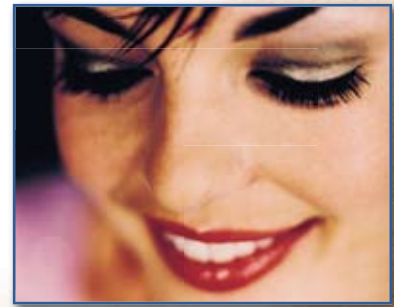


Worcester Dental's
SMILE • PERFECTION
• NEWSLETTER •



Produced to improve your dental health and awareness

Winter 2009

fromthedentists

HAPPY NEW YEAR!

Thanks to you all

It was a great holiday and we've returned renewed, rejuvenated, and ready to get going for another year. We hope you had a terrific holiday season with friends and family helping to make it special.

As this New Year dawns, we'd like to take the opportunity to thank all of you for your business in the past year. Your loyalty and patronage mean a lot to us, and we'd like you to know we appreciate it.

The New Year is always full of promises to improve ourselves and to live healthier lifestyles. Make a resolution to yourself to brush, floss, and rinse, and it'll go a long way in making good home care happen.

Here's to a Happy New Year, and once again, thank you for your business and your friendship.

Yours in good dental health,

Worcester Dental

turnthepage

Keep diabetes at bay!

Strengthen teeth with exercise?

Grin and love it!

Regain Your Confidence

Are your dentures ageing your smile?

Studies have shown that the mouth is the first place people look when meeting others, and that people perceived to be attractive tend to make friends more easily and are more likely to succeed in their careers. Dentures can restore a natural, more youthful appearance and your ability to eat and speak. They can even help to plump out facial wrinkles.

If it's been five years or more since your last fitting, consider that a denture update can overcome many smile-stopping problems...

■ **Replace** loose, wobbling dentures that interfere with your ability to speak, eat, and socialize.

■ **Restore** surfaces damaged by wear and tear, clenching, and grinding that leave your dentures looking worn down - and you looking worn out.

■ **Rejuvenate** your smile by eliminating unsightly yellowing and stains.

■ **Rebuild** lost volume and support in your lip and mid-facial areas to diminish lines, telltale sagging, and a sunken "toothless" appearance.

Luckily, today, you don't have to grin and bear it ... we can help! And remember - people

don't notice the best smile makeovers because the new smile looks so naturally beautiful. Everyone will notice the difference. They just won't know why ... unless you tell them.



Please call us for a denture consultation... and get ready to start smiling!

A healthy smile will last a lifetime!

FAQ

Q How often should I brush my teeth?

A: Brush gently at least twice a day for at least two minutes, and floss once a day, ideally at bed time.

Q My teeth are too close together to floss. What can I do?

A: If you're not flossing you're missing about a third of your tooth surfaces where your brush can't reach! Waxed floss can be easier to use, but there are other types to suit different needs - tape, thread, unwaxed, and shred-resistant.

Q How do you floss wide spaces between teeth?

A: You can substitute floss with an interdental cleaner which is also effective with crowns, bridges, and braces.

Q Should I use an oral irrigator?

A: Oral irrigators are very effective for cleaning around braces and between teeth. They can also be used to clean periodontal pockets and to apply prescription medication.



So Much In Common
About gum disease, diabetes ... and you!

Periodontal (gum) disease can alter your glucose metabolism even if you are not diabetic. This is worrisome because experts believe this could lead to prediabetes in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes can be a precursor to Type 2 diabetes.

The relationship between periodontal disease and diabetes has been studied extensively for more than fifty years. Each arrives silently ...is chronic ... epidemic ... and has been associated with chronic inflammation.

■ Gum disease is an infection that occurs when the bacteria in plaque, the film on your teeth, is allowed to build up and inflame your gums. It can lead to tooth loss and bone loss, and has been linked to cardiovascular

and other systemic diseases including diabetes.

■ Diabetics with periodontal disease have *two* chronic conditions which may affect each other.

■ People with prediabetes or diabetes are likely to have periodontal disease more often and more severely than people without.

■ Diabetics with periodontal disease have more difficulty controlling blood sugar levels. This perpetuates the risk of recurring gum disease and increases the risk of other diabetic complications during every stage of life, including childhood and pregnancy.

Gum disease can arrive without symptoms, and has been linked to both prediabetes and diabetes. It's in everyone's best interests to have regular oral exams.

Grin & Bear It ...for oral health!

Exercise benefits run more than skin deep. Exercise contributes to the reversal of ageing at the cellular level. *Astounding!* Whether you perform aerobics for cardiovascular stamina or anaerobics for strength, your exercise program could jumpstart your quality of life.

When weight-bearing exercises are incorporated into your fitness program, they can also ward off thinning of the bones, or *osteoporosis*, which has been linked to poor oral and overall health.

How do weight-bearing exercises improve bone density? They work your bones and muscles against gravity. In

reaction to the exerted force of your body mass and the pull of your muscles, the bone adapts by building more cells which increases sturdiness.

So do pushups, lift weights, or even cartwheel into your stronger, more-energized future. You'll eat better, sleep better, and smile more!

Be The Best You Can Be

Leap into your future with a smile!

Are you one of the fitness generation who might live to be a dynamic and healthy 100? Be bold. Take advantage of dentistry and infuse your smile with the same dramatic longevity and high-energy impact as the rest of you. And let's be honest ... a youthfully incandescent smile is always a head-turner!

