



NEIGHBORHOOD NEWSLETTER

www.beacondentalcenter.com

Excellent, Unparalleled Dental Care!



Everyone at Beacon Dental Center believes strongly in the values of community, family, and quality care. We appreciate being a part of this neighborhood – your community – and we are dedicated to the overall health and wellness of everyone in it.

At Beacon Dental Center, we are committed to providing excellent, unparalleled, dental care to Northern Michigan. We take great pride in our dental care, treating everyone as if they were family.

To make your dental experience with us the best you have ever had, Beacon Dental Center is truly a state-of-the-art facility. We are equipped with flat screen TV monitors in each treatment room that can be tilted directly over your head during most dental procedures, along with *BOSE*® noise canceling headphones. We are pleased to offer,

Air-Abrasion (dentistry without the drill), *CEREC*™ (same-day crowns, no more temporaries), *INVISALIGN*® (invisible braces), and *ZOOM2*® teeth whitening. I have also undergone extensive training to provide you with the option of IV Sedation, wisdom tooth removal and all steps of the dental implant process, including surgical placement.

I'm hoping you have a few moments to read and benefit from this newsletter. If you presently have a dentist you are happy with, please consider this information helpful. If you are looking for a dentist, we would be delighted to gain your trust and welcome you into our dental family. Please feel free to contact our office with any questions or concerns you may have and schedule a complimentary "Meet the Doctor" appointment today.

Warmest Regards,

Michael A. Sullivan, DDS



Now accepting
new patients!



Beacon Dental Center
Michael Sullivan, DDS
06483 M 66 Hwy N
Charlevoix, MI 49720-9272

Call us today at (231) 237-5100!



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www.beacondentalcenter.wordpress.com

Visit us online at

www.beacondentalcenter.com

What's In It For You?

Crown restorations have so much to give

Most of us are hyper-aware of strategies for health including a weekly exercise regimen and a healthy diet. Techniques for restoring, revitalizing, and even saving your smile? Not so much. Crown restorations, for example, can enhance your appearance ... improve your ability to eat and speak ... and renew your self-confidence.

Here are some common questions about popular crown restorations.

What is a crown?

A restorative crown can be a protective cover or cap for your tooth, or it can be attached to an implanted root to replace a missing tooth.

Can my smile really become as good as new?

Yes, even better actually. Because of today's superior ceramics and bonding materials, crowns are strong and long-lasting like your natural enamel and they can be precisely matched to the translucence, color, and contours of your other teeth.

