



# IMPLANT & GENERAL DENTISTRY NEWSLETTER



Produced for the Patients of Dr. Simon P. Melcher, Dr. Vic Turner, Dr. Kirk Wilkie & Dr. Adam Moore

Spring 2010

## SimonSays



Spring is here finally! We truly have had a cold and snowy winter here in the South. I don't know about you, but I'm ready for the warmer summer months, cook-outs and trips to the beach.

Julie has information for you this month on maximizing your insurance benefits as well as the importance of making and keeping scheduled appointments. Check out her article on Page 4.

Enclosed in this newsletter, you will find *Smile Passes* for your family, friends, co-workers and neighbors. Your referrals are the highest compliment to our practice. We hope you'll pass them around!

Spring and summer is also a busy time for weddings and proms. Don't forget to include a whiter, brighter smile in your plans. Call our office today for information on ZOOM!® bleaching. If you've always wanted to straighten your smile but didn't want to wear metal braces, ask us about the clear, removable, *Invisalign*® option. Do you have a busy schedule? Can't make two trips to the dental office for a crown you've been delaying having done? We now offer one day crowns with the new *Cerec*™ system.

We hope to see you and your friends soon!

Sincerely,

Dr. Simon Melcher, DDS

## Spotlight On Our Staff



Left to right: Julie, Renee & Nora

**Julie Hardy** celebrated her 10th anniversary in administrative services with our practice this past April. She has been the smiling face that first greets you when you enter our office and the cheery voice you hear on the phone. Through the years, Julie has formed many friendships with our patients and their families. She especially loves seeing the little children on their first trip to the dentist office and to the treasure box! She enjoys cooking, gardening, traveling, and doing her own home renovation projects.

**Renee Davis** joined our practice in 1996 and is one of three hygienists in the Raleigh office. She is a native of upstate New York and a 1988 graduate of *Monroe Community College* with an associate's degree in dental hygiene. Renee, her husband, Ed, and daughter Brooke, reside in Raleigh. She enjoys horseback riding lessons with her daughter, going to the gym, and cheering for the *Carolina Hurricanes*.

**Nora Paul** joined our practice in 2005 and is one of four dental assistants in the Raleigh office. Nora is a 1986 graduate of *Alamance Community College* and is a Certified Dental Assistant. She and her husband, TJ, reside in Willow Spring with their two children, Logan and Kaleigh. She enjoys gardening, traveling, and babysitting Dr. Melcher's dog Bertie.



Thank you for all your referrals. We appreciate them!

*Celebrate,  
Life!*



before



after

**Share your smile with the one you love!**

Everybody wants to put their best smile forward. According to a national study, teeth are the number-one facial feature that people would change... three out of four adults think that a nice smile is important to landing their dream job ... 84% think that an attractive smile is important for meeting Mr. or Ms. Right. It seems that we associate a pleasing smile with many of life's passages. Celebrating these milestones means family, friends, and ... photographs. Are you ready to get ready?

*Sometimes even subtle changes can turn a nice smile into a sensational smile - often in only one or two visits...*

# FAQtually Speaking

## About toothpaste

- Q. What does fluoride toothpaste do?  
A. Fluoride fights tooth decay and strengthens tooth enamel.
- Q. Will tartar-fighting toothpastes prevent gum disease?  
A. No. They only help reduce *additional* tartar buildup *above* the gumline, so regular flossing and hygiene visits are essential.
- Q. Are whitening toothpastes okay for sensitive teeth?  
A. No. Most contain a higher level of abrasives. Use a toothpaste for sensitive teeth instead.
- Q. Does *The American Dental Association* test toothpastes?  
A. Yes. The *ADA Seal of Acceptance* means they meet specific criteria for safety and effectiveness.
- Q. Do children's toothpastes need to taste good?  
A. Yes. This encourages brushing, but use a pea-sized amount and don't let them swallow.
- Q. How often should I use toothpaste?  
A. You should brush *at least* twice daily with toothpaste for 2-3 minutes and floss daily.

*Whitening Bonding  
Tooth-colored inlays/onlays*

*Create an even more dramatic impact. We can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile...*

*Dental implants  
Veneers Crowns*

Whether you want your best milestone smile for a graduation, wedding, or The Big 4-0 - give us a call as soon as you can. You'll have your great new look in no time!



# Are You Symptom Free?

Are you ready for biology's next revolution? *The Human Oral Microbiome Database* has been created to provide scientists with comprehensive information on oral microbes. That's good news for you because gum disease is no minor infection. It can change your appearance, your ability to eat, your social life, and your general health. It has been called the *silent disease* because you can have it and be symptom-free. Being young is no protection.

Learn how to avoid the Silent Disease

## Here are some more facts you need to know...

- Up to 30% of people may be genetically susceptible to gum disease and six times more likely to develop periodontitis, its most serious form.
- Periodontitis is the leading cause of tooth loss among adults. It can destroy jawbone and supporting tissues as well as your appearance.
- Unnatural-looking indentations left by missing teeth and bone loss can compromise the esthetics of replacement teeth.
- Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- Surveyed U.S. dentists say gum disease is a more pressing oral health concern than tooth decay by a 2-to-1 margin.

Millions of people don't know they have gum disease.

**Could you be one of them?** Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.

## De-Escalate!

### Reclaim your world

It's a wonderful world we live in. Yet the excitement and challenges of even the best things in life can create tension. Teeth clenching and grinding are common symptoms of stress which over time can escalate into Temporomandibular Disorder (TMD), a painful problem of the jaw joints. Of course, dentistry can provide relief with oral appliance therapy, but a strategy for self-care will help keep you at ease for the long term.

Martial arts for relaxation? Absolutely. **Aikido, Tai Chi, and Qi Gong** combine meditation and movement to improve posture, balance, coordination, endurance, and flexibility.

