



NEIGHBORHOOD NEWSLETTER

www.beacondentalcenter.com

Excellent, Unparalleled Dental Care!



Hello Neighbor,

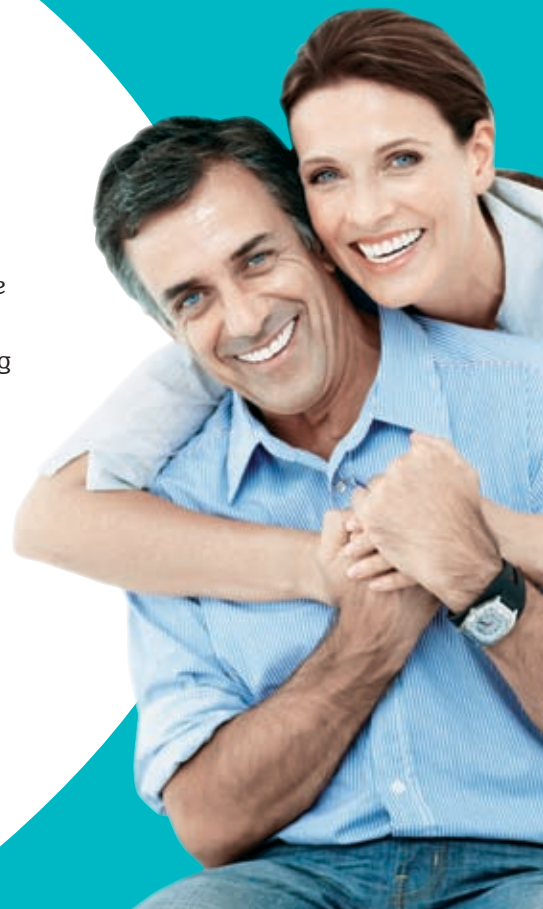
At Beacon Dental Center, we strongly believe in the values of community, family and quality care. We appreciate being a part of this community and are dedicated to your overall health and wellness. We take great pride in providing excellent care and strive to make your dental experience with us the best you have ever had.

Comfort and satisfaction are our top priority at Beacon Dental Center. Our state of the art facility is equipped with overhead flat screen TV monitors and BOSE® noise canceling headphones for your comfort. I am proud to be the only dentist in Northern Michigan licensed to perform IV sedation for dental procedures. This allows me to ensure your complete comfort during your treatment.

Call us today to schedule a complimentary consultation to discuss your dental concerns and see how Beacon Dental Center can light up your smile.

Warmest Regards,

Michael A. Sullivan, DDS



Call Us Today at (231) 237-5100
to schedule your complimentary consultation!

Visit us online at
www.beacondentalcenter.com

FULL SEDATION AVAILABLE!

**We are pleased to offer safe, effective IV sedation.
Sleep through your appointment and wake up
with a beautiful smile.**

Call now and book your consultation appointment.

Now accepting
new patients!



BEACON DENTAL CENTER
MICHAEL A. SULLIVAN, DDS
06483 M 66 HWY N
CHARLEVOIX, MI 49720

Heart-Healthy Marinades

Spice up your life!

Spicing up your favorite dish not only produces great flavor, but promotes great oral and general health as well. And right now, even some of your favorite marinades may contain anti-inflammatory ingredients which support a healthy heart and decrease the risk of cancer, Alzheimer's, diabetes, and other serious illnesses.

Add these ingredients to your next marinade, jerk sauce, or dry spice rub to do wonders for your heart and soul: garlic, hot peppers, paprika, ginger, cinnamon, turmeric, thyme, rosemary, oregano, black pepper, basil, cardamom, cilantro, chives, scallions, cloves, parsley, and cayenne pepper!

A proper jerk recipe is founded on copious amounts of Scotch bonnet peppers and allspice, and the old standbys of parsley, sage, rosemary, and thyme are all brimming

with anti-inflammatory benefits. Add tasty, anti-inflammatory olive oil to your marinades, and you'll have a perfect recipe for healthy living.



Identify Your Strengths

Perfect for healthy active lifestyles!

If you're looking for more zest instead of rest, go for it! Today's dental techniques and materials not only re-energize smiles, they're perfect for active lifestyles. There is no need to worry about special care regimens and they'll give you that great smile you deserve!

CROWNS

WHAT ARE THEY?

Crowns cover decayed or damaged teeth, restoring them to a natural shape and size. They will also make your teeth stronger and improve their color.

HOW TO CARE FOR THEM:

Brush and floss as usual.



BRIDGES

WHAT ARE THEY?

Bridges replace one or more teeth and older crown and bridge restorations can be updated with beautiful metal-free materials that are anchored permanently.

HOW TO CARE FOR THEM:

Brush and floss, but remember to clean under the bridge. We'll show you this simple technique.



VENEERS

WHAT ARE THEY?

Veneers made from natural-looking ceramic or bonding materials are applied to the surfaces of teeth and add strength while straightening their appearance and concealing gaps, cracks, chips, or stains.

HOW TO CARE FOR THEM:

Brush and floss as usual.



Cosmetic and restorative dentistry have come a long way. Your overall quality of life can be enhanced by replacement teeth that look, feel, and function like your natural teeth by combining beauty, strength, and practicality for increased confidence ... so eat that exotic dish, travel to that remote country, and participate in extreme sports. Make an appointment today and let's discuss the option that's best for you.

PREVENTING PREDIABETES

One of North America's largest health epidemics, prediabetes, is the gray area between higher-than-normal blood sugar and diabetic levels. People in this range are at risk of not only developing type 2 diabetes, but heart disease, stroke, and gum disease.

Gum disease is often called the sixth complication of diabetes. It may not cause diabetes, but gum disease can affect its severity.

