

DR. STEVEN J. STAMAS'

WORD *of* MOUTH

Winter 2008

Know This...

A beautiful smile can impact your life

Is it worth the effort to improve my smile? Can an attractive smile really make a difference in peoples' lives? Those are two common and legitimate questions we're often asked when a patient is considering dentistry to improve their smile: *Can it make a difference?* All indications are that it can. *Is it worth the effort?* For most people, it is worth it. Absolutely.

In a nationwide survey, here is what North Americans perceive and believe to be true:

- 92% accept that a smile is an important social asset;
- 87% always remember someone with an especially attractive smile;
- 85% said that an unattractive smile makes a person of the opposite sex less appealing, and;

■ 74% accept that an unattractive smile hurts a person's chances for career success.

It seems quite clear that your smile can, in fact, have a very positive (or negative) impact on your life... socially, romantically, and in your career. A beautiful smile makes you memorable and adds to your opportunities, while a not-so-beautiful smile does not.

So, should you make the effort to improve your smile? Only you can answer that question ... but here's what we recommend. If you're not completely happy with your smile, if you would like your smile to be more attractive and memorable, then expend the effort to explore your options. We always welcome your call.



**For A Brigher,
Healthier Smile
Call Today!
(614) 864-4488**

Stamas Dental Group

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(General Dentist)

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Office Hours

Monday 7:00 am – 4:00 pm
Tuesday 8:00 am – 5:00 pm
Wednesday 7:00 am – 4:00 pm
Thursday 10:00 am – 6:00 pm
Friday closed

* Large cases/surgeries on weekends by appointment only.

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Web site www.stamasdentalgroup.com

Our Services Include:

- ❖ Family & cosmetic dentistry
- ❖ Tooth whitening
- ❖ Tooth-colored fillings
- ❖ Emergency dental care
- ❖ Modern, state-of-the-art facility
- ❖ Evening appointments
- ❖ Intraoral camera
- ❖ Sedation dentistry
- ❖ *Invisalign*® invisible braces
- ❖ Most insurance plans accepted
- ❖ Visa, MasterCard, Discover, and Capital One Healthcare Finance welcome

We Welcome New Smiles!

Look Lively!

Keep your competitive edge!



Want to look younger and more energetic? Try adding a youthful sparkle to your smile to complement that lively gleam in your eye! For many people, being the best they can be has become a competitive necessity in the work force. You deserve to live up to your expectations. You've earned your competitive edge. You ought to have a great smile.

Consider...

- **Have your teeth darkened or yellowed over time?** Whether the cause is staining from food or medications or thinning enamel from too-vigorous brushing, dentistry has a solution. Teeth whitening, bonding, veneers, and simply replacing old silver fillings with white ones can all brighten your smile.
- **Do your teeth look longer than they used to?** Brushing too hard can cause gums to recede, making teeth look longer, but if your gums are red and swollen, you could have gum disease. Periodontal treatment can restore gum health and save the supporting bone that keeps you looking youthful.
- **Have cracks, chips, and gaps become more conspicuous?** Over time, minor problems can grow into bigger ones that others can see. Bonding or porcelain veneers can cover cracks or chips, fill gaps, and reshape teeth. Enamel-colored crowns can strengthen

and restore teeth, and a bridge or dental implant can replace them.

Call for a consultation. Be competitive and stay ahead of the pack.

It's About Time Smile on...

Did you miss the first and only Time Traveler Convention held at MIT? They only needed one because travelers from across time can return as often as they want to. Future time travelers can find out about it through time and space co-ordinates that were slipped into strategic spots and through archived media publicity like this newsletter!

Why do we care? Well, for one thing, we'd like to learn why the ancients of 9,000 years ago – 4,000 years earlier than previously thought – were drilling teeth with flints. To fix cavities? To release spirits? Without time travel, we'll likely never know.

We do know that time marches on and so does science. Today, dental procedures and techniques are comfortable, safe, and preventive. Scientists have even learned how to regenerate teeth.

Smile. Your future looks great!

Top These 3!

Subtle or not-so-subtle. It will make a difference!

Here are the top 3 reasons why you might ask the dentist about gum recontouring...

