

# King Of Prussia Dental's

## WORD • OF • MOUTH

• NEWSLETTER •

Produced to improve your dental health and awareness

Summer 2010

### fromthestaff

#### Summer Is Smile Season *Wish You Were Here*

This is one of the seasons we love the most. Everything we were longing for at new year's has arrived – it's warm, it's bright, and nature's at its best. And we still have plenty to look forward to.

Some of you will be participating in graduations or weddings, others will be heading out of town, and for sure, most of us will be enjoying outdoor family activities like barbecues and sports.

Whatever your plans, our staff wants you to enjoy this wonderful time of year safely. Please wear sunscreen, and book right away for your protective mouthguard. If looking your photogenic best is a priority we'll be happy to fit you in for a teeth cleaning or whitening consultation.

Call soon. We don't want you to miss out on anything!

*Yours in good dental health,*

*King of Prussia Dental Associates*

### turnthepage

What, exactly, is so funny?

Make an impact like never before!

Are you ready to be crowned?

## The Time To Act Is Now

*We can help save your money & your smile*

We want you to know how important it is to treat your oral health as a top priority. Delaying treatment until your oral health has suffered can have serious consequences for your overall health and your appearance, and end up costing you more in the end.

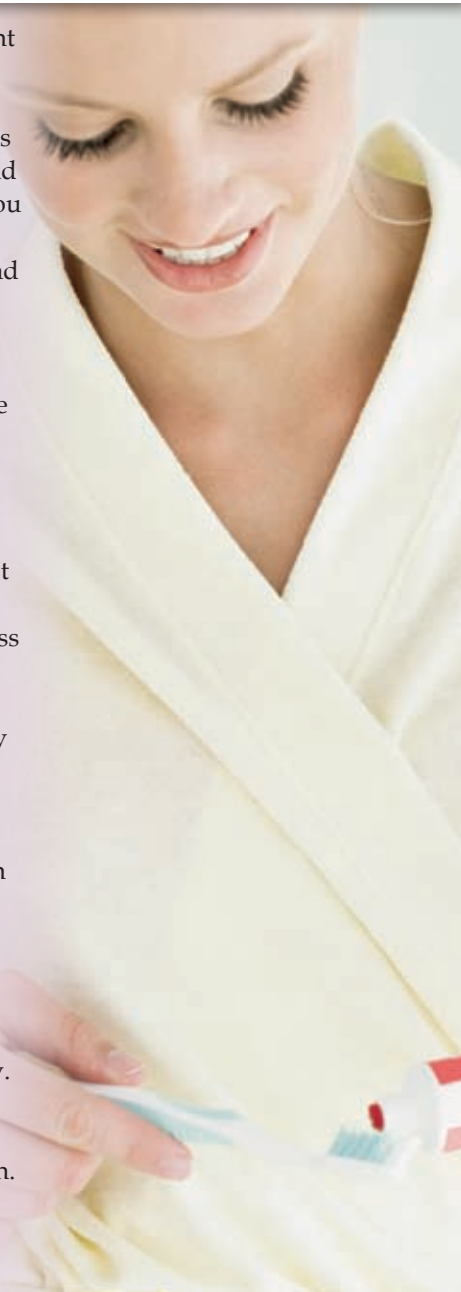
Untreated tooth decay can spread and require a root canal, crown, or implant, far more expensive procedures than a filling. In turn, delaying restorative treatment can mean cracks will continue to enlarge and deepen, requiring extensive repair later. You could lose your tooth.

Doesn't it make sense that a small cavity diagnosed early means you won't have to live with a chronic toothache, and a smaller restoration will require less expense and trauma to your teeth?

Similarly gum disease caught in early stages is easy to treat – it's actually reversible if caught early enough. But left too long, gum disease can lead to tooth extractions, shifting teeth, and the expense of a restoration. Not to mention the damage to your self-esteem.

And the most costly outcome of all? Gum disease has been linked to chronic systemic illnesses like heart disease and stroke, diabetes, respiratory diseases, cancers and complications in pregnancy.