Prevent gum disease by:

- Brushing after meals
- Flossing daily
- Visiting us for regular cleanings.

Reduce your risk of prediabetes by:

- Controlling your weight
- Exercising regularly
- Getting at least 6 hours of sleep at night.

The important thing to remember is that prediabetes may not have to lead to type 2 diabetes. Making healthy changes to diet and lifestyle today can help you to alter your future for the better.

What
can you
do?

Dental Checkups Are Essential

Open wide for health!

Even if you are the most diligent brusher and heroic flosser, there are simply things that your dentist or dental hygienist can detect that you can't. Our goal is to catch and treat problems early, before they become major issues.

We will look for:

- signs of gum disease
- cavities, root cavities, and cavities under existing fillings
- signs of oral cancer
- deterioration of fillings, crowns, or other dental work
- hairline tooth fractures
- impacted wisdom teeth
- ...and much more!

Regular visits to our practice may also aid in the early detection of chronic health conditions, including heart disease and diabetes which can have specific symptoms that appear in the mouth.

Call us today to ensure your recare appointments are on track! We want to help you maintain a healthy lifestyle and a happy smile!

4 Reasons You Should Never Wait

Make your smile work for you

Millions of mature adults are ready to retire but can't. Others are coming out of retirement into a very competitive environment. True, you need to keep your smile looking good to compete, and we can help you with that, but if you want to keep working, you need to stay healthy. That means taking care of your oral health because it can affect the rest of your health.

Dental problems that hurt and look unattractive such as receding gums and tooth sensitivity will likely get your attention. Yet gum disease, potentially your most serious oral health risk, is often ignored because it is painless as it takes hold.

Don't wait for signs to appear. See us first. It's that important...

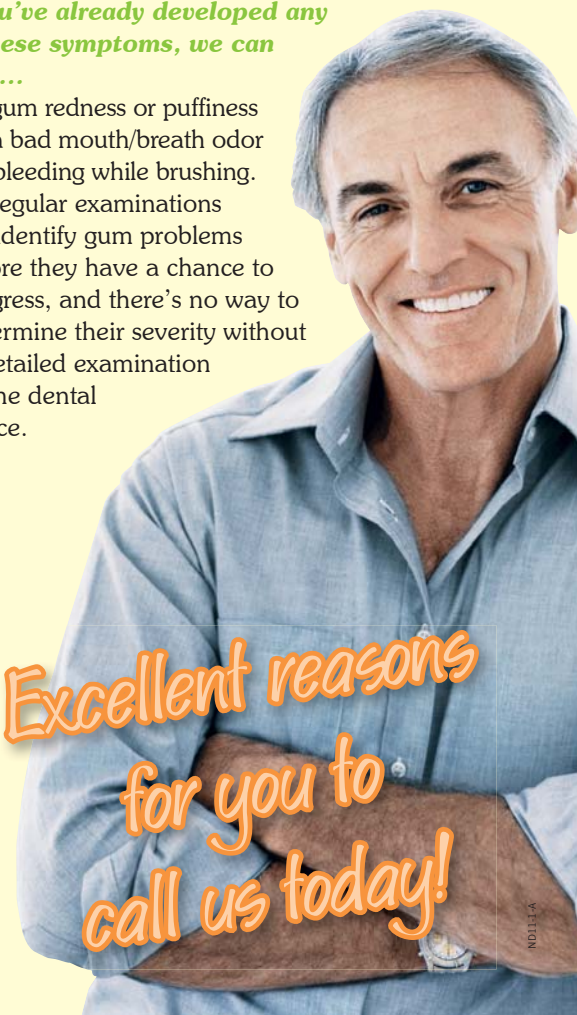
- 1 Gum disease is the top cause of adult tooth loss.
- 2 It can destroy the ligaments which support your teeth and the bone which supports them.
- 3 It could lead to painful and misaligned jaw joints, limit your ability to chew, create digestive problems, oral sores, and bad breath.
- 4 It has been linked to cardiovascular diseases, diabetes, arthritis, and cancers.

If you've already developed any of these symptoms, we can help...

- gum redness or puffiness
- a bad mouth/breath odor
- bleeding while brushing.

Regular examinations will identify gum problems before they have a chance to progress, and there's no way to determine their severity without a detailed examination in the dental office.

Excellent reasons
for you to
call us today!



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U.S. POSTAGE
PAID
PNP 14304



Dental Implants: Are they for you?

If you have lost a tooth or several teeth, dental implants can restore your smile and help you look your very best. **At Beacon Dental Center**, Dr. Sullivan can perform all the steps of the dental implant process for you. Your treatment is always personalized and professional with Beacon Dental Center.

Dental Implants are the #1 choice to replace missing teeth.

The benefits of dental implants:

- Comfortable
- Easy to clean
- Great for securing dentures
- Safe and reliable



- **Receive 15% Off All Future Services**
- **FREE Teeth Whitening For Life**
- **Priority Scheduling**
- **VIP Special Events**
- **Membership is easy and the savings are BIG!**

Join
Beacon Dental
Center's VIP
Program
and Start
Saving!



Try Us Out

We are pleased to offer our prospective patients the opportunity to step into our office, get a full tour and meet the team. You can discuss your concerns with Dr. Sullivan and ease any fears you may have with our **FREE "Meet the Doctor"** visit.

Get Acquainted Special!

\$10 Exam and x-rays
Reg \$230

Includes: Oral Exam,
Necessary x-rays,
Cancer Screening, Gum
Disease Screening

Valid when accompanied with a cleaning appointment for new patients only. Not to be combined with any other offer. Offer good for 30 days.

Call Now!

(231) 237-5100