- (1) Your teeth look too short.
- (2) Your gums show too much, making your smile look "gummy."
- (3) Your teeth look different lengths.

We don't ever want you to avoid smiling or to hide your potentially glamorous grin, so we'll be happy to talk to you about re-sculpting and re-proportioning your smile using this technique that really works.

Before you know it, you could experience these top 3 outcomes...

- (1) Your teeth look larger and more naturally proportioned.
- (2) Your gums show less for a more attractive smile.
- (3) Your teeth are straighter and more even.

Gum recontouring is only one way that dentistry can get you smiling again!



Ageless Option

Save your smile
with a crown
& bridge



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rown and bridge restorations are not only for the mid-life crowd. They were developed to restore badly damaged or missing teeth. It doesn't matter to your teeth whether the damage occurred during an exuberant hockey game or whether you waited too long to replace a filling. Crown and bridge restorations will make your smile beautiful again.

Appearance is so important to self-esteem that it is always best to restore teeth as quickly as possible. Even one

missing tooth can cause your other teeth to drift and appear crooked. But there's more ... missing teeth or teeth that are too damaged to do the job can impair your ability to eat and speak.

That's where crowns and bridges come in. You may have heard a crown called a *cap* – it literally caps a damaged tooth and strengthens and protects it. If you've met someone who has a gold crown, you likely will have noticed it. If you've met someone wearing a crown made of enamel-colored porcelain, you

probably didn't even know they had one. That's how completely natural it looks.

A bridge combines crowns on your own teeth with the number of artificial teeth needed to fill a space. This way you can look great again and keep your other teeth from becoming prematurely damaged or worn down. And in fact, crowns and bridges prevent further damage to your bite ... your appearance ... and your bank account!

Your *Shining* Glory

It's your smile!



It's not as hard as you think to keep that wonderful clean feeling your mouth always has after a visit to the dentist. You know ... that shimmering feeling that makes you want to smile?

Brushing at least twice a day and flossing once a day will help to keep your teeth white and your gums healthy and looking pink. Healthy gums will help you to retain the bone structure that supports

your teeth and defines the bottom third of your face. Healthy gums and clean teeth are the foundation that lets you maximize the dazzle of cosmetic dentistry.

So brush and floss and prevent the natural film on your teeth from building up and causing problems with your oral health. And keep going for your recare and hygiene appointments ... to keep the shine!

Take A Look!

Take advantage!

We're really serious when we say we welcome you to join our practice. And to show you that we really mean it, we're offering you two specials that we hope will encourage you to give us a try! *Seriously!*

New Patient Special!

Regularly \$200

Includes: X-rays, periodontal (gum) evaluation, oral cancer screening, new-patient exam, TMD evaluation, home whitening system.

Offer ends:
March 31st, 2008

now
\$50

Cosmetic Consultation!

Includes: smile analysis.
Regularly \$100

now
FREE

Call Today!

(614) 864-4488



Making Connections

Obesity & oral health

Researchers have found that obesity could be a potential risk factor for periodontal disease, especially among younger individuals between 18 and 34. Waist circumference and body mass index were used to indicate obesity. Both obesity and gum disease have the potential to take away a person's confidence, smile, and good health.

Here are some statistics to ponder:

■ The prevalence of periodontal disease among obese individuals aged 18-34 years was found to be 76% higher than for normal weight individuals in this age group.

■ For middle and older age groups, researchers found no significant association between body weight and periodontal disease.

■ Dietary trends towards less raw fruit and vegetables (sources of vitamin C) and decreased calcium consumption, along with increased intake of fast foods and high-caloric-low-food-value beverages, may provide part of the answer.

You can have periodontal disease without symptoms – that's why we check for it during every dental exam. If you answer "yes" to any of the following questions, you may have, or be at risk for, periodontal disease.

Do your gums bleed when brushing?

Do you have red, swollen gums?

Do you regularly have bad breath?

Is your gumline receding?

Do you have missing teeth?

Have you new spaces between teeth?

Do you have diabetes?

Do you have heart disease?

Are your partial dentures now loose?

Do you smoke or chew tobacco?

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