

# SMILE LINES

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

Winter 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.*

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*CreatingUltimateSmiles.com*

## Did You Know That Stem Cells Have Been Discovered In Teeth?

A valuable source of stem cells has been located inside the dental pulp of teeth. Because these stem cells originate from your teeth, they are a great source because they are non-controversial, non-invasive, and guarantee a perfect genetic match. Early research shows that they have the ability to regenerate tissue such as bone, cartilage, nerve, heart muscle and brain cells. So, if your family has a history of dental disease, arthritis, osteoporosis, heart attacks, or degenerative brain disease, you may benefit from future potential stem cell therapies as they emerge in the coming years.

Several life events coincide with a trip to the dentist that allow for convenient collection of stem cells from teeth. Baby teeth, teeth removed for braces, and wisdom teeth are great sources of these cells. As a parent, doing everything to ensure your child grows up healthy is top priority. By doing something as simple as saving a few of your child's teeth, you can feel confident knowing your child is protected from future illness, injury, or disease. This can be particularly useful and important if you are unsure of your medical history, have adopted a child, or missed the chance to save cord blood stem cells at the time of birth.

Amazing stories of success are

flooding the literature everyday and you can only take advantage of this opportunity by banking stem cells for your children and family's future use. Fifty-eight year old Carron Morrow had suffered four heart attacks and was on the long waiting list for a heart transplant when she decided stem cells may be her only key to surviving and living a normal life. The entire right side of her heart was non-functioning before having cultured stem cells from her own bone marrow injected into her heart. Her physical condition was critical, as she struggled with mobility, breathing, and being able to move herself at all. After the surgery differences in her condition were immediate; she could easily breathe and move. Her feelings of recovery were confirmed when an echocardiogram showed the previously non-functioning right side of her heart was now performing at eighty-nine percent.

Our team has recently met with representatives from the National Dental Pulp Laboratory to learn more about stem cells found in teeth. This is a budding field in medicine and science and our team is happy to answer questions regarding this breakthrough and how it may benefit your family.



To hear more success stories and learn more about preserving your family's future good health, speak with one of our team members or visit the National Dental Pulp Laboratory's website at [www.ndpl.net](http://www.ndpl.net).

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

# Set The Trend

## Select your cosmetic veneer option

There's a definite trend among men who choose to revitalize their appearance in the competitive workplace. They're opting for non-surgical procedures that increase facial volume and require only minimal or no downtime. For many, veneers are the non-surgical cosmetic option of choice. Here's why.

When veneers are bonded to your teeth, they can be matched to both the color and natural contours of the rest of your smile, and you can...

- ▶ **Look younger** by adding volume to the lower third of your face and minimizing fine wrinkles.
- ▶ **Camouflage** exposed roots and restore esthetic proportions to your smile.
- ▶ **Close gaps** between your teeth.
- ▶ **Repair** chips and cracks.
- ▶ **Straighten** slightly crowded or overlapping teeth without braces.
- ▶ **Brighten** your teeth and cover even severely stained teeth.

Veneers are hand sculpted from beautiful ceramics by trained technicians. Built-in translucence mimics natural enamel and allows some of the inner light to shine through.

Veneers really are *super* natural! Once applied, they act as a shield for your teeth. Porcelain material is highly resistant to oral bacteria and to permanent staining from smoking, coffee, tea, and food.

Men and women who want to look more successful and more energized in *any* environment can enjoy the advantages of even, straighter-looking, whiter teeth!

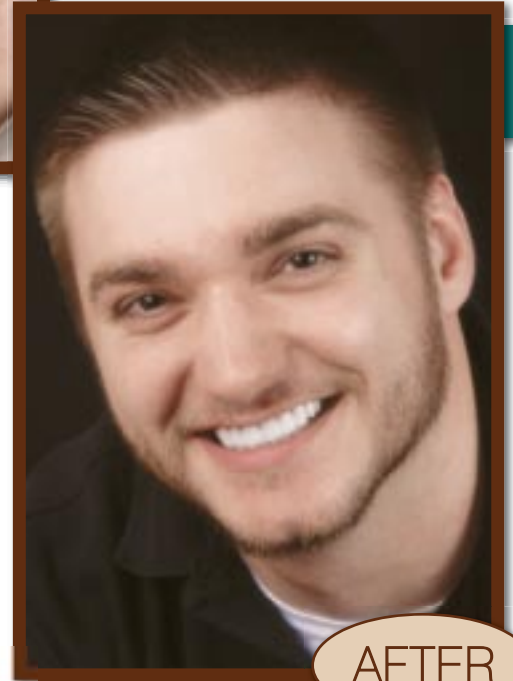
Please come and see us at our practice for a cosmetic veneer consultation.



BEFORE

look younger  
close gaps  
repair  
straighten  
brighten  
camouflage

VENEERS



AFTER

## Avoid Gum Disease

### Here's how...

Chances are you will be affected by gum disease at some point in your lifetime. Initially it often appears without symptoms, but it is progressive and is the leading cause of tooth loss in adults. Furthermore, without treatment, bone loss in your jaw is inevitable and can alter your facial appearance, speech, and diet over time.

#### What We Can Do

**Perform** regular exams and cleanings to remove plaque, the disease-causing biofilm that builds up on your teeth and can harden into tartar.

**Provide** brushing and flossing instruction and explanations about your oral health needs.

#### What You Can Do

**Schedule and keep** regular dental examinations and cleanings to ensure the health of your smile! Remember, with early diagnosis, gum disease can be reversed!

