



Cornerstone
DENTISTRY

Dr. Dale Hardy's

SMILE UPDATE

Produced for Patients of Dr. Dale Hardy

Fall 2004

from the dentist

Fall Follow-Up

Let's all be pro-active!

Misplaced your fall recare appointment card? Don't worry – we understand about summer priorities. But fall is back, and we're all on track ... and a call to remind you is our pleasure.

Following up with continuing dental care is part of the commitment we make to all of our patients. We are pro-active when it comes to prevention and to maintaining your excellent level of oral health. Keeping your teeth and gums scrupulously clean and disease-free, ensuring that simple problems don't become more complex and costly, and checking for oral cancer are always high priorities.

Fall also signals upcoming renewal time for many dental plans. Benefits are not usually carried forward from one year to the next, so *now* is the time to schedule your recare appointment.

Yours in good dental health,

Dr. Dale Hardy

turn the page

7 Hot Smile Solutions!

More reasons to quit smoking now

Take your healthy smile on vacation

Mouth-Body Connections

Important health links

Researchers are providing more evidence each day of an important connection between your overall health and your oral health. Here are just some of the ways in which periodontal disease, or gum disease, may affect other conditions you have, or those that you might develop.

With **heart disease and stroke**, the facts are compelling. People with periodontal disease are almost twice as likely to suffer from coronary artery disease as those with disease-free gums. One study found that 85% of heart patients studied had periodontal disease. The most likely explanation is that somehow plaque and oral bacteria find their way into the blood stream and contribute to the thickening of the walls of the coronary arteries.

Diabetes and gum disease affect each other equally. Diabetics are more likely to have gum disease than most people. And gum disease itself makes it more difficult for the diabetic to control blood-sugar levels.

The connection is clear with regard to **premature birth**. Pregnant women who have periodontal disease may be as much as seven

times more likely to have a baby born too early. Why? Some research suggests that gum disease may increase levels of the biological fluids that induce labor.

There is also evidence that periodontal disease contributes to **respiratory diseases and osteoporosis**.

Simply put, periodontal health is a top priority for your overall continuing health.

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.



An attractive smile makes a lasting impression!

Beauty & Perception

The word "esthetics" comes from the Greek *aisthetis* which means perception through the senses. We judge beauty with all of our senses, and appearance, in particular, with our eyes.

You may not have noticed the slight but significant facial differences that contribute to our perception of masculinity and femininity. In dentistry, the biting edges of men's teeth are usually straight while women's tend to be curved. The second incisors (teeth on either side of the front teeth) are wider on men and narrower on women. The eye-teeth tend to be more dominant in males, and male tooth enamel tends to be thinner, affecting color.

Taking these differences into account is just one of the ways that we help you to achieve a balanced, natural smile that matches your perceived ideal.

Oral Health Tips For Jet Setters

You can take your good habits with you!

Whether for business or pleasure, an overnight or extended stay, many people travel year-round. Thanks to the global village, even business travel can take us to exotic locales.

In one study, 91% of the participants continued with their home oral care routine while they were traveling. Excellent news. Brushing, flossing, and rinsing are still the best strategy to prevent periodontal disease, the leading cause of tooth loss among adults, and a contributor to systemic diseases like diabetes, osteoarthritis, and cardiovascular disease.

Here are some travel hints – all are valuable whether you're at home or away.



Crooked

...due to shifting and crowding. Adults can often avoid braces with **bonding** and **veneers**, restoring alignment, balance, and symmetry.

Smile Concern.

Shape

Veneers reshape teeth and are matched to your tooth color.

Discolored

...due to silver amalgam fillings. Modern **composite** or **white filling materials** that match your natural tooth color are virtually invisible.

Stains

...due to age, smoking, coffee, tea, and red wine. **Whitening** can safely and comfortably brighten teeth. **Bonding** with a tooth-colored plastic, or applying porcelain **veneers** can whiten while hiding flaws and improving tooth shape.





Your LIPS Speak Volumes

Your lips frame your teeth, drawing attention to, and even enhancing, your smile. That may be why women who don't usually wear makeup often wear lipstick. Men are also paying attention to their lips. In one study, 30% of men used lip moisturizers at least once daily.

Lip cosmetics may enhance the frame, but cosmetic dentistry can complete the picture. Non-surgical dental techniques like bonding and veneers can actually plump out tissues and reduce lines and fine wrinkles for women *and* men, adding the appearance of volume to lips. Teeth whitening can safely add sparkle and glamor to any smile.

So whatever your gender, consider enhancing your smile!



Say Goodbye To Wrinkles

Great news! If you quit smoking, you can avoid premature wrinkling.

Science has long known that long-term smoking causes wrinkles to appear earlier on smokers' faces than non-smokers', and earlier on women's faces than men's.