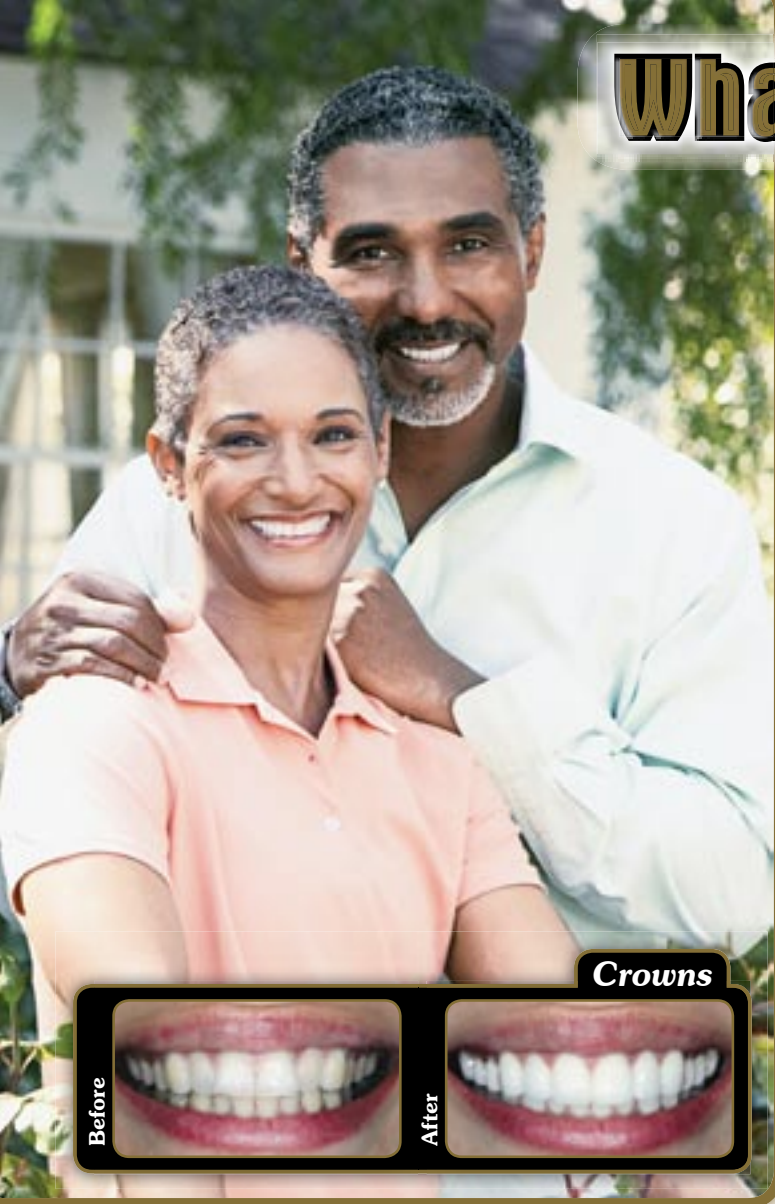
How do I know if a crown would work for me?

A protective crown is an excellent choice if you have poorly shaped and discolored teeth, cracked or unstable teeth, damaged and ageing restorations, or teeth that have weakened from root canal treatment.

What if I have multiple smile issues?

If you have missing teeth, several crowns can be attached to a bridge appliance to prevent drifting teeth and further damage. For extensive discoloration or chips, porcelain veneers restore teeth and improve smile proportions.

Any more questions? Please call. We're happy to help!



Keep This One Put a smile on your face!

Here's a tested make-ahead recipe – a pretty ribbon and wrap and *voilà* – a personalized budget-friendly gift!

Spa Index Bath Cookies

- 2 cups finely ground sea salt
- 1/2 cup baking soda
- 1/2 cup cornstarch
- 2 tbsp light oil
- 1 tsp vitamin E oil
- 2 eggs
- 5-6 drops essential oil of your choice

Preheat your oven to 350°F. Combine all the listed ingredients and form into a dough. Form dough into teaspoon-sized balls and gently place them on an ungreased cookie sheet. Bake your bath cookies for ten minutes, until they are lightly browned. Do not over bake. Allow to cool completely. To use, drop 1 or 2 cookies into a warm bath and allow to dissolve. Yield: 24 cookies – enough for 12-24 baths.

www.spaindex.com



Let Go Of This Myth

Do you snore?

Myth: Snoring is not important and won't interfere with my sleep.

Reality Check: Snoring can be a major sign of *obstructive sleep apnea*, a disorder that causes you to stop breathing briefly because throat tissue collapses and blocks your airway. This can happen 60-70 times per hour. Sleep apnea can cause high blood pressure, memory problems, weight gain, and depression, and an 18-year study found that people without obstructive sleep apnea were three times more likely to live longer than those with severe apnea!

A good night's sleep is essential to your health and emotional well-being. If you snore and have daytime sleep apnea symptoms, discuss it with your physician. Following their medical assessment, we may prescribe a small comfortable dental appliance to give you the rest you need.



What Do You See?

Find out what's normal

According to research, one person in three believes it's normal to see blood in the sink after brushing their teeth. Not true. Bleeding gums are commonly a sign of gum disease.

If plaque – the sticky biofilm you can feel on your teeth – is not removed with regular brushing, flossing, and professional cleaning, it will harden into tartar which can lead to *gingivitis* or inflamed gums. Left untreated it will progress and you could lose your teeth.

