



# Smile Gazette

from Dr. Donald Pulver

Produced to improve your dental health and awareness

Summer 2010

## fromthedentist

### Attractive Solutions

#### CareCredit®

Part of our job as your dental care provider is to try and work with you to ensure that your personal financial circumstances do not interfere with your dental health care decisions. This is why we recommend CareCredit®, an affordable payment program that has a unique no-interest payment plan. CareCredit enables healthcare providers to offer flexible payment options to cover many costs that many insurance plans currently don't.

With CareCredit, you can pay for treatment over time. There are no up-front costs, or annual fees, no prepayment penalty, and the application process is quick and easy. CareCredit offers monthly payment plans to meet almost every need so that you can focus on what's most important - ensuring good dental care.

Ask for a CareCredit application ...and begin treatment today!

*Yours in good dental health,  
Pulver Dental Care*



Visit our web site at  
[www.drpulver.com](http://www.drpulver.com)

## Veneers

### Putting on a new smile!

Thanks to the many recent advances in cosmetic dentistry, new smiles can literally be created ... simply and effectively. Front teeth that are discolored, chipped or have gaps between them can look as good or better than new, using porcelain veneers. These ultra-thin, hand-crafted shells of ceramic material are bonded firmly to the front of your teeth and can be used to improve color, shape and alignment. They are natural looking and are highly resistant to permanent discoloration from drinking coffee or tea, red wine or from tobacco smoking.

The best part is that the entire veneering procedure usually takes just two or three appointments. During your first visit we assess your smile and plan your treatment. At your next

appointment, we reshape your teeth slightly to accommodate the veneers, then create a model of your teeth for the laboratory.

On your final visit, the veneers are bonded to your teeth. You can view the esthetic results first, and we can adjust the color of the veneers by selecting the shade of adhesive. A light is applied to quickly seal the bond so securely that you can brush and floss daily. After about two weeks, we may ask you to return to our office for a follow-up appointment.

Veneers can simply and effectively restore the health and beauty of your teeth and give you that self-confident smile you've always wanted.



**Maximize your insurance benefits before they expire on December 31st. Call our office today - we can help!**

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

## The Game's Afoot Go green & have fun!

Green gyms are in, and it's a growing movement. Traditional gyms use a lot of electricity, and increasingly providers are looking at how they can become more energy-efficient. In the meantime, consider working out on your gym's self-powered equipment instead of the energy-hogging ones.

Another way to reduce your eco footprint is by being more active outside in every season...

- |   |  |
|---|--|
| <input type="checkbox"/> Garden           | <input type="checkbox"/> Play tennis     |
| <input type="checkbox"/> Use a push mower | <input type="checkbox"/> Swim            |
| <input type="checkbox"/> Canoe or sail    | <input type="checkbox"/> Snowshoe or ski |
| <input type="checkbox"/> Walk             | <input type="checkbox"/> Run             |
| <input type="checkbox"/> Bike             | <input type="checkbox"/> Hike            |

And what about this? By participating in conservation activities like trail building, you can stay fit, connect with the environment, and help your community.



## Whitening & Veneers



## Fast Track – Fast Results ▶

There are some claims you can believe in

When an employer or prospective client has to make a choice and all else is equal, your appearance and grooming could make or break your chances. So it's only reasonable that you want to look your best. It's good to know that while many products promise more than they can deliver, you can count on cosmetic dentistry to give you long-lasting results you'll be proud of.

We'll be happy to talk to you about affordable non-surgical treatments like whitening, recontouring, bonding, and veneers that can literally transform

your smile, often within only one or two visits.

- **Whiten your smile** by as many as eight shades with safe reliable dentist-supervised teeth whitening.

- **Brighten your smile** with enamel-colored fillings to replace older metal and stained white fillings.

- **Re-shape teeth, close spaces between teeth, repair chips and fractures, and strengthen teeth** where enamel has been lost with bonding or beautiful translucent hand-crafted porcelain veneers.

Cosmetic dentistry means more

than camouflaging smile flaws. Sure, permanent **dental implants** that replace lost teeth will keep you looking good, but they also prevent tilting and shifting teeth that will both alter your bite and your ability to speak, eat, and chew. **Gum recontouring** can restore balance and symmetry to a too-gummy smile or uneven gumline that detracts from otherwise healthy beautiful teeth.

