

# CREATING ULTIMATE SMILES

# SMILE LINES...

For the Patients of Dr. Rob Leland, Dr. Barry Brodil, & Team

Fall 2008

## Our Team

### The Doctors

Robert S. Leland, DMD  
Barry W. Brodil, DDS

### The Hygienists

Peggie Lee Baker, RDH  
Sharon Baxter, RDH  
Judy Dorner, RDH  
Chris Ellis, RDH  
Berni LeBeau, RDH

### The Assistants

Deborah Clement, CDA  
Kerrie Iasi

### The Office Team

Rebecca Bennett  
Lin Johnson  
Linda Murphy

### Office Hours

Monday	7:00 am - 7:30 pm
Tuesday	7:30 am - 5:00 pm
Wednesday	7:30 am - 5:00 pm
Thursday	7:00 am - 4:00 pm

*Please remember to refer your family and friends with confidence. We sincerely appreciate your referrals.*

#### Creating Ultimate Smiles

51 Mill Street, Suite 10  
Hanover, MA 02339-1652

(781) 826-8395

[CreatingUltimateSmiles.com](http://CreatingUltimateSmiles.com)

## Whiter Smile!

### What you need to know before whitening your teeth

There are many reasons for wanting to whiten your teeth. Maybe you've always wanted a beautiful white smile, or maybe your teeth have yellowed over time, or stained over the years. A great smile with whiter teeth can boost your confidence and self-esteem as well as give you a younger appearance. Today, most everyone can enjoy a bright, healthy smile by undergoing one of the many options available to whiten teeth.

Tooth whitening - a process that makes teeth appear whiter - can be achieved by lightening teeth or removing stains and discoloration. Although advertising generally uses the term "tooth whitening" interchangeably, there are 2 different types of tooth stains, and successfully achieving a whiter smile depends on choosing the proper whitener for you.

Intrinsic stain is incorporated into the tooth structure and is best removed through the use of a product that can bleach the tooth and change the natural tooth color.

Extrinsic stain is the color or stain on the surface of the teeth, which can create a loss of tooth luster, shine, and brightness. Extrinsic stain is best removed through the use of nonbleaching whitening products

that contain agents whose physical or chemical actions help remove surface stains.

A thorough cleaning by a dental hygienist will remove most extrinsic staining caused by food and tobacco. But intrinsic stain or extrinsic stain that has remained on the teeth for a long period of time may require professional whitening or the use of over-the-counter whitening products that have been shown to be effective.



## What is teeth WHITENING?

It is a procedure designed to remove stains and lighten teeth pigmentation. Teeth whitening can be done safely, quickly, and reliably with our supervision.

*Our newsletter to help our families and friends live happier, healthier lives.*

## Get The Most Out Of Your Dental Insurance!

The signs of Fall signal back-to-school for many of us. They should also be a cue to make a dental appointment.

Although you may not realize it, your dental insurance has seasons too. More than 90% of dental plans are based on the calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into next year so your insurance company gets to keep it.

If you are thinking about getting some dental care this year, now is the time!

Some treatment can take weeks to complete. That's why it's especially important to come in for a visit to get things on the go, as soon as possible, before your 2008 dental benefits expire. Linda will be happy to help you maximize your benefits.

## Smile Of The Month

This patient had an ill-fitting crown on his front right tooth that showed the underlying metal. His front left tooth had traumatic damage. The gum-tissue on each tooth were uneven as well. We were able to refurbish his smile with two porcelain crowns and minor recontouring of his gum tissue.

If you have been dissatisfied with your smile we'd be happy to discuss the options that can help you achieve the look that you would like. Please contact us for an appointment.



## Office Info:

### Sharon:

Sharon, one of our dental hygienists, wanted to share some news with her patients. She is due with her first child (baby girl) in November. Sharon, and her husband, Frank, are very excited, as are we all. We wish them all the very best.

### Reminder:

Please let us know when there are any changes with your address, phone number, or insurance. We would appreciate you calling us with any updated information prior to your coming in for your appointment.

When you come in for an appointment it would also be helpful for us to know what the best phone number is to reach you for confirmations.

### Emergencies:

We would like to accommodate everyone who has an immediate concern. If you have an emergency please call us prior to 8 am. This allows us to adjust our schedule accordingly.

If you have a concern over the weekend please call the office and our answering service will get you in touch with the doctor on call.

We'd like to hear from you:

We try to incorporate any new information that we think might be interesting to our patients along with any pertinent office information. If there is anything that you would like to see in our newsletter please feel free to contact Lin. at [Lin@creatingultimatesmiles.com](mailto:Lin@creatingultimatesmiles.com), or 781-826-8395 ext 10.

## Congratulations Peggie!

We recently celebrated Peggie being with our practice for 20 years!

Dr. Brodil says "working with Peggie over the last 20 years has been an experience I will never forget. She is a very caring and dedicated professional who has been a great team member. Peggie is also a friend I was always able to depend on for support."

Peggie has been a registered Dental Hygienist for more than 33 years. She graduated from Forsyth School for Dental Hygiene and Northeastern University in 1975.

Peggie has enjoyed the experience of working in different dental practices (Periodontal, Pediatric and General) as she and her husband, Jeff, relocated to different areas of the country for graduate school and business opportunities.

Peggie and her family, (Jeff, daughter Emilie and their lab), moved to Duxbury in 1985 where she worked for a Periodontal practice in Hingham before joining our practice in 1988.

Peggie works part time as well as covering for the other hygienists in our practice.

In her free time, Peggie loves spending time with her family, skiing, golfing, cooking and entertaining. She also enjoys taking her yellow lab, Bailey for long walks on the beach and in the town forest.

Your photo here

