



# Marcotte Dental Associates' SMILE REPORT

Produced to improve your dental health and awareness

Winter 2005

## fromthedentists

### Reach For The Stars!

If you were given the moon, would you ask for the stars? Probably. Most of us feel naturally compelled to strive for more ... to be better ... to feel better about ourselves.

If the celestial stars are too far from reach, there are luminaries who are closer to earth. Many of today's celebrities have fulfilled their personal dreams -one of the reasons we like to emulate them. Some of the most coveted smiles belong to leading lights like Julia Roberts, George Clooney, and Mel Gibson. In the celebrity couples category, Will Smith and Jada Pinkett Smith are considered the tops!

Cosmetic dentistry offers numerous options that can improve both the appearance and the function of our smiles. Many people have inherited a family feature like a receding chin or genetically missing teeth - traits that can become barriers to self-esteem. With the help of modern cosmetic dentistry techniques, we can re-sculpt a stellar smile.

Cosmetic dentistry is no longer the exclusive preserve of the rich and famous. Treatments are faster and financially more accessible than ever before.

*Yours in good dental health,  
Susan Luft-Marcotte, DDS  
Oliver Marcotte, DDS*

## Channel 4 Asks Dr. Sue

When Michiganders want breaking news they know to tune to Channel 4. When Channel 4 has a question about cosmetic dentistry, they know to turn to Dr. Sue. Channel 4 has tapped the local Farmington Hills dentist on several projects, including their *Body Beautiful* contest. Recently, Lila from *Lila's Good Health*, sat down with Dr. Sue to discuss the essentials of *bleaching*.



"The most common misconception about teeth whitening is that there's no limit to how white your teeth can be. In actuality, whiteness can vary greatly from patient to patient-regardless of how many bleaching sessions you complete" says Dr. Sue. A quick

consultation with your dentist will help determine what shade you can achieve.

Dr. Sue also warns against the risks associated with over-the-counter bleaching kits. "The advantage of a professional teeth whitening system is significant. Unmonitored bleaching with do it yourself kits usually leads to over-

use-which can damage the surrounding gums."

Dr. Sue recommends, "Don't jump on the bleaching bandwagon too quickly-a one-on-one working relationship with your dentist is the safe and effective way to get optimum results. The best part of my day is the excitement on a patients face after seeing the outcome. Whether it's

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BriteSmile™, veneers, NiteWhite® or a different approach-the key to success is to understand each patients' individual goal, then using our expertise to get them there."



Thank you for all your referrals - we appreciate them!

# Confidence, Comfort, & Natural Good Looks

Dental implants can help you smile more!



Dental implants can help you look better, eat better, and feel better. More than a million have been successfully placed in North America. That's a lot of smiles!

If you've been considering implants, here are a few of the most commonly asked questions.

**What is an implant?** An implant has two parts: a biocompatible metal root and a custom-made tooth which is attached to it. Underlying bone is prepared to accept the root which becomes part of your jawbone.

**How do I know if implants are for me?** Implants are so versatile that they can replace one or more teeth, support a bridge and eliminate the need for a removable partial

denture, or provide support to make a complete denture more secure and comfortable.

**Will my implants look natural?**

Completely natural. You can eat, speak, and socialize with ease.

**Are implants safe?** Definitely. Implants have been used for about 35 years, and patients can expect a 98% success rate.

**Do implants require special after-care?** No. They require the same home care and regular dental

visits as natural teeth.

**Are age and health important factors?** Age is not a factor. Most people in good overall and oral health are excellent candidates for implants.

**How long will implants last?** Implants are designed to be permanent, and more than 90% last for twenty years or more.

## Do WOMEN Smile More Than MEN?



Yale researchers reviewed 186 research reports on gender differences and smiling. They found that women do smile more than men, but not by much. Each culture sets rules about appropriate behavior for men and women, and when both genders have relatively equal power or social roles, men and women smile about the same amount. Here are some interesting findings.

- The degree of difference in smile rate between men and women is greater in the United States and Canada than in England or Australia.
- Men and women smile most similarly when they think no one is watching, and when they don't need to conform to social expectations.
- When there is tension in the air, women more often than men try to soothe feelings and restore harmony with a smile.

## Are You Doing What You Can To Encourage A Youthful Smile?

If you can answer "True" to most of these statements, you are well on the way to maintaining your beautiful, youthful, healthy smile.

- > I have no nicotine stains from smoking.  T  F
- > I try to limit my consumption of tea, coffee, and wine.  T  F
- > I try to avoid regularly snacking on sweets.  T  F
- > I try to maintain a healthy diet high in fiber and nutrients.  T  F
- > I drink water daily instead of relying on soft drinks.  T  F
- > I brush my teeth at least twice a day.  T  F
- > I floss every day.  T  F
- > I keep my regularly scheduled recall appointments.  T  F

## The Esthetics Of Veneers

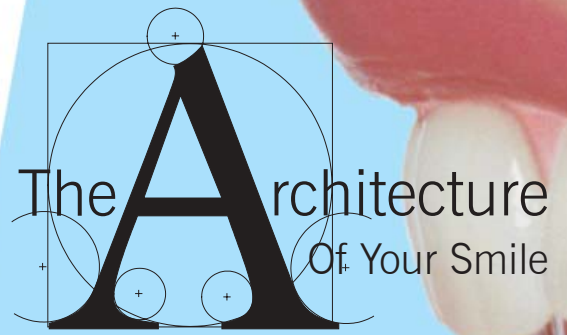


It's no accident that cosmetic **VENEERS** look so natural that they reflect light like natural tooth enamel while masking flaws and rejuvenating smiles.

