



Something To Smile About

*Creative
Smiles
Dentistry*

Drs. Jacqueline Rodgers & Lori Thornhill

Produced for the Patients of Dr. Thornhill and Dr. Rodgers

Fall 2008

fromthedentists

Your Dental Insurance *Get the most*



The signs of fall signal back-to-work and back-to-school for many of us. They should also be a cue to make a dental appointment because your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year.

If you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, **before** your 2008 dental insurance expires. So give us a call!

Yours in good dental health,

Dr. Jacqueline Rodgers

Dr. Lori Thornhill

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Time To Give Thanks

To our valuable patients

This time of the year is full of hustle and bustle for just about everybody. With work and school in high gear, it's hard to find time to do anything but try to keep up. Even the dental office is working overtime to meet the latest advances in dental treatment and the increased needs of our patients in this busy time of the year.

No matter how busy we are, there's always time for the people who mean the most. In a dental practice, it's the patients who are number one. That's why in the spirit of the Thanksgiving season, we would like to take some time out to tip our hats and simply say thank you.

You may not think much of it, but your ongoing loyalty, cancellation notification, referrals and each and every kept appointment go a long way toward making this practice run smoothly and efficiently. That makes the dental office a more comfortable and rewarding place for everyone.

These are exciting times for dentistry. You'll read about some of the latest developments and treatments in the pages of this newsletter. If anything catches your eye, or if it's time for a checkup, just give us a call ... we'd really like to say *thank you* in person.



An attractive smile makes a lasting impression!

Set The Trend

Select your cosmetic veneer option

There's a definite trend among men who choose to revitalize their appearance in the competitive workplace. They're opting for non-surgical procedures that increase facial volume and require only minimal or no downtime. For many, veneers are the non-surgical cosmetic option of choice. Here's why.

When veneers are bonded to your teeth, they can be matched to both the color and natural contours of the rest of your smile, and you can...

- ▶ **Look younger** by adding volume to the lower third of your face and minimizing fine wrinkles.
- ▶ **Camouflage** exposed roots and restore esthetic proportions to your smile.
- ▶ **Close gaps** between your teeth.
- ▶ **Repair** chips and cracks.
- ▶ **Straighten** slightly crowded or overlapping teeth without braces.
- ▶ **Brighten** your teeth and cover even severely stained teeth.

Veneers are hand sculpted from beautiful ceramics by trained technicians. Built-in translucence mimics natural enamel and allows some of the inner light to shine through.

Veneers really are *super* natural! Once applied, they act as a shield for your teeth. Porcelain material is highly resistant to oral bacteria and to permanent staining from smoking, coffee, tea, and food.

Men and women who want to look more successful and more energized in *any* environment can enjoy the advantages of even, straighter-looking, whiter teeth!

Please come and see us at our practice for a cosmetic veneer consultation.



BEFORE

look younger

close gaps

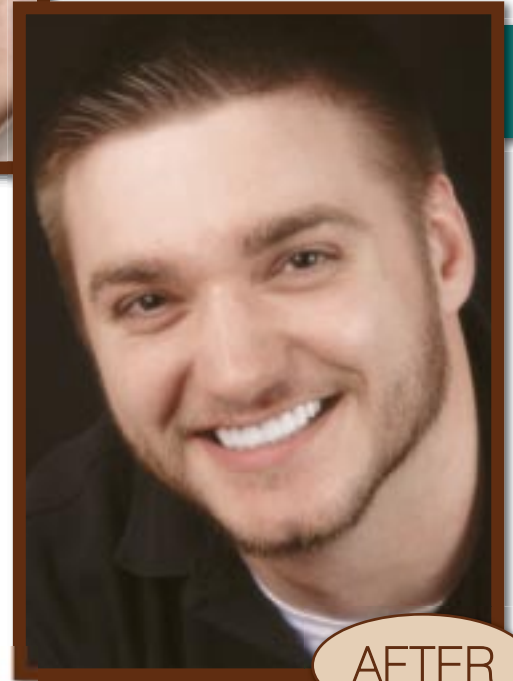
repair

straighten

brighten

camouflage

VENEERS



AFTER

Avoid Gum Disease

Here's how...

Chances are you will be affected by gum disease at some point in your lifetime. Initially it often appears without symptoms, but it is progressive and is the leading cause of tooth loss in adults. Furthermore, without treatment, bone loss in your jaw is inevitable and can alter your facial appearance, speech, and diet over time.

What We Can Do

Perform regular exams and cleanings to remove plaque, the disease-causing biofilm that builds up on your teeth and can harden into tartar.

Provide brushing and flossing instruction and explanations about your oral health needs.

What You Can Do

Schedule and keep regular dental examinations and cleanings to ensure the health of your smile! Remember, with early diagnosis, gum disease can be reversed!

Commit to a smile-saving routine of proper brushing, flossing, and healthy eating at home.





2 Quick Fixes Ready? Set. Go!

Your face is *the* most looked-at part of your body. And your mouth is the first feature that everyone looks at! Dramatically enhancing your smile can instantly lift your self-confidence, and you can even get transformative results over your lunch break.

These two tried and tested procedures will let you see a new you in no time and without invasive surgery...

Whitening – We can design and supervise whitening that may lighten your teeth by up to eight shades! Safe, reliable, and predictable teeth whitening technology may even remove stains caused by illness or medication.