Research shows that **the gene that is implicated in wrinkles from sun exposure is highly active in smokers and silent in non-smokers.**

The gene is involved in destroying collagen, the structural protein that gives skin its elasticity. Everyone should wear sunscreen, but smokers in particular because of this highly active gene. Smoking can also damage skin

through the dehydrating effects of nicotine and through constriction of the skin's vascular structure.

There are other esthetic reasons to quit smoking. The smell gets in your hair. **Smoking stains teeth and contributes to bad breath.** But most importantly, and much beyond esthetics, smoking has been **linked to heart disease, periodontal disease, and cancers, including oral cancer.**

We provide a **free oral cancer examination** as part of your regular dental appointment. And **we can remove yellow nicotine stains from your teeth.** But only *you* can stop smoking.

Smile Solution!



Missing

Implants have become the treatment of choice for millions of people who have replaced teeth while actually strengthening bone. **Crown and bridge** treatment can close gaps by cementing a replacement tooth or teeth between two crowns that cover existing teeth.

Chips & Cracks

Bonding and **veneers** can hide these flaws and strengthen your teeth.



Gummy

Gum recontouring can show the natural length and beauty of your teeth to give you a natural-looking, balanced smile.

Do All That You Can

Ensuring restoration longevity

Restoration materials and techniques have continuously improved, but even so, your crown or bridge does require maintenance if it is to last its expected lifespan of 10-15 years.

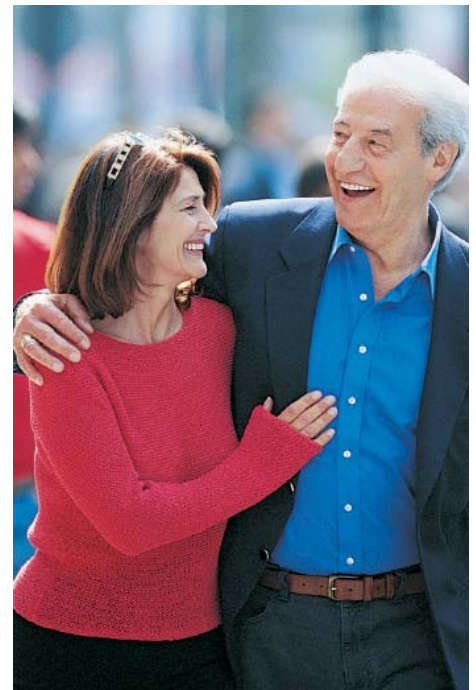
What are crowns and bridges? A crown covers a tooth to protect and restore it to its normal shape and size while strengthening and improving appearance. A bridge replaces one or more missing teeth by spanning a gap, and is usually anchored to teeth on

either side of the gap.

Maintain your home care. Tooth decay and problems associated with gum disease are the major cause of tooth and restoration loss. If your gums recede, if you lose underlying bone, or if you lose tooth structure, your restoration will no longer fit. This means the expense of replacement, and the expense of a potentially greater cost – your oral health. We can offer demonstrations and special cleaning tools to help you achieve excellent hygiene care.

Wear a mouthguard to protect your teeth and restorations. Our custom-fitted mouthguards are superior to off-the-shelf products.

Watch what you eat. Biting into extremely hard foods, including ice, can damage restorations.



A high-sugar diet can contribute to decay. Prevention is always preferable.

Ask for help. Please call us for a home care routine review, to examine the state of your restoration, or even to ask if a crown or bridge might be what you need to brighten your smile.

Stat:

Only 50% of people are happy with the look of their teeth. Crowns may be the solution for your smile!



office information

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Office Hours

Mon-Thu 8:00 am – 5:00 pm
Friday 8:30 am – 2:00 pm *
* By appointment

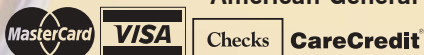
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Accept Our Gratitude...

For your referrals

We'd like to thank all of you for sending your family, neighbors, and even business colleagues to our office. These referrals mean a great deal to us! They tell us that we're doing a great job for you and your family, and that you trust us to do the same for other people in your sphere of influence.

That's why we are so committed to continuing education and to leading-edge technology, procedures, and materials. And it's also why we work so hard to streamline recordkeeping and claim processing to keep your visits hassle-free.

Yes, we *really* appreciate the new business you send us! As professionals, the real brass ring is knowing that our team is providing gentle, caring, and excellent dentistry to you and yours.

Sticky Business

Benefits of chewing gum

Most people, unless they are experiencing tooth or jaw discomfort, have used chewing gum to relax, avoid snacking or smoking, and to reduce ear discomfort when flying. Gum can help moisten your mouth and help clean your teeth after meals. It also comes in many breath-freshening flavors.

One popular cinnamon-flavored chewing gum temporarily eliminates more than 50% of the anaerobic bacteria that causes bad breath. It contains *Cinnamic aldehyde*, an essential oil which is the active ingredient that inhibits disagreeable odors.

Gums with xylitol help to prevent periodontal disease and cavities. Some chewing gums assist with the remineralization of tooth enamel, while others whiten teeth.

Whatever you choose, *always* stick to sugar-free gum!