Brushing and flossing daily, eating a healthy diet, and visiting us regularly for an oral exam is critical to your health. Call us. You'll save money in the end... as well as your health and your smile.



*Thank you for all your referrals. We appreciate them!*

# Look Great

## And save the environment too

**Choose** eco workout wear. Many fabrics made with organic and recycled fibers such as cotton and soy blends, and athletic footwear made from recycled rubber and vegan materials, are becoming increasingly available.

**Shop locally** even if you can't find the very latest eco trends nearby. You can choose partially recycled materials, minimal packaging, and you'll be saving the expense and environmental cost of travel or shipping.

**Conserve** post-workout water and energy with low-flow shower heads that don't release hot water until you actually step in the shower and turn the shower head's valve.

**Shave** with only 5-7 drops of a natural shaving oil. A tiny bottle can provide about 100 shaves, is ideal for your travel bag, and a number of brands are available online or through large retail chains.

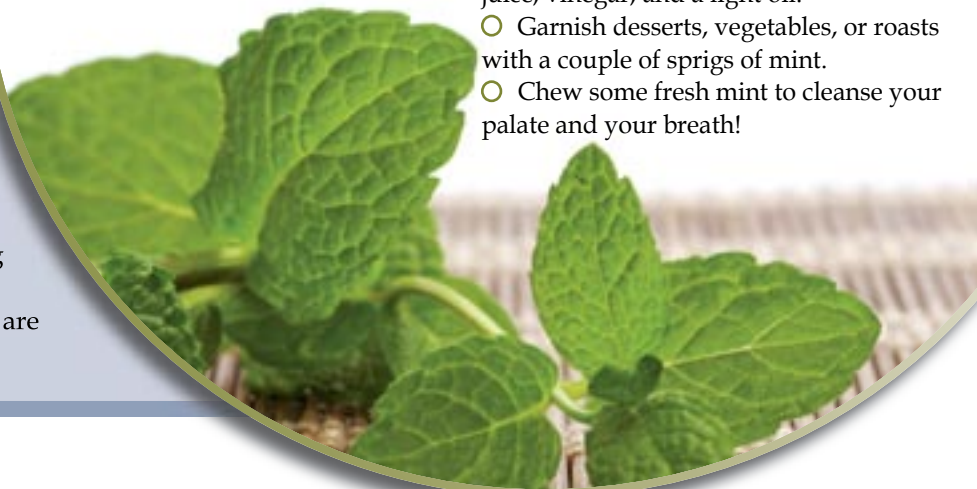
# Marvelous Mint

## More than a breath freshener

You probably associate mint with toothpaste or breath freshener, but it has been used as an herbal remedy and a spa soother in face packs, foot rubs, and bath soaks. Both peppermint and spearmint are very popular, especially for cooking, and if you're not a gardener, you can easily find commercially dried leaves.

## 7 Mint Hints For Your kitchen

- Steam vegetables with mint in the water.
- Mix chopped mint with butter for boiled new potatoes.
- Toss whole mint leaves in cooked rice before serving.
- Freeze whole mint leaves in ice cubes for tea or lemonade.
- Make salad dressing with mint, lemon juice, vinegar, and a light oil.
- Garnish desserts, vegetables, or roasts with a couple of sprigs of mint.
- Chew some fresh mint to cleanse your palate and your breath!



before



after



## ▲ Crowns ▼

before



after



# Crown FAQs

## Your best decision is an informed decision

### What Is A Crown?

A crown is an artificial cover that is used to restore, protect, and strengthen your tooth and keep it healthy.

### When Would I Need One?

- If you have a tooth that has been worn down by teeth grinding, an improper bite, or decay, a crown restoration could save it.
- Crowns will give cracked or broken teeth much-needed support.
- A tooth that has loosened due to gum disease can be stabilized by crowning it and connecting it to the neighboring teeth.
- Gaps in your smile can be replaced by incorporating a single crown onto the root of a dental implant placed into your jawbone.

### What Are My Options?

**Ceramic crowns** are the most natural-looking and can be as translucent as your own enamel. They are the perfect choice for those with metal allergies, but people usually choose them because of how they look.

