



NEIGHBORHOOD NEWSLETTER

www.beacondentalcenter.com

Fear Not: Dental Health Without The Drill

Air abrasion is a **drill-less technique** that we use here at *Beacon Dental Center* to remove tooth decay oftentimes without the need for local anesthetic! We are so excited to offer this new exciting technology to all our patients! A few facts about air abrasion:

How Does Air Abrasion Work?

During air abrasion, an instrument that works like a mini sandblaster is used to spray away decay. During air abrasion, a fine stream of particles is aimed at the decayed portion of the tooth. Small particles of decay on the tooth surface are removed as the stream of particles strikes them. The particles of decay are then "suctioned" away.

Is Air Abrasion Safe?

Yes, air abrasion is safe.

What Are the Advantages of Air Abrasion?

Compared with the traditional drilling method, the advantages of air abrasion are many and include the following:

Air abrasion is simple and quick, generates no heat, pressure, sound or vibration, reduces the risk of microfractures and chipping of the tooth and can oftentimes be performed without the need for anesthesia!

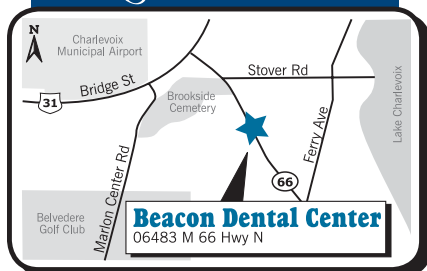
Who are the Best Candidates for Air Abrasion?

Everyone! Air abrasion is ideal for use in children and those who are fearful and have minimal decay.

Call us today to schedule your free consultation and experience drill-less dentistry for yourself!



We're in your neighborhood!



Call Today!
(231) 237-5100

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**Flexible early morning
and late evening
appointments available**

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Our Services Include:

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- Bonding and veneers
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Call us today to schedule a FREE Cosmetic Dentistry Consultation!
Come see the difference experience makes.

Fit For Life

How to gain oral health no matter what your age

Here's some news you'll be happy to hear! Experts estimate that for every \$1 you spend on prevention and oral health care, you'll save as much as \$8-50 on future emergency and restorative procedures. Here are some cost-saving and health-saving examples.

Kids and teens: Each year, kids lose about 51 million hours of school to dental-related illness, plus their parents lose valuable work time and in some cases, wages.

Young adults: Changes in eating patterns, more lax home care, and fewer dental visits can create oral health problems. Destructive gum disease increases three-fold between the 20s and 30s!

Boomers: Serious destructive gum disease jumps to nearly 30% for people in their 40s, and nearer to 50% by your 50s. Severe gum disease may be linked to systemic health problems like diabetes and heart disease. And those older fillings and restorations that may be compromised? They need dental attention to prevent further tooth-structure damage.

Seniors: By your 60s and 70s, chronic conditions requiring the use of medications can contribute to oral health



complications. Many older adults are unaware of the mouth-body connection and the importance of prevention and regular care.

The solution? Call us! Neglected oral health can influence the quality of life at any age and prevention is your most cost-effective option. Fluoride treatments, sealants, and regular checkups can keep your smile healthy for a lifetime.



The average man will lose 5.4 teeth by age 72. You've probably heard this before and you might even think times have changed. Not so. Yet another survey confirms that when it comes to taking care of their teeth and gums, men don't have much to smile about.

According to the *American Dental Association*, 86% of women brush their teeth twice or more a day, compared to only 66% of men. What else? Women change their toothbrush or power toothbrush head the recommended every 3-4 months on average, yet men wait an average of 5 months.

Good oral hygiene and regular checkups are important for both men and women. Stress, like ageing, takes its toll on oral health, and gum disease which may result from lack of care, may be linked to systemic diseases. Keep your teeth and your health.

TMJ Trauma

You don't have to live with it

Have trouble opening your jaw all the way? Experience facial or head pain or jaw joint sensitivity and noises? Those jaw joints are also called *temporomandibular joints* and millions of North Americans have a debilitating condition called *temporomandibular disorder* or TMD.

Here are some possible causes of TMD:

Bruxism, or grinding and clenching of the teeth, is the most common. Stress can increase its severity while asleep and awake.

Malocclusion, or bad bite, can place pressure on the joints and strain your jaw muscles.

Trauma caused *directly* by a car accident, a contact sport, or other event, or *indirectly* by, for example, holding a sustained position at work.

Although the cause and symptoms of your TMD are unique, you could be one of the many for whom a small dental appliance can provide much-needed relief.