In the competitive world of business where opinions are formed in only seconds, we're proud that we can help you feel self-confident – and confident in us.

# Pregnancy Perio Risk

## Oral health could affect you & your baby

For some time, advanced gum disease, called *periodontitis*, has been linked to complications of pregnancy including premature birth, low birth-weight, toxemia, and gestational diabetes. Research has strengthened this association by showing that gestational diabetes appears in women with gum disease – even if they don't smoke or drink. Gestational diabetes usually disappears once the baby is born, but it places you at a greater risk of developing Type 2 diabetes later on.

So how to prevent gum disease? The best prevention is regular dental care and thorough daily brushing and flossing to remove the buildup of plaque, the natural biofilm that is always present in your mouth.

Pregnancy is a time of hormonal fluctuations that can alter the bacterial and acidic balance in your mouth and leave you a little more susceptible to gum disease. That's why, during your pregnancy, we may suggest more frequent follow-up than you're used to. Yet everyone at every age needs to maintain their oral health because gum disease has also been linked to cardiovascular diseases, osteoarthritis, kidney disease, cancers, respiratory diseases, and diabetes in the general population.

*No matter what your stage of life, don't wait until you see symptoms of inflammation including redness, puffiness, or bleeding gums. Even if you think you are problem-free, don't skip your recall visits.*

*We screen for gum disease at every visit ...because we like to see you smiling.*



## Easy On You

### Easy on your wallet

*Here are some budget-friendly ways to de-stress:*

**Picnic in the park.** Relax, dress casually, and don't worry about which fork to use. Take a simple pre-prepared meal with you.

**Dine at home.** Have a special family meal. Let everybody pitch in. It's fun to share the cooking (and cleaning!), and even little ones can help.

**Step back.** Back in the day, a leisurely car ride to the countryside or a long meandering walk through the neighborhood were simple and affordable ways to stay tuned to nature, community, and family.

**Create a home spa.** Alone, or with friends and family at your "spa," create a custom facial, manicure, and pedicure. Raiding your fridge and cupboards for natural spa ingredients just adds to the fun.

# Just Lose Five

Drop these now...

### Using tools on teeth

Ouch. Knives, forks, keys – our inventiveness is legend. You risk damaging teeth and gums! Carry dental floss instead.

### Using teeth as tools

Tearing food packets, prying off container lids and bottle caps, and chewing pens and pencils can lead to cuts, damaged jaw joints, or chipped and broken teeth.

### Using tobacco products

Smoking cigarettes and cigars, or chewing smokeless tobacco, can lead to oral cancer as well as gum disease, tooth loss, and unattractive staining.

### Indulging your sweet tooth

Too many sugary soft drinks, acidic power drinks, candies, and other sweet treats are well-known culprits.

### Avoiding routines

Don't skip brushing and flossing your teeth or your regular dental visits. Avoid costly dental bills instead by preventing tooth decay and gum disease with excellent home care. You'll also be keeping your breath fresh and your smile white and appealing.

# More To Your Smile

## Periodontal health

Ageing doesn't cause tooth loss... *period*. Surprised? Periodontal disease does. Periodontal disease is a bacterial infection that has also been linked to cardiovascular diseases, diabetes, obesity, premature births, and oral cancer. But that's not all there is to know...

