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Calling all

smiles



Produced to improve your dental health and awareness

Winter 2009

fromthedentist

Season's Greetings

With thanks, too

As the year comes to a close, I would like to take this opportunity to thank all of you for your loyalty over the past year. I speak for everyone in our practice in telling you how much we appreciate each and every one of you.

We enjoy your visits and sharing your news about family events and activities. It's important to me and to the staff that you enjoy those visits to our office too. Your oral health is our first priority and we are committed to providing a comfortable and friendly atmosphere so that you, our patients, enjoy a relaxed, positive experience.

As the busy holiday season approaches, I would like to extend sincere wishes from all of us for happy celebrations with your family.

Happy holidays,

Pulver Dental Care

turnthepage

Step into health!

Wake up your dream smile!

Tea for teeth!



*Season's
Greetings*

from our
family to
yours!

Thank you for all your referrals. We appreciate them!



Not For Women Only

6 perio facts

1 Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.

2 Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.

3 Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.

4 Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.

5 Tobacco and alcohol should be avoided, especially in combination.

6 Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

Healthy You

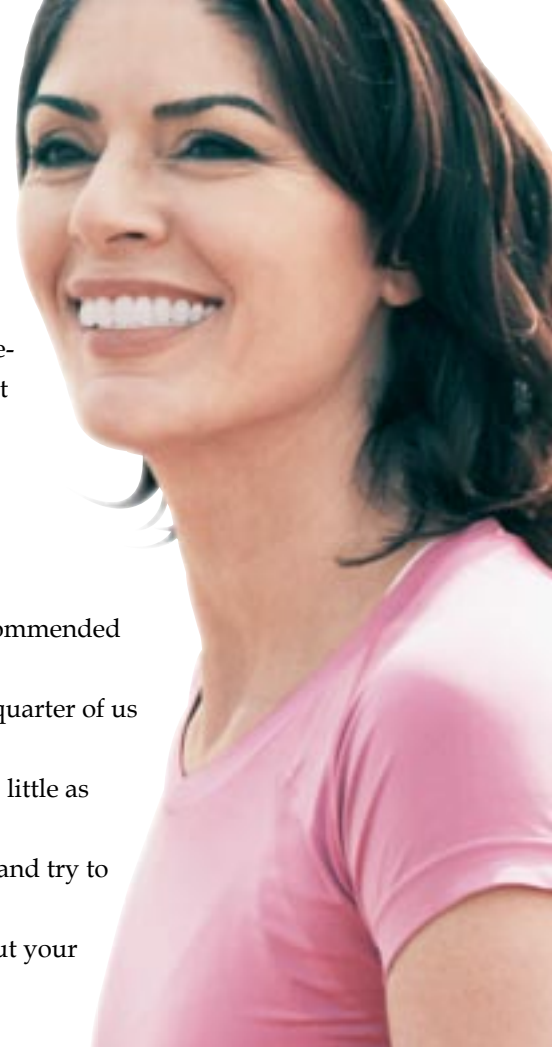
Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

Did you know...?

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



Wish No Longer

Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

Cosmetic veneers could give you your dream smile if...

You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

You are unhappy with the shape and proportion of your teeth.

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

A Little Or A Lot

You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCOLOR



IDEALIZE

TEMPT YOUR TASTEBUDS

TRY WHITE TEA



The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.

It Was Soooo Good!

Holiday giving for your oral health

The holiday season will shortly be upon us, and with it all those wonderful family get-togethers, terrific meals, parties, snacks, more terrific meals, and finally all those great leftovers... You get the picture. Unfortunately, so do your teeth and your gums! And if you're not careful, by the new year you might just need a complete oral health makeover.

The problem isn't so much the individual holiday sweet or rich food. It's just the constant bombardment of sugars and starches in the mouth that combine to fuel the plaque-producing bacteria that attack your tooth enamel. Saliva, your natural bacteria cleanser, becomes overwhelmed, and the plaque takes up permanent residence.

Have a wonderful time, give your oral health a helping hand by taking the occasional time out from all those temptations. And never ever forget to brush and floss after every meal.



Here are some helpful hints to get you through the holidays, so you can keep your healthy smile for a lifetime!

- Rinse your mouth with water between snacks. Chewing sugarless gum will give your saliva a boost and wash away the sugars and starches.
- Eat adequate amounts of green, orange, and yellow vegetables and fruits for their high vitamin A and D content. Citrus fruits, yogurt, and other dairy products also provide plaque-fighting vitamins and minerals.
- Avoid constant sugary snacks and sipping sugar-filled sodas for long periods of time.

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

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Office Staff

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



Cold-Weather Health

Simple solutions

Now that we have moved indoors for the colder-weather season, germs spread more readily as we're all in closer proximity to each other. Stay healthy and prevent germs from spreading among family members with these simple precautions.

- Avoid coughing into your hand – use your sleeve or elbow when coughing or sneezing.
- Wash your hands frequently, scrubbing well with soap and water, and dry your hands thoroughly.
- After a bout of stomach flu or a head cold, replace your toothbrush to prevent recurring illness.
- Keep your family's toothbrushes separated from each other so bristles don't touch.
- You don't want airborne bacteria settling on your brush, so close the toilet lid before flushing, and keep your brush in a cupboard or drawer.
- Consider investing in a UV toothbrush cleaner.

Delighted With You

That's a fact

On average, during the day, your mouth swallows 2,000 times, which helps flush out bacteria. At night, it swallows only 20 times, allowing bacteria to build up. That's why it's so important to brush before sleeping...

We just love sharing these factoids with you. And we appreciate it when you share our delight and commitment with your friends, family, and colleagues.

Your enthusiasm is contagious and encourages your friends and family to come and see us. We know that feeling comfortable with your dental team makes visits more enjoyable and less anxiety-filled. And that a personal recommendation from a friend is the most credible form of advertising.

So, we are thankful for the great compliment of your continuing referrals.