Wake Up Your Smile

It's all good news about whitening

Just when you think there can't be any more great news about whitening techniques – there is! The ingredient dentists use to restore the healthy and radiant luster to your smile is actually milder than your morning glass of orange juice. You can be confident that your dentist-supervised teeth whitening is both safe and effective.

You see, the dentist doesn't put "white" on your teeth. Instead, stains are gently removed from your tooth enamel which results in a **whitening** effect. The stains can occur as a result of the food you eat, tobacco smoke, tea and coffee, and even normal ageing. Life makes those stains pretty tough to avoid, but our dental team is up to the task. Professional techniques

can even refresh smiles dulled by root canal treatments, prescription drugs, or discoloration that is part of the tooth's actual structure.

We can offer much, much more than teeth whitening to brighten your smile...

■ **Bonding** can fill in microcracks, camouflage deep stains trapped within your tooth's surface, and mask white splotches or brownish gray bands.

■ **Veneering** your teeth with bonding or ceramic materials offers an added bonus. They can build up your tooth surfaces to correct ridges and uneven lengths as well as reduce unsightly spaces.

■ Natural-looking **white fillings**, instead of dark metal ones, can finesse your smile rejuvenation.

*Your smile doesn't have to be yesterday's news.
Give it – and you – another chance!*



Whitening & Veneers



Before



After



Keep This! You'll Love It!

Quick 'n' easy pizza for four

A balanced variety of food is good for your oral and overall health. When you eat cheese, for example, you can slow the cavity-making process. Unsung mushrooms are loaded with antioxidants, riboflavin, selenium, and other nutrients that keep your immune system healthy, are the only natural fresh vegetable or fruit with vitamin D, and are also a good source of B vitamins.

This *Mushroom Council* recipe creates a winning combination.

10 to 16 ounces Italian bread shell

8 oz white button mushrooms, sliced and divided into 2 equal portions

1 cup shredded fontina or mozzarella cheese

1/2 cup thinly sliced green bell pepper

1/4 cup drained and chopped oil-packed sundried tomatoes

1/3 cup thinly sliced sweet onion

1/2 cup grated Parmesan cheese

Preheat oven to 420°F. On a 12-inch pizza pan, place bread shell. Arrange half of the mushrooms in a single layer. Sprinkle with fontina. Top with green pepper, tomatoes, onion, and remaining mushrooms. Sprinkle with Parmesan. Bake until hot and cheese is melted – about 10 minutes.

Wisdom Tooth Extraction

Relax in comfort

In our distant past the human diet was very different and required a much larger jaw and robust grinding surface - and more teeth. Today, however, given modern man's more refined diet, the average mouth is made to hold only 28 teeth. It can be painful when 32 teeth try to fit in a mouth designed for 28! The third molars, also known as "wisdom teeth" often have too little room to develop, resulting in a variety of painful outcomes. They can fail to erupt and become impacted, partially erupt, or grow at a severe angle and push against the jaw or second molar causing infection and pain. The removal process is simple and early removal is recommended to avoid future problems. Thanks to IV Sedation, Dr. Sullivan can quickly and often-times painlessly remove your wisdom teeth in one short visit. Call now to schedule appointments over Thanksgiving and Christmas breaks.

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7 callers ONLY!*

Call Today!
(231) 237-5100



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We invite you to experience...

Excellent, Unparalleled Dental Care!

Everyone at *Beacon Dental Center* believes strongly in our values of community, family, and quality care. We appreciate being a part of this neighborhood - your community - and we are dedicated to the overall health and wellness of everyone. If you're not already our patient, we want to invite you to come and meet us.

We take great pride in our dental care, treating everyone as if they were family, and are committed to making your dental experience with us the best you have ever had. To add to your comfort, Beacon Dental Center is truly a state-of-the-art facility. We are equipped with flat screen TV monitors in each room that can be tilted directly over your head during most dental procedures along with **BOSE®** noise canceling headphones.

We are pleased to offer **CEREC™** (same-day crowns, no more temporaries), **INVISALIGN®** (invisible braces), and **ZOOM2®** teeth whitening. Our new air abrasion unit (think micro-sandblaster) allows us to do even more without the need for local anesthetic! Dr. Sullivan has also undergone extensive training to provide you with the option of IV Sedation, wisdom tooth removal and all steps of the dental implant process, including surgical placement.

We're hoping you have a few moments to read and benefit from this newsletter. If you presently have a dentist you are happy with, please consider this information helpful. If you are looking for a dentist, we would be delighted to gain your trust and welcome you into the *Beacon Dental Center* family.

— Michael A. Sullivan, DDS



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Cert no. SW-COC-002303
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33906-68769 ND10-2 Printed with vegetable-based ink.