**Commit** to a smile-saving routine of proper brushing, flossing, and healthy eating at home.





## 2 Quick Fixes ..... Ready? Set. Go!

Your face is *the* most looked-at part of your body. And your mouth is the first feature that everyone looks at! Dramatically enhancing your smile can instantly lift your self-confidence, and you can even get transformative results over your lunch break.

These two tried and tested procedures will let you see a new you in no time and without invasive surgery...

**Whitening** - We can design and supervise whitening that may lighten your teeth by up to eight shades! Safe, reliable, and predictable teeth whitening technology may even remove stains caused by illness or medication.

**White Bonding** - We can cover the deepest stains by bonding material directly onto your teeth, and we can use it to replace older stained or silver fillings!

Choose one technique or two ... it's up to you!

### What's On Your Menu?

#### Smile savers!

Brushing and flossing to remove yellowing plaque is an essential strategy to keep your brightest smile. But for at least some of the time, start dining *white... and light!*

**Add** low-fat milk to sugar-free coffee or substitute with skinny lattes.

**Swap** black tea for green which has beneficial antioxidant properties.

**Switch** from stain-producing desserts like blueberry or cherry pie to fresh or baked apples, pears, or gooseberries.

**Rethink** soy and Worcestershire sauces and consider yogurt or trans-fat-free oils flavored with white vinegars, herbs, or garlic.

**Replace** red wine with white, and dark berry juices with light.

#### Avoid...

■ hot and cold liquids that expand and contract tooth structure, creating fine lines and cracks into which stains can penetrate;

■ regular consumption of acidic foods and drinks that can soften enamel and encourage staining.

## Suit Yourself!

4 ways to restore your smile

You know, when even one of your teeth becomes severely damaged or is lost altogether, it can affect more than your appearance and self-confidence. With time, your speech can be affected and your food choices limited. That's why restorations including fillings, crowns, bridges, and implants were invented. They can restore natural-looking form and function.

Here's how restorations work.

A **filling** is a restoration that repairs part of a damaged tooth. When modern composite or ceramic materials are combined with precision techniques, fillings can fit and fill most types of cavities without removing large amounts of healthy enamel. And they can be color-matched to look completely natural.

A restoration that strengthens and protects the tooth is called a **crown** and you may have heard it called a cap because it actually caps the entire tooth.

A **bridge** is a combination of crowns and artificial teeth that closes a gap left by a missing tooth (or teeth), restoring your smile and redistributing the workload.

An **implant** is an artificial crown and root which is permanently implanted right into your jawbone. Once placed, it acts like a natural tooth to avoid bone loss and prevent drifting of surrounding teeth. Different implant types and techniques are available to provide individual solutions, from replacing one tooth to anchoring dentures securely.

Whatever your need, restorative treatments can save time, money, and your smile!

### IMPLANT & VENEERS



### COMPOSITE FILLINGS



## Your Referrals Matter

We want to thank our patients for referring to our practice. It makes us feel great that you think we are doing a great job by referring friends, family and colleagues. A thriving practice allows us to invest in new technologies and continuing education.

If we don't ask for your referrals very often, it certainly doesn't mean that we don't care. It simply means that our team doesn't want you to think that we take your recommendations for granted. We consider it an honor every time you express your trust in us by sending someone to us for their oral care.

We certainly welcome new patients to our practice and look forward to seeing people that you care about and recommend to our office.

## Smile Of The Month

If you have been dissatisfied with your smile just look and see what we can do for you! This patient had problems with grinding and did not like the way her teeth looked. Her treatment began with our in-office whitening. She then went on to have ten veneers placed. She now has the beautiful smile she wanted!

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.



## Give The Gift Of A Brighter Smile...

Give yourself- or someone you love- something extra special to smile about! Bestow the gift of looking and feeling your best with teeth whitening. Whitening is safe and effective. The results can be dramatic and the process is so simple. We can remove stains created by everyday smoking, eating and drinking. The outcome? A sparkling new smile!

We offer both in-office and take-home whitening. Call us today for yourself or to purchase for someone you care about (we offer gift certificates).

Please tell your friends, family and business colleagues too.

*Holiday Greetings!*

We want to wish everyone happy holidays and a healthy and prosperous New Year!

## Keeping Up With Changes:

Please let us know when there are any changes in your address, home or work phone number, insurance etc. More important is your health and any changes in medications or medical conditions!

If there are any changes, please call us prior to your scheduled appointment so that we may take care of your needs in a timely manner on the day of your appointment.

To update your information you can call us at (781) 826-8395.

## Office Info:

### Last call for dental benefits:

A reminder that most dental plan benefits are based on the calendar year. Call us now to schedule your appointment to maximize the benefits you have left this year.

### Dr. Brodil:

#### Dr. Brodil is still here:

Back in January when Dr. Leland took over the ownership of the practice many of our patients asked the staff if Dr. Brodil retired.

Dr. Brodil wants you to know that he is still here! After his many years practicing dentistry he is enjoying working with his patients without the responsibility of running the business.

### Emergencies:

We would like to be able 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 are having a concern on the weekend call the office and our answering service will get you in touch with the doctor on call.

### Inclement Weather:

Winter is creeping up on us. If Hanover cancels school due to snow we will cancel all appointments that were scheduled prior to 9 am. We will call all patients that have appointments 9:00 am or later to let them know if we will have office hours for that day. The safety of our patients and our team are our top concern.

### South Shore Magazine:

Dr. Leland and Dr. Brodil have been featured in the South Shore Magazine.



Be sure to check out our website [www.creatingultimatesmiles.com](http://www.creatingultimatesmiles.com) for the latest articles that have been written about them.