



# IMPLANT & GENERAL DENTISTRY NEWSLETTER



Produced for the Patients of Dr. Simon P. Melcher, Dr. Vic Turner, Dr. Kirk Wilkie & Dr. Adam Moore

Winter 2010

## SimonSays

It seems like Thanksgiving and Christmas came and went so fast! We published our first newsletter in October and it's time for our next quarterly edition already. We've had so many positive



responses from our first newsletter. Thanks to all of you who read it and offered comments. We hope that our January 2010 issue will be equally informative.

We are offering a new service this year, one day crowns. This is made possible by a computer aided design machine called CEREC. Please look for the article about this process on Page 4.

In October's issue, we gave you a brief history of our office and our doctors. This quarter, we want to put the spotlight on a few members of our staff. We feel so blessed to have such a dedicated staff of professionals. They are our frontline in dentistry.

During these tough economic times, we understand that many of our patients and their families are facing financial hardships. We are here to help. We have advice on how to maximize your insurance benefits to your best advantage, answers to your billing questions, and payment plan arrangements. Please look for Nancy's column for helpful information. As always, we look forward to your next visit with us.

*Sincerely,*

*Dr. Simon Melcher, DDS*

## Spotlight On Our Staff

Nancy has been with our practice since November 1995. Her job description could very well be listed as the "go between" for patients and their insurance companies. As our Insurance Administrator, she has nurtured some great relationships not only with our patients but with the insurance companies she deals with on a daily basis. She and her husband Steve are long time residents of Cary. They have one son, Stephen, who is a senior at UNC Chapel Hill this year. Nancy is an avid Tarheel fan (which is not easy in an office full of Wolfpack Fans!) but she loves 'em all just the same and is a good sport when it comes to the annual Carolina vs State games.

Louise joined our practice in 1992 and is one of three dental hygienists in this office. She is a native North Carolinian and graduated from UNC Chapel Hill in 1977. Her patients truly are her friends and she's been seeing many of them for over 17 years. She and her husband, Carl, live in Raleigh and have 2 children. Carla, 21, is a junior at UNC Asheville. Taylor, 18, is a freshman and a member of the men's basketball team at Washington & Lee University in Virginia. Louise is an avid Basketball Mom. She and Carl travel to see Taylor play as often as possible.

Debbie is one of four dental assistants in our office. She joined this practice in 1985 as a dental assistant to Dr. Bob Morrison. She took a 3 year hiatus from dentistry to have children and returned to the practice in 1991 with Dr.'s Turner & Wilkie. Originally from Kentucky, Debbie received her dental assisting certification from Jefferson State Technical School in Louisville. She and her husband Mark have lived in Raleigh for 25 years. They have two children, Marcus who is 21 and Megan who is 17.



Pictured left to right:  
Nancy, Louise and Debbie

*Thank you for all your referrals. We appreciate them!*



# 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.

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

## We are pleased to offer payment options for all...



We realize these may be tough times for many families. Recent economic events have affected us all in one way or another. Our office is doing its best to lessen the effects of this economic downturn. Implant & General Dentistry is committed to providing treatment for our patients and their families.

Our practice offers several options to make the payment process a little easier.

On existing balances, we offer a bi-weekly or monthly payment schedule in an amount affordable to the patient with no accrued interest. As always, we accept most major credit cards (Visa, Master Card and American Express).

Care credit is another option we accept as payment. This company offers several payment plans depending on the amount borrowed and the length of the loan. Care Credit works as a traditional credit company with the agreement between the patient and the company. Interest free plans are available. Our office has found this to be a reputable and user friendly company.

Pre-payment is also a unique way to cover treatment costs. An amount can be posted on your account and accumulated to cover any future balances. This is like a "lay away" plan. If it works for Sears and K-mart, it can work for us.

Our goal is to develop a reasonable payment plan with our patients to ensure all your dental needs are met. During this difficult time, we will do our best to help all patients retain good credit standing while meeting their needs. Please feel free to contact the office with any questions or concerns associated with any of these payment plans.

## Same-Day Smiles

### The Cerec™ experience

Complete restorations while you wait? No, this is not science fiction. A technological breakthrough – the Cerec™ system – allows us to design and manufacture veneers, crowns, inlays, and onlays right before your eyes. Here is how it works.

After a thorough consultation to determine the best restoration option for you, your Cerec experience begins. After preparing the tooth to be restored, the Intraoral Digitizer, a high-speed hi-res laser scanner creates a perfect 3D model of your tooth. Next, the process moves to the Digilogic Design Centre where the latest software assists in the design of the perfect restoration. Esthetic decisions are made regarding tooth shape and color, while allowing us to add grooves, cusps, and other life-like details.



Now your restoration is ready to move on to the manufacturing stage. The Cerec system begins with solid forms of the finest metal-free composite and ceramic materials available. Your perfect virtual tooth, designed to our precise specifications, is processed in the milling center. With amazing accuracy, the milling center renders your restoration in minutes! You are ready to have your permanent smile-ready restoration placed in your mouth.

Gone are the long waits while molds are sent to third-party manufacturers. Gone is the need to endure temporary place-holder teeth that are pried off when your restorations finally arrive. Ask us about your Cerec same-day smile today!

## office information

### Implant & General Dentistry

Dr. Simon P. Melcher

Dr. Vic Turner

Dr. Kirk Wilkie

Dr. Adam Moore

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### Office Hours

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### Office Staff

Nancy, Julie, Gabrielle.....

.....Administrative Services

Debbie, Nora, Cathy, Jessica.....

.....Assisting Team

Louise, Renee, Lindy.....

.....Hygiene Team



## HAPPY NEW YEAR

The holiday season has come to a close. Time to put away the wrapping paper, fill the freezer with leftovers and think about bundling the tree off to the curb. Before that festive spirit is gone altogether, we'd like to take this one last chance to extend our warmest and sincerest thanks for making this year one of the very best. You may not think much of it, but we consider your ongoing loyalty a privilege we earn by providing top-notch dental services in a welcoming atmosphere.

The practice of dentistry is always on the go and we're looking forward to presenting you with some of the exciting esthetic and restorative services now available. The festive season may be over, but it's not too late to give yourself a present. If it's time for a checkup or you're just thinking of doing something nice for your smile, just give us a call. In a dental office, happy healthy smiles are always in season!