



SMILE
C O L U M B I A

Word Of Mouth

Produced for the Patients of Dr. Paul Hahn and Dr. Adam Hahn

Spring 2009

fromthedentists

Think Spring *It's in the air!*

Long before the warm kiss of the sun and the first balmy breeze, we all started the countdown to spring's arrival. Gray skies, frigid temperatures, and early sunsets cannot diminish anticipation of the springtime self-improvement ritual. Whether you'll be making an appearance at a graduation, wedding, or garden party, we know your focus is forward ... to looking and feeling your best.

We can help your smile with a spring cleaning that will invigorate your mouth. We can also catch and control potential problems, and give you a refresher on home care. Prevention is the real secret to a problem-free smile! And with cosmetic dentistry, you can smile with an extra dash of verve and confidence.

So spring into action! Call us to arrange your appointment!

Here's to a great 2009!

*Dr. Paul Hahn and
Dr. Adam Hahn*

turnthepage

Rejuvenate your smile!

What's your *flossophy*?

Defeating diabetes!

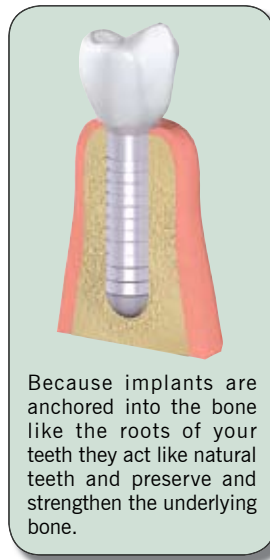
Smiling With Implants

They won't know if you don't tell!

Who wouldn't want to look better, speak better, eat better ...and smile more? Dental implants are now the treatment of choice for many people who need to replace missing teeth.

Interestingly, implants are considered by many dentists to be a more conservative intervention than traditional bridges or fixed partial dentures. They require only normal brushing and flossing to maintain oral health, unlike bridges that may make cleaning awkward. Because implants are anchored into the bone like the roots of your teeth, they act like natural teeth and preserve and strengthen the underlying bone. There is no need to shape adjacent healthy teeth, and there are no plates to affect comfort and fit.

An implant has two parts: a root made of biocompatible metal, and a custom-made tooth crown which is attached to it. Most implants are made of titanium, an inert metal proven effective at fusing with living bone.



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In one survey, patients who had their prosthetic appliances replaced with implants rated them nine out of ten – second only to natural teeth, and far above the two out of ten for their prosthetics! If you're worrying about your age ...*don't!* The oldest known implant patient is 88; the youngest 15.

Call us for a consultation. With implants, your friends won't know how you're looking so good – but you'll feel so great, you might just want to tell them!



Dentistry for the quality conscious



You Can Do It

Discover your inner balance

It's *all* about the balance. Really. A lifestyle that balances work with stress-relieving play and that pays attention to nutrition and diet is a healthy one. That's the *macro* level. At the *micro* level, small imbalances in the pH of your blood, for example, can create changes in the pH of your saliva, altering your mouth's environment. In other words, your oral health can impact and be impacted by your overall health and here's how...

Plaque, the thin film on your teeth, is a biofilm and a bacterial ecosystem within the larger bionetwork of your mouth and body. When the scale tips so that good bacteria are overtaken by those that are harmful, red swollen gums that bleed easily, gum and bone recession, and tooth loss can occur.

Tartar is the conspicuous, cement-like substance that plaque hardens into when you allow it to build up. Tartar can break the natural protective seal that your gums provide, allowing oral bacteria into your bloodstream. Experts believe that toxic bacteria from your gum infection can trigger your immune system into a constant state of alert.

Gum disease has been linked to systemic and inflammatory diseases including heart and stroke, osteoarthritis, diabetes, cancers, and lung diseases.

These complex interactions mean that a *one size fits all* approach to life, health, and your oral health care is no longer sufficient.