Other causes of bleeding gums include:

- hormonal changes during pregnancy, adolescence, or mid-life
- ageing dentures or restorations
- infection
- medications
- health problems
- brushing too hard
- improper flossing

See us for a thorough examination...
and get back your healthiest most-attractive smile.

Embraceable You!

Get a new lease on life
with your smile

Engaging in new trends like social media can help keep your mind young, healthy, and socially involved. Staying connected and maintaining satisfying friendships has other benefits too. Experts believe it is a greater predictor of longevity than even close family ties, and can protect against obesity, depression, and heart disease. So why not benefit from one of your most potent and personal means of connecting with others ... your smile.

People consistently judge smiles to outrank eyes, hair, and the body as the most attractive physical feature. Thankfully, cosmetic techniques are getting faster, better, and less expensive.

Bonding and contouring can deal with deep-rooted stains or patch up small cracks or chips and can even fill gaps and reshape teeth.

Whitening can give you a brighter whiter smile – even if you're a tea, coffee, or wine connoisseur! A dentist-supervised whitening procedure is ideal for anyone looking for great results, and it's safe, effective, and convenient. Just think – your smile could be up to eight shades whiter with results that last for years!

If your teeth are seriously mottled or discolored through genetics, medications, or root canal treatment, or have become noticeably chipped or cracked, **veneers** or **crowns** could give you back your smile. In fact, to improve the appearance of teeth that are only slightly crooked, veneers can be an alternative to orthodontics.

Any one of these strategies can give you just the boost you need to get linked up!



Try Us Out - FREE!

At **Beacon Dental Center** we know and understand the anxiety and stress that accompanies a visit to a new medical office. We would like to put those fears to rest. In an effort to truly meet YOUR needs, we are pleased to offer our prospective patients the opportunity to step into our office, get a full tour, get to know us and meet and discuss any problems or concerns with Dr. Sullivan

- **absolutely FREE of charge.**

It's our way of easing any fears you may have, and it gives us the opportunity to show you and allow you to experience what we are so proud to be a part of - the dental team of Dr. Michael Sullivan!

**Call us today at
(231) 237-5100**
to schedule your **FREE**
"Meet the Doctor"
appointment.

**Buy One, Get One
Half-Off Crowns**

TOTAL SAVINGS: \$640

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appointment times
available, call now!



BEACON DENTAL CENTER
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Implants Are For Everyone!

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. Dental implants can help you avoid facial changes, speech changes, and diet changes that take place over time as the teeth shift, jawbone recedes, and in extreme cases, cheeks take on a collapsed look. Dental implants can help you replace lost teeth and help you look your very best.

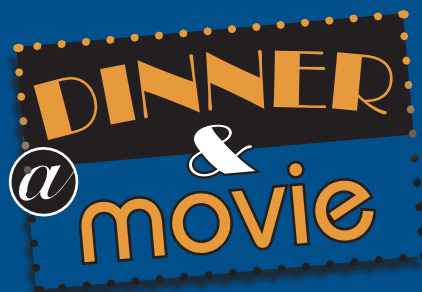
Dental implants are now the treatment of choice for many people who need to replace missing teeth.

The benefits of dental implants are far reaching. Dental implants...

- require only normal brushing and flossing for maintenance
- are anchored permanently in your jawbone
- preserve and strengthen the underlying bone just like the roots of your natural teeth
- do not alter or compromise adjacent healthy teeth
- require no plates that can affect comfort and fit
- can replace the form and function of one tooth, or can replace teeth in an entire jaw
- can anchor dentures to prevent shifting, or replace partial dentures & bridgework
- are without any age barrier, (Dr. Sullivan's oldest implant patient yet was 83)
- are safe & reliable (hundreds of thousands are placed every year - all over the world)
- look completely natural so that no one will know you have them

We can assist you with ALL steps of the dental implant process right here at Beacon Dental Center!
No more traveling from office to office. Call us now at (231) 237-5100 for a FREE consultation!

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