**Ceramic-fused-to-metal crowns** combine this natural look with the strength of metal underneath, but they are not as translucent as ceramic alone.

Feel free to call now. You don't have to wait for your next appointment to discuss treatment.

# Defy The Trend

Subtle measures - radical results

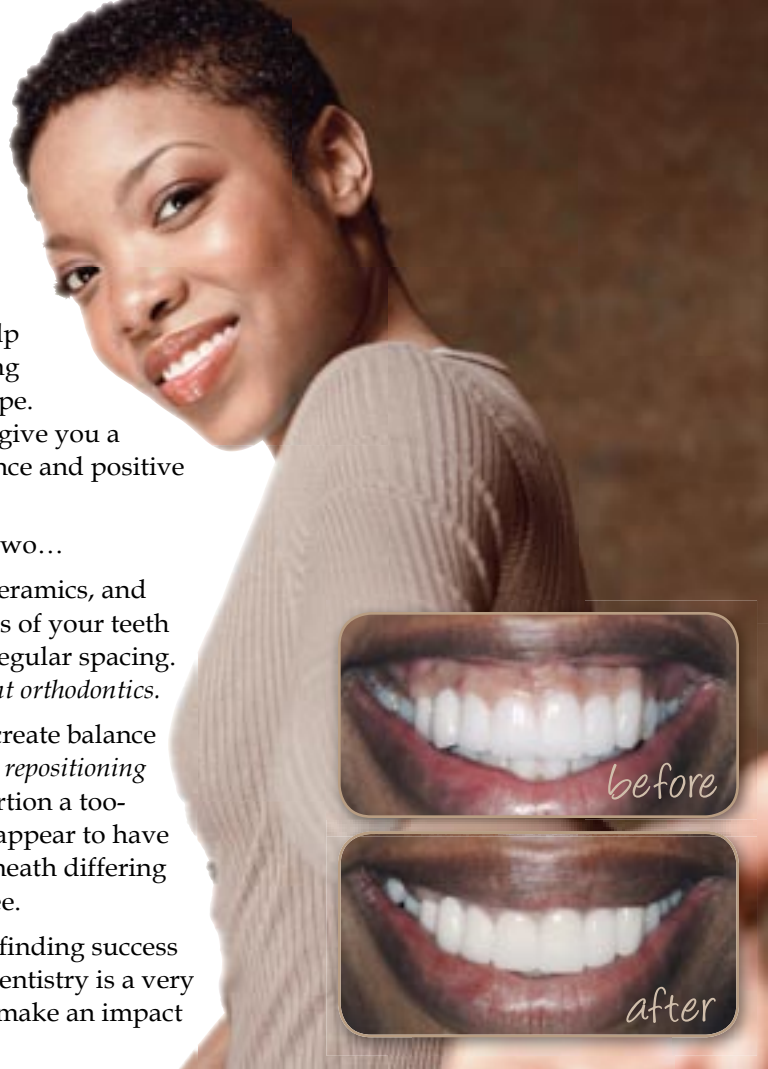
Have you seen some of the guerrilla tactics and extreme stunts people are deploying to reboot their careers? Believe us - singing telegrams or renting a hot air balloon are not your only answers! We can help you create a unique, engaging, and thought-provoking impression that will generate buzz without all the hype. For example, a subtle smile makeover can do a lot to give you a more youthful pick-me-up, and give you the confidence and positive attention you deserve.

Many cosmetic techniques involve only a visit or two...

**Veneers** crafted from translucent porcelains, ceramics, and other bonding materials can be applied to the surfaces of your teeth to disguise deep stains or other flaws like chips or irregular spacing. In fact, the veneering technique has been called *instant orthodontics*.

**Esthetic gum re-proportioning** can create balance and symmetry for your smile with techniques like *lip repositioning* and *gum recontouring*, as seen here. You can re-proportion a too-gummy smile, teeth that look too short, or teeth that appear to have different lengths because their crowns are hidden beneath differing amounts of gum tissue ... or a combination of all three.

