



Perfect Smile
D E N T A L S P A

Smile! Pass It On!

Dr. Timothy B. Dotson

Produced to improve your dental health and awareness

Fall 2010

fromthedentists

Communication 24/7 *Our new service!*

We all have busy lives. That's why we want to make your dental care as convenient and efficient as possible. To serve you better, we've added our new *Televox*® system that allows you access to information 24/7, making staying in touch easy!

Now you can access your personal dental information including your insurance benefits and what is remaining for the year... whenever and wherever you'd like. You can log on to your account at the Patient Login link on our website to check your appointments, balance, make payments online via check or credit card and receive email and text courtesy reminders. You can also customize your preferences for reminders and choose which phone number to call, what email or request a text.

Keeping in touch about your dental care has been made easy and convenient... with our new Televox system.

Yours in good dental health,

*Dr. Timothy B. Dotson and
Dr. Nichole L. DeMars*

Purchase A Massage Package For Maximum Enjoyment At A Minimal Price!

Now through October 31, 2010

3- 60 minute massages for \$180
- \$60 ea (Reg. \$75)
A \$45 savings!

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A \$60 savings!

Fill In The Blank!

Closing the gap in your smile

Spaces, or *diastemas*, can spell trouble for an otherwise healthy smile. They can cause speech problems, trap food and bacteria, interfere with normal chewing, and put unnecessary added stress on nearby teeth. Teeth on either side of the gap can become loose or crooked as they move in to fill the space. And just as importantly, they can also make one feel very self-conscious.

A careful assessment of the cause of the spaces, coupled with discussion about your smile wish list, will help us determine what technique(s) will eliminate your spaces, repair function, and give you the smile you've longed for.

- Traditional methods such as crowns or bridges fill in and close gaps.
- Cosmetic dentistry, such as bonding or veneers, can eliminate spaces.
- Orthodontic treatment using state-of-the-art invisible braces can bring neighboring teeth together.

There's no reason you should stare at that empty space every time you look at your smile, or cover it self-consciously when you laugh or smile. Come see us to talk about closing the gap. We'll recommend a treatment that's right for you. The results will be natural looking and defy detection, so go ahead and give us a call! We'll be happy to discuss your options to a more beautiful smile.



Thank you for all your referrals. We appreciate them!

When You Lose You Win

What you need to know about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it's different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

And it's getting more complicated...

Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

How's that?

Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

How will you know?

Initially you probably won't because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

Is there any good news?

Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there's more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn't show weight loss!



Oral Cancer Bites

Start early & win!

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the *human papilloma virus* (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

A Check your tongue, lips, cheek lining, and gums.

B Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

C Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancer can be cured.



Many challenges? We have many ways to beautify a smile!



Reality Checks

We can tell you why it is what it is!

We're happy to say that most dental problems can be treated successfully ... but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here's why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, color, and feel of your tissues;
- early signs of lip cancer and tumors in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!



LIKE NIGHT & DAY

What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle *and* reducing your carbon footprint.

- ◆ If you take really long showers, you could save more water and energy by soaking in the tub until you're clean, relaxed, and ready for bed. If you don't like baths, use a timer or energy-saver shower head.
- ◆ Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- ◆ A slightly cooler bedroom temperature can improve sleep, conserve energy, and save dollars, so lower your thermostat, open a window, or install an energy-efficient fan.

Monkey See...

Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don't go to the zoo ... come see us for a demo!

NEWSLETTER UPDATES:



Kelli Schwagle, our Hygienist, is getting married this September. We are so happy for her! The lucky newlyweds will honeymoon on a two week cruise in Greece. Have a great time and safe trip! We wish you much happiness. **Congratulations and Best Wishes!**



Baby News!

Irma Franceschi, our long time Hygienist is expecting her third baby this September! We are all very excited for her as this time she is having a girl. Congrats Irma! Cannot wait to meet her!

Welcome Alex Zavala!

Alex recently joined our team with 16 years experience as a dental assistant. Aspiring to be a dentist, Alex's skill, expertise and fun-loving nature is well received by all. We wish him luck and are supportive even though we would like him to stay awhile.



Nicole Harper, our highly trained dental assistant has relocated with her husband to San Diego, CA as her husband is in the military and was transferred. **Goodbye Nicole and good luck, we will miss you.** Thanks Jonny, for protecting and serving our country.



office information

Perfect Smile Dental Spa
Dr. Timothy B. Dotson
Dr. Nichole L. DeMars
 2155 W Roscoe Street, Suite 1N
 Chicago, IL 60618-6260



Office Hours

Monday 8:00 am – 7:00 pm
 Tue/Wed 8:00 am – 8:00 pm
 Thursday 9:00 am – 7:00 pm
 Friday 8:00 am – 3:00 pm
 Saturday 8:00 am – 1:00 pm

Contact Information

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Web site www.perfectsmiledentalspa.com

Office Staff

Lisa.....Front Office Manager
 Alex, Darlyn, Nancy, Sabira.....
Dental Assistants
 Carol.....Bookkeeper
 Debi, Irma, Natalie, Kelli.....
Registered Dental Hygienists
 Gale.....Sedation Nurse
 Hannah, Nicole, Steve, Tom.....
Massage Therapists
 Michele... Patient & Insurance Coordinator
 Samira.....Lead Dental Assistant
 Susan.....Office Manager



At the end of August our Team Leaders will go out to Scottsdale, AZ for advanced training in order to better serve you. We hope you are all enjoying your summer and we look forward to your next visit.

Don't Fall Behind!

Use your benefits

We know that by now, you understand that any advice we give to you is out of genuine concern for your well-being. Whether we recommend a treatment plan, suggest a lifestyle change, or encourage you to use up your annual insurance benefits, our sole motive is to help you achieve optimal oral health.

As we get further into the year, time starts to run out for you to make the most of your insurance before it expires on December 31st. We will start to remind you more often as the days pass, but only because we don't want you to lose valuable benefits which won't carry over to next year.

Please take a moment to check your remaining insurance benefits ... then book an appointment to make the most of them!

Thank You For Your Referrals!

To show our appreciation for your generous referral of family and friends, we will place a

\$25 credit on your account

for each referral you make!

Refer **4 or more** new patients and we will provide you with a

Complimentary Massage

(a value of \$175!)