White Bonding – We can cover the deepest stains by bonding material directly onto your teeth, and we can use it to replace older stained or silver fillings!

Choose one technique or two ... it's up to you!

What's On Your Menu?

Smile savers!

Brushing and flossing to remove yellowing plaque is an essential strategy to keep your brightest smile. But for at least some of the time, start dining *white... and light!*

Add low-fat milk to sugar-free coffee or substitute with skinny lattes.

Swap black tea for green which has beneficial antioxidant properties.

Switch from stain-producing desserts like blueberry or cherry pie to fresh or baked apples, pears, or gooseberries.

Rethink soy and Worcestershire sauces and consider yogurt or trans-fat-free oils flavored with white vinegars, herbs, or garlic.

Replace red wine with white, and dark berry juices with light.

Avoid...

- hot and cold liquids that expand and contract tooth structure, creating fine lines and cracks into which stains can penetrate;
- regular consumption of acidic foods and drinks that can soften enamel and encourage staining.

Suit Yourself!

4 ways to restore your smile

You know, when even one of your teeth becomes severely damaged or is lost altogether, it can affect more than your appearance and self-confidence. With time, your speech can be affected and your food choices limited. That's why restorations including fillings, crowns, bridges, and implants were invented. They can restore natural-looking form and function.

Here's how restorations work.

A **filling** is a restoration that repairs part of a damaged tooth. When modern composite or ceramic materials are combined with precision techniques, fillings can fit and fill most types of cavities without removing large amounts of healthy enamel. And they can be color-matched to look completely natural.

A restoration that strengthens and protects the tooth is called a **crown** and you may have heard it called a cap because it actually caps the entire tooth.

A **bridge** is a combination of crowns and artificial teeth that closes a gap left by a missing tooth (or teeth), restoring your smile and redistributing the workload.

An **implant** is an artificial crown and root which is permanently implanted right into your jawbone. Once placed, it acts like a natural tooth to avoid bone loss and prevent drifting of surrounding teeth. Different implant types and techniques are available to provide individual solutions, from replacing one tooth to anchoring dentures securely.

Whatever your need, restorative treatments can save time, money, and your smile!

IMPLANT & VENEERS



COMPOSITE FILLINGS



The Sherlock Of Dentistry

Why x-rays are so important

How often do we find ourselves saying: *If I only knew then what I know now?*

Well, when it comes to the state of your oral health, you can know now and never have to look back with frustration. The hero in this case is the x-ray or radiograph – one of the most effective tools for safeguarding your dental health by assisting us in detecting minor changes and conditions in your teeth and jaws early, before they become major problems.

Think of it as a dental magnifying glass. X-rays can show us bone loss due to gum disease, impacted teeth trapped below the gums, infections at the root ends of teeth, indication of missing or extra permanent teeth, and cysts or tumors in the jaw or sinuses. Early detection and treatment can help save you time, money, and future discomfort.

Are they safe? Yes. Dental x-rays

emit a low-level radiation similar to the type of background radiation we get from the sun, the earth's crust, various types of food we eat, and the air we breathe. The average person gets more radiation sitting in front of the television than from routine dental radiographs. That aside, we are committed to ensuring that only necessary x-rays are taken.

It's important to remember when properly used, dental x-rays are one of your best allies in achieving and maintaining optimal dental health.

Think of an
x-ray as a dental
magnifying glass



officeinformation

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Dr. Jacqueline Rodgers

Dr. Lori Thornhill

755 Park Avenue, Suite 400
Huntington, NY 11743-3972

Office Hours

Monday	10:00 am	–	8:00 pm
Tuesday	2:00 pm	–	8:00 pm
Wednesday	8:00 am	–	8:00 pm
Thursday	8:00 am	–	5:00 pm
Saturday	8:00 am	–	3:00 pm *

* Open every other Saturday

Contact Information

Office (631) 271-8100
Fax (631) 271-8101
Email creativesmiles@optonline.net
Web site www.creativesmilessofhuntington.com

Multiple Benefits Of mouthguards

Most families understand the need for a protective helmet for contact sports and for activities like biking, skate boarding, and snow boarding. Jarring blows to the head can also cause the upper and lower jaws to crash together. Custom-fitted mouthguards may protect against broken teeth, injured jaws ... and concussions.

We do not recommend store-bought mouthguards, which can result in a poorly fitted and uncomfortable mouth protector that can interfere with speaking and breathing. In addition, boiling and molding can dramatically decrease the mouthguard's thickness ... and protection.

We want you to enjoy family sports and recreation. Let us custom-fit a mouthguard to give you maximum protection. We can even tailor it to accommodate orthodontics and other appliances!

Spreading The Word

Thanks!
Thank you so much

The power of the spoken word cannot be denied. When used to help improve the lives of others, words not only bring positive change, they often bring life-long results. And, when spoken as a referral or "personal testimonial," all kinds of good things spring forth.

Do you know how we measure the quality of care we provide for you? Every time you return to our practice, give us your positive feedback, and tell your friends, family, and colleagues to come see us for their dental care, you are letting us know that what we do for you *matters*. Your support motivates us to continue raising the bar on the superior standards you expect.

Thank you, from all of us, for your wonderful feedback, your loyalty, and your ongoing new patient referrals.