**Yoga** is popular, very doable, and doesn't require special equipment.

Proper breathing, exercise, relaxation, diet, positive thinking, and meditation are tried and true. TMD is *all* about taking the pressure off.

## 4 Your Health

Too much information! Hardly a day goes by without yet another announcement about lifestyle, health, and longevity. Sifting through the pieces may make it seem complicated, but apparently it's simpler than we think. Researchers say that by combining the following four modest and achievable lifestyle changes, you could prolong your life by 14 years.

- 1** Give up smoking. You could gain an 80% improvement in health. Smoking has been linked to gum disease as well as oral and other cancers.
- 2** Eat five fruits and vegetables daily for a healthy mouth and body.
- 3** Keep active for cardiovascular health, strong bones, and stress relief.
- 4** Drink moderately. Alcohol has been linked to oral cancer, especially when combined with tobacco.

Fourteen extra years of oral and overall health. That should keep you smiling!



# We Can Help

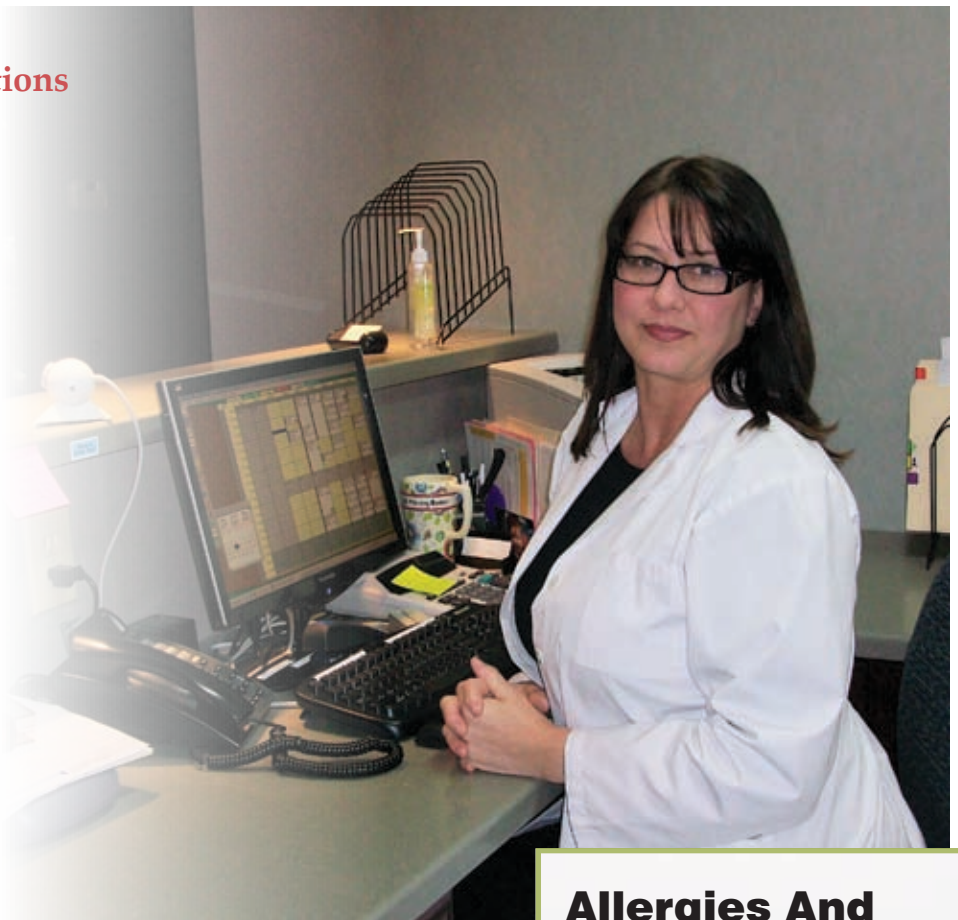
## Ensuring your treatment options

There's one thing we definitely have in common. We are both committed to ensuring your family's overall oral health. We can provide the best possible long-term preventive dental care based on your family's needs.

We know that's not always easy for you. Your employer-assisted dental health plan may not cover the full cost of maintaining oral health every time.

We'll do our best to find a way to work with you and your insurer, even if they exclude payment for necessary dental treatments, and even if they will only provide for the least expensive treatment rather than the most effective.

We can examine your options and develop the best treatment plan possible. Together, we can ensure that you and your family leave our office with big bright smiles!



## Allergies And Plaque

### Avoid dry mouth

Signs of spring can bring more than flowers in bloom for people with allergies. Sneezing attacks and running noses can make life pretty miserable, even when the sun is shining. That's why a lot of allergy sufferers turn to antihistamines for relief. What many people don't know is that though many allergy medications are good with noses, they can cause problems by drying out your mouth. That means less saliva to wash away debris from your teeth. Over time plaque will build up around teeth and gums and cause cavities. If you are taking antihistamines, the best remedy is to drink plenty of water and keep your mouth moist. Brushing and flossing after each meal will keep your smile healthy and stop plaque from getting a hold of your teeth.

## officeinformation

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### Office Staff

Nancy, Julie, Gabrielle .....  
.....Administrative Services

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.....Assisting Team

Louise, Renee, Lindy .....  
.....Hygiene Team



# PLEASE HELP Us...



## Serve you better

Cancelled appointments cost all of us. When our time is not used effectively, we lose our freedom to see you when you really need us. If you must reschedule an appointment, we ask that you contact our office at least 48 HOURS beforehand. Please give our office a call at 782-0548 and Julie, Nancy or Gabrielle will be happy to find a more suitable time for you. When you book that appointment, please make sure that we have all the telephone numbers we may need to reach you. A little bit of forethought can save all of us a lot of precious time!