and seasonings that are more healthful and yet appeal to your palate.

■ Nutritionists say your taste buds will adjust in only 3-5 servings!

Your health, your teeth, and all of us salute your good taste!

9 Risk Factors

Could you lose teeth to gum disease?

Periodontal disease is the leading cause of tooth loss and it has been linked to systemic diseases as well as toxemia and premature births. Gum disease develops gradually over time if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria. If you fit any of these nine risk indicators identified by dental experts, you could be susceptible to gum disease and the tooth loss associated with it.

- Are you older than 35?
- Are you male?
- Have you never received – or avoided – dental care?
- Have you never – or only irregularly – used dental floss?
- Do you smoke? Have you ever?
- Do you have diabetes?
- Do you have high blood pressure?
- Do you have rheumatoid arthritis?
- Do you have gum disease around your front teeth?

Risk Factors

These findings make perfect sense. We know that gum disease occurs when oral hygiene is neglected. We also know that men tend to be less conscientious about oral health care. Gum disease has been linked in studies with diabetes, cardiovascular diseases, and arthritis. But if you don't fit these categories, don't be smug. No one is immune! Teenagers can get periodontal disease and virtually all adults will experience it at some point. What can you do? *A lot!* Brush, floss, and rinse, and maintain your regular dental visits!



Feed Your Complexion

FEED YOUR SMILE

Foods that promote a healthy mouth also fight wrinkles, so you can eat your way to a winning smile and beautiful skin!

BERRIES & CITRUS FRUITS

Smile: Vitamin C contributes to healthy gum tissue.

Complexion: Antioxidants protect skin from free radical damage.

EDAMAME (e-da-ma-may or baby soybeans)

Smile: High calcium content builds strong teeth.

Complexion: Amino acids build cells and repair tissue.

LEAN PROTEIN

Smile: Amino acids help gums heal faster.

Complexion: Protein speeds the regeneration of skin cells and collagen.

ORANGE PRODUCE (including carrots, yams, pumpkins)

Smile: Vitamin A increases resistance to mouth infections.

Complexion: Beta-carotene and antioxidants rebuild skin cells.

GREEN LEAFY VEGETABLES (including spinach, beet tops, broccoli)

Smile: Calcium strengthens teeth.

Complexion: Antioxidants counter the ill-effects of free radicals.

Delighted With You

That's a fact

On average, during the day, your mouth swallows 2,000 times, which helps flush out bacteria. At night, it swallows only 20 times, allowing bacteria to build up. That's why it's so important to brush before sleeping...

We just love sharing these factoids with you. And we appreciate it when you share our delight and commitment with your friends, family, and colleagues.

Your enthusiasm is contagious and encourages your friends and family to come and see us. We know that feeling comfortable with your dental team makes visits more enjoyable and less anxiety-filled. And that a personal recommendation from a friend is the most credible form of advertising.

So, we are thankful for the great compliment of your continuing referrals.