Your oral health can impact and be impacted by your overall health

Just In Time

You get to decide!

Are you an adherent of the *Before Flossophy* or the *After Flossophy*? People can be surprisingly passionate about when to floss ... before or after they brush. Even dentists can't always agree. In a poll conducted by the *American Academy of Periodontology*, 40% recommend before, 36% after, and 25% don't think it matters. Truthfully, as long as you remember your home care routines and maintain your recare schedule, we will be happy!

So, in no particular order...

- **Floss once** – to clean between your teeth and below the gumline.
- **Brush gently** at least twice a day – to remove food and bacteria from your teeth, gums, and tongue.
- **Rinse often** throughout the day – plain water can keep bacteria at bay when there's no time to brush.



Weighing In

Fight diabetes!

Did you know that diabetics are more likely to have gum disease than others and that those with gum disease find it more difficult to control blood sugar levels? Or that 90% of people newly diagnosed with Type 2 diabetes are overweight? Weight loss and exercise could go a long way to preventing or managing diabetes – and your oral health!

A regular routine of physical activity is ideal, but still, you can find inventive ways to burn calories!

- Take the stairs instead of the elevator.
- Try hiding the remote. Research shows that thin people get up and move around more, tend to fidget more, and sit less.
- Do some eco-exercise – instead of driving, ride your bicycle when you can. It's important for *everyone* to maintain healthy routines for oral and overall health.

Prime Attraction

Get what you need

Is 50 really the new 40? It seems so. Men and women today feel and act ten years younger than their biological age. Midlife is a strong, powerful time of life in every way and you can see the influence you command in the number of products tailored just for you. A prime example is the number of esthetic innovations created to enhance your smile, like beautiful natural-looking crown and implant restorations.

You'll like them because...

You're an experienced and savvy consumer

- Long-lasting natural-looking materials resist chipping, staining, and cracks.
- Improvements in options and technology have made procedures more time-efficient and patient-friendly.

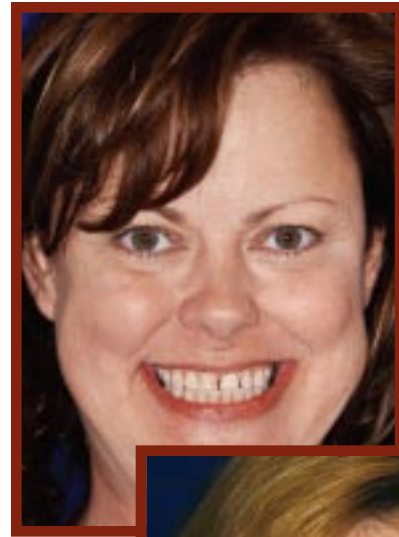
You're health conscious

- Your damaged or discolored tooth can be covered, protected, and strengthened with a single crown.
- Bone loss can be prevented by anchoring a permanent new tooth into the jawbone by combining a single crown with a dental implant.
- Missing teeth can be replaced with several replacement teeth attached to a secure crown or implant bridge restoration to prevent your other teeth from drifting and altering your ability to eat, speak, and socialize.

You love to look great

- Crowns made of natural-looking translucent porcelain are beautiful and designed to blend in so well with neighboring teeth that no one can tell that you have them.

Don't let your smile give away your age. Let us give you a midlife smile with style! Call us to schedule a consultation.



Before

After



7 Tips For A Tiptop Smile

Which would you choose?

Improving the color, shape, or position of your teeth can improve the way you feel about yourself. Here at a glance are seven tips for a tiptop smile that looks completely natural.