Veneers are very strong, thin, porcelain shells that are permanently bonded to your natural teeth. They can be used to repair major chips and cover unattractive stains and fillings. Veneers can also be shaped to close gaps between teeth and, as an

alternative to braces, correct the appearance of crowded or overlapped teeth.

All of this takes quite a bit of artistry, and so we work hand-in-hand with skilled lab technicians to ensure your new smile is natural looking. There are three indices which determine a perfect match for your smile: hue, value, and chroma. The color or *hue* must match, but so must *value* or lightness, and *chroma* which is the saturation or intensity of color.



### More than a facade

Millions of people today are looking great thanks to cosmetic dentistry's ability to rejuvenate smiles with translucent veneers, natural-looking crowns, metal-free bridges, and dental implants.

As beautiful and as natural-looking as these restorations are, it's their architecture - the physical properties of the materials and the biomechanics that go into the design - that make them so realistic, safe, and long-lasting. Physical properties include the material's biocompatibility, resistance to shrinkage and expansion, and its ability to tolerate heat and cold. Biomechanical considerations involve the ability to withstand the load-bearing stresses of speaking and chewing.

Please ask us about the new restoration options for your smile. We can help you make the best cosmetic dental choices for your needs.



Old resin bonding updated with veneers

Not only that, but natural teeth emit fluorescence under ultraviolet rays. Since natural enamel is translucent, it allows some of the inner light to shine through. Building in this translucence is an important factor in creating your natural-looking veneers.

Conspicuous chiclet-like teeth are a thing of the past. It takes artistry, skill, and modern technology to create the dramatic and lasting smile transformations that translucent, sculpted, cosmetic veneers offer.

# February's For Kids

## National Children's Dental Health Month

In February, for over sixty years, dentists, parents, and children all across America observe *National Children's Dental Health Month*. This all began as a one-day event in Cleveland, Ohio on February 3rd, 1941, and the first national observance of Children's Dental Health Day was held on February 8th, 1949. It has since grown into a month-long celebration. Our message of the importance of oral health goes out to millions of children and adults in communities across the country, and includes such events as health fairs, dental office tours, and visits to the classroom by dentists and hygienists.

One of the reasons for this special annual event is that many people are still unaware of the important role early dental care plays in our children's overall health. We strongly recommend



that parents take action early to ensure the health of their children's teeth because attitudes and habits established at an early age are critical in maintaining good oral health throughout life.

### KIDS QUICK TIPS

- Make sure your child wears a custom-fitted mouthguard when playing sports.
- Make sure you schedule regular checkups with our office. Early detection of oral problems can prevent complex and costly procedures.
- Never allow your infant to go to sleep with a bottle containing formula, milk, or juice. This habit can cause severe decay problems.
- Provide toothbrushes with soft bristles, always use a fluoride toothpaste, and teach your child daily dental care.

Please make sure we see your child within six months of the eruption of the first tooth, and certainly no later than the child's first birthday. Preventive

care such as cleanings and fluoride treatments provide your child with "smile insurance" for a lifetime!

If you wish any further information on any aspect of your child's dental and oral health, please call us. We'd be happy to help in any way we can!

## office information

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### Office Hours

Monday 9:00 am – 7:00 pm  
Tuesday 9:00 am – 7:00 pm  
Wednesday Closed  
Thursday 7:00 am – 5:00 pm  
Friday 7:00 am – 1:00 pm

### Contact Information

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## First Dental Visit

### Making it the best it can be

Your child's first trip to the dental office is an important milestone. We like to suggest that they come to us before any real problems arise. That way the child can have fun getting a tour of the office and taking a ride in the chair. While your child enjoys a game of show and tell about the dental instruments, we can check for early signs of tooth or jaw problems, and check out your use of fluoride in toothpaste and drinking water. If everything is in good shape, we'll set up a regular time interval for recall visits.

By making your child's first ride in the chair a pleasant and interesting experience, we're building a firm foundation for a lifetime of healthy and well-cared-for smiles. First impressions last!



Hey wait a minute ... I can't come back for a cleaning in July

## Everyday Information...

### For everyday use

- Make sure your child wears a custom-fitted mouthguard when playing sports. They are the best protectors your child's teeth can have.
- Never allow your infant to go to sleep with a bottle containing formula, milk, or juice. This habit can cause severe decay problems.
- Provide toothbrushes with soft bristles, always use a fluoride toothpaste, and teach your child daily dental care.
- If your teenager decides that oral piercing is cool, please schedule an appointment with us. We might have more luck than you in convincing them that oral piercing is really dangerous.