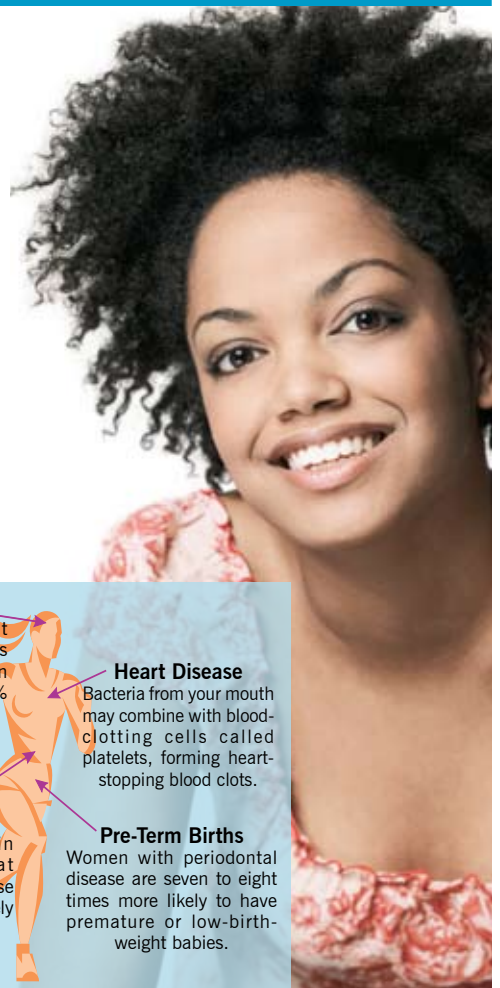
Although gums provide support for your teeth and enhance your smile by providing a contrasting, healthy frame, it's easy to forget about them. Teeth get all the great press! Here are some excellent reasons why we - your dental professionals - are an integral part of helping you take care of your periodontal health.

- You'll learn how to keep your teeth for a lifetime!
- Your overall health will improve!
- Your smile, and in fact, your whole face, will look younger and healthier!
- You can count on your breath being fresh and free from malodor!

■ You'll be able to kiss without worrying about sharing disease-causing oral bacteria!

It's clear that you shouldn't lose your teeth to gum disease. And that you can look great, feel great, and improve your social life with good oral health. Who would have thought that the "forgotten gums" could give back so much?

Please call for a consultation. We can assess your oral home care and whether you need to make any adjustments, and if necessary, we can discuss a cosmetic procedure that improves a too-gummy smile. And, as always, we'll be happy to answer all your questions.



**Stroke**  
New studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% comes from the mouth.

**Heart Disease**  
Bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.

**Diabetes**  
A study conducted in Arizona showed that diabetics with gum disease were three times more likely to have heart attacks.

**Pre-Term Births**  
Women with periodontal disease are seven to eight times more likely to have premature or low-birth-weight babies.

## office information

### Pulver Dental Care

501 East Commercial Avenue  
Lowell, IN 46356-1816

### Office Hours

Monday 12:30 pm – 7:30 pm  
Tuesday 8:30 am – 5:30 pm  
Wednesday 8:30 am – 5:30 pm  
Thursday 12:30 pm – 7:30 pm

### Contact Information

Office (219) 696-4940  
Fax (219) 696-4800  
Email [dwpulver@earthlink.net](mailto:dwpulver@earthlink.net)  
Website [www.drpulver.com](http://www.drpulver.com)

### Office Staff

Dawn ..... Receptionist  
Jackie, Laura ..... Dental Hygienists  
Carol, Kim, Windy ..... Dental Assistants  
Trish ..... Appointment Coordinator  
Dana ..... Financial Coordinator



Relationships Inspire Us

## To raise the bar

We love it when our patients refer us to family and friends. It speaks volumes to how much you trust us to provide you with the best possible oral health care. And it even goes beyond that. Your referrals inspire us!

Every time you refer our practice to people you care about, it re-energizes our commitment to ensure that your entire experience at our practice is relaxing, comfortable, and even educational – from the time you arrive, to the attention, care, and support you are given while you're here – to our continued communication beyond your appointment. It compels us to continually raise the bar and discover new ways we can provide you with even more.

So, please keep the referrals coming. Your inspiration benefits everyone – you, as well as your family and friends.

## Let DIAGNOdent™ Shine

### Prevent problems

DIAGNOdent™ is a revolutionary dental laser tool that safely and effectively detects changes that might not be visible on a traditional x-ray, even below your tooth's surface.

When this light source is directed at your tooth, anything unusual about the tooth's surface – such as the start of a cavity – causes a different type of light to be bounced back to the instrument. This light is transferred into an acoustic signal which is evaluated by a control unit. DIAGNOdent allows us to quickly catch what could later become a problem.

We want to ensure that every tooth remains yours for life. DIAGNOdent will not only reduce your need for x-rays, it will catch problems before they even get started.