Teeth Whitening	Instantly brighten your smile
White Fillings of Composite or Porcelain	Make tell-tale dark fillings a thing of the past
Tooth-Colored Bonding	Cover deep-rooted stains, repair small cracks or chips, fill in gaps, and recontour teeth
Cosmetic Veneers	Conceal spaces, crooked, chipped, or discolored teeth
Crown Restorations	Restore severely damaged or broken teeth
Dental Implants	Restore appearance and function
Crown/Implant & Bridge Restorations	Replace missing teeth and prevent further damage to your smile



A Bright Clear Future

Technologies that may be right for you

Whitening At Its Best

We're proud to announce that we now offer the radical in-office whitening system by **Opalescence**[®]. It's safe, effective, and fast. It's ideal for anyone looking for immediate results, and the perfect choice for the busy individual.

The procedure by **Opalescence** will brighten your smile in the office, with at-home trays, or with a combination of both. If you choose the in-office treatment, our team will apply professional strength teeth whitening gel to your teeth. You'll leave with an Opalescence home teeth whitening kit, which includes custom trays and a supply of teeth whitening gel to lighten your smile. Wear the trays a few hours a day until you achieve your desired shade, which usually takes about two weeks.

Invisalign[®] Keeps Your Secret

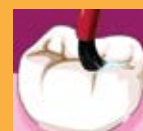
We're one of the first practices to offer **Invisalign**[®], one of the most advanced components of adult cosmetics. It's a proven method for straightening teeth using a series of custom-made, nearly undetectable aligners. Each aligner is precisely calibrated and manufactured to custom-fit over your teeth and gently move them through every stage of your treatment. No metal wires! No food restrictions!

Adults account for nearly 25% of all orthodontic patients! The most common problems? Crowding, spaces, and protruding teeth. After consultation, we take an impression of your teeth and submit it to Invisalign. Using the latest 3-D computer technology, our instructions are translated into a series of medical-grade plastic aligners. You can even view your own virtual treatment plan when you start, so you can see how great your straight teeth will look!

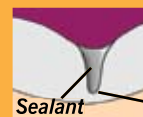
If you think you're a candidate for **Opalescence**[®] or **Invisalign**[®], call us for a consultation. We want you to feel happy and confident about your smile!



As teeth develop, deep grooves called fissures naturally occur and where these grooves cross is called pits. These areas account for more than 50% of cavities among children.



Dental sealant is applied to the teeth and flows into the pits and fissures. It is a plastic tooth-colored material that creates an impenetrable barrier to bacteria and decay.



Dental sealant provides lasting protection against decay as long as the seal remains intact.

Tooth fissure

office information

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Office Hours

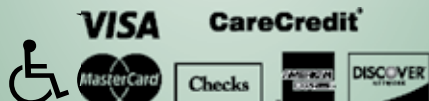
Mon/Wed/Thu 8:00 am – 5:00 pm
Tuesday 9:00 am – 5:00 pm
Friday 8:00 am – 12:00 pm

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Referrals Inspire Us

...To raise the bar

We love it when our patients refer us to family and friends. It speaks volumes to how much you trust us to provide you with the best possible oral health care. And it even goes beyond that. Your referrals inspire us!

Every time you refer our practice to people you care about, it re-energizes our commitment to ensure that your entire experience at our practice is relaxing, comfortable, and even educational – from the time you arrive, to the attention, care, and support you are given while you're here – to our continued communication beyond your appointment. It compels us to continually raise the bar and discover new ways we can provide you with even more.

So, please keep the referrals coming. Your inspiration benefits everyone – you, as well as your family and friends.

Sealants

Not just for kids

Sealants, or plastic coatings on the grooves of molars, are a simple and effective way to stop decay on the chewing surfaces. Many people think sealants are for children, but several situations make adults good candidates.

Change in personal habits – Young adults who leave home may develop oral health problems because of a change in diet and home care. Sealants help protect their teeth during this time.

Change in health – Many people suffer loss of motor skills because of arthritis or stroke, and may have a harder time brushing. Sealants help when teeth aren't cleaned as well as they should be.

Introduction of medicines – Some medications increase the risk of tooth decay. Sealants help protect your teeth when taking medications that cause xerostomia or dry mouth.