We understand that sometimes, in today's world, finding success means getting yourself noticed. Stunt-free cosmetic dentistry is a very reliable and worthwhile investment that will let you make an impact - on your terms.



## it's laughable

For millennia, Tibetan monks have laughed out loud on awakening - no joke! Seriously, though, even faking a laugh cues your body and your mind to stay calmer and more focused.

How? By shutting off stress hormones and triggering the release of feel-good endorphins. What else? We can show you how to laugh out loud enthusiastically, vigorously, and confidently day or night - with or without an audience.

Natural-looking fillings and whitening can certainly help, but it's also about getting back to basics. Brush and floss, avoid sugary snacks, and maintain regular dental visits.

We promise - once you get the hang of it, the rewards are nothing to scoff at...

- Clean attractive decay-free teeth
- Clean pink tongue
- Clean healthy gums
- Clean fresh breath.

& so  
easy



# Work Out With Your Brush

## Things to do while brushing

By now you've probably mastered the basic techniques of brushing and oral hygiene. You're ready to move on to some more advanced techniques that will help you work out your brush and add a few extra minutes to your routine. Next time you pick up your brush for a pamper session with those pearly whites, try your hand at a few of these exercises. You'll have more fun and your teeth will reward you with a brighter, whiter smile.

Get rid of calories and tooth decay at the same time. Why just work out your hand when scrubbing those teeth and gums? Try some stretching and toning exercises. Do some light side bends, leg raises, toe lifts, twists, squats and anything else that limbers you up.

You've heard of singing in the shower. Why not brush and floss in the shower? Rinsing is a breeze. Use the shower as an oral irrigator.

Why not curl up with your brush and a nice book? Spending a few minutes reading while you brush can really add up. Take up French or check out some new recipes. Just one warning – you may want to invest in a bookstand for flossing.

As long as you do it properly, there's no chance you can brush or floss too much. Instead of thinking of dental hygiene as a chore, dream up your own ways of making it an opportunity to do those things in which you never have time to indulge.



## Attractive Solutions

Part of our job as your dental care provider is to try and work with you to ensure that your personal financial circumstances do not interfere with your dental health care decisions. This is why we recommend *CareCredit*<sup>®</sup>, an affordable payment program that has a unique no-interest payment plan. CareCredit enables healthcare providers to offer flexible payment options to cover many costs that many insurance plans currently don't.

With CareCredit, you can pay for treatment over time. There are no up-front costs, or annual fees, no prepayment penalty, and the application process is quick and easy. CareCredit offers monthly payment plans to meet almost every need so that you can focus on what's most important – ensuring good dental care.

Ask for a CareCredit application... and begin treatment today!

CareCredit<sup>®</sup>

## office information

### King of Prussia Dental Associates

Brad G. Jacobson, DDS

James E. Pickel, DMD

Robert L. Rapine, DMD

Melissa A. Bergmaier, DMD

Christine Yu, DDS

Aaron A. Sorkin, DDS

491 Allendale Road

Suite 306

King of Prussia, PA 19406-1432

### Office Hours

Mon-Thu 8:00 am – 7:00 pm

Friday 8:00 am – 4:30 pm

Friday (Summer) 8:00 am – 1:00 pm

### Contact Information

Office (610) 265-4142

Fax (610) 265-0926

Email kopdental@aol.com

Visit our website @

[www.kingofprussiadental.com](http://www.kingofprussiadental.com)

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## Your Opinion Matters

### Share it with us

The decisions we make regarding our team, this newsletter, and the services offered at our practice are based on one thing – you. We carefully weigh our options and choose what we feel would provide a more comfortable, more efficient, and better overall dental experience for you.

Because we can't know how you feel about these decisions unless you tell us, we invite you to share your feedback on every aspect of our practice. That's the way we'll know for sure that our efforts are working to create a pleasant atmosphere and patient-friendly services.

So please speak up and let us know if there's something you'd like to learn about in this newsletter or if you'd like to share your thoughts about your overall experience at our practice. We always welcome your comments.