Teeth whitening is the eye-catching cosmetic procedure that's most commonly requested by both men and women, and it's often very appropriate just before a restorative procedure. That way, when we match natural-looking **white fillings** and other restorative materials to enamel shades, yours will be at its very brightest.

For example...

Create your dream smile by camouflaging imperfections with **porcelain veneers** that have been custom crafted by hand especially for you. When permanently attached to the front surfaces of your teeth, your smile will look whiter, straighter, and more pleasingly proportioned.

Update your look by replacing unflattering older crowns that no longer match your smile with **metal-free porcelain** or **resin crowns**. Or consider these natural-looking restorations to save and strengthen cracked or broken teeth, or to bridge gaps.

Lead the pack with the leading-edge solution for teeth replacement. Permanent **dental implants** look completely natural, save supporting bone, and prevent further damage to your smile.

Make your zest for the best work for you. Live life to the fullest ... and smile, smile, smile!



Dare to turn heads with a smile that's been radiantly rejuvenated!



Crown Classics

Smile with style

Vintage is in, from cars and imported perfumes to red carpet couture. But please – not for your smile! Conspicuously old-school crown restorations can make you self-conscious, add unwanted years to your appearance, and really date your image. Contemporary crowns, on the other hand, will fast-forward your look from antique to chic!

You see, advanced materials now allow light to shine through in the same way your natural tooth enamel does. Leading-edge techniques allow us to match the color and contours of the rest of your smile in only a visit or two. You end up with a restoration that's strong enough to protect and save your tooth, but is really natural looking. Unprecedented!

So modernize your smile with beautiful crown restorations. They're strong *and* stylish.



Who's In The Spotlight? It's our dynamic team!

Debra A. LeBlanc, DMD

Dr. LeBlanc places great emphasis on comprehensive dental care, framing each procedure in the larger context of her patients' total health and wellbeing. With eleven years at the practice, she brings great skill, experience, and training to her work having earned her BA degree at *Wheaton College* and her DMD at *Boston University*.

Thomas Unger, DDS

With five years at the practice, Dr. Unger remains passionate about improving the lives of his patients through good oral health. When not enjoying time with his patients, Dr. Unger might be found riding his motorcycle or spending quality time with wife Vera and his kids Bruna, Fernanda, Frank, Kris, Matt, and Kim.

Barbara Popek, DMD

Dr. Popek is our team Periodontist. Specializing in dental implants, her training includes a Masters Degree in Oral Biology, as well as Doctoral and Post-Doctoral training at *Boston University's Goldman School of Dental Medicine*. As a tooth-replacement specialist, Dr. Popek brings broad experience and great skill to all periodontal procedures.

Jasna Kun, DMD

Dr. Kun graduated from general dentistry at *Boston University* in 1996. She continued her education there, and in 1999 received a specialized degree as an Endodontist. She is a clinical instructor at the Boston University Department of Endodontics. Dr. Kun loves to travel and has two teenage children.

Jennifer Bardsley, DMD

Dr. Bardsley has been at *Worcester Dental* for six years and sums up her professional philosophy in two words: "Patients first." Her relationship with her patients is of primary importance. When away from "the chair," Dr. Bardsley can be found in the kitchen preparing her famous chocolate chip cookies or playing with her new son James.

Jonathan M. Ochab, DMD

Dr. Ochab has been in practice for 27 years! He earned his DMD at *Tufts University* in 1981, and remains excited about his job and the exciting new options available to his patients. With a focus on crowns and bridges, Dr. Ochab is dedicated to making your smile everything it was meant to be. When not practicing his artistry in the office, Dr. Ochab devotes his time to his two daughters Jessica and Becky.

officeinformation

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Debra A. LeBlanc, DMD
Jonathan M. Ochab, DMD
Thomas Unger, DDS
Barbara Popek, DMD (Periodontist)
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Office Hours

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Kathy Billing Coordinator
Lisa, Gina Receptionists
Karen, Janice
..... Registered Dental Hygienists
Cindy, Misty, Andrea Assistants



Dental Hygienists

Karen Yalian

Karen, a native of Worcester, is our Dental Hygienist with that "Iron Man" attitude. Karen has not missed a day's work in 20 years with the practice! Since graduating from *Quinsigamond Community College* in 1984, Karen has been practicing her philosophy of providing "the ultimate in oral health - the best that can be achieved" each and every day.

Janice Dahlstrom

Janice, our Dental Hygienist, has been with *Worcester Dental* for 17 excellent years. Each day, she brings her great attitude, invaluable experience, and practiced skill to her job. "We should enjoy each day of our lives. This is not a dress rehearsal," Janice beams. When not brightening your smile, Janice enjoys time with Gerry, her husband of 31 years, and to her four grown children.

Free Denture Consultation

Nobody knows your smile better than you. And if you're like most, it's probable that you've wished you could improve your smile in one way or another. We want you to know *we have a solution* to replace your missing teeth!

Dentures can restore your natural appearance and your ability to eat and speak. They can even help to plump out facial wrinkles.

Give us a call! Your FREE DENTURE CONSULTATION can be booked by phoning (508) 798-0627! With proper care, your dentures will provide a natural looking, functional smile for up to ten years. Please call us: dentures could be your smile solution! **We are pleased to offer you \$50 OFF your denture. And when you complete that denture, the person who referred you to our office will also receive \$50. It's just our way of saying 'Thank You'!**