

Chicago Heights Dental Group's

Word Of Mouth

Produced to improve your dental health and awareness

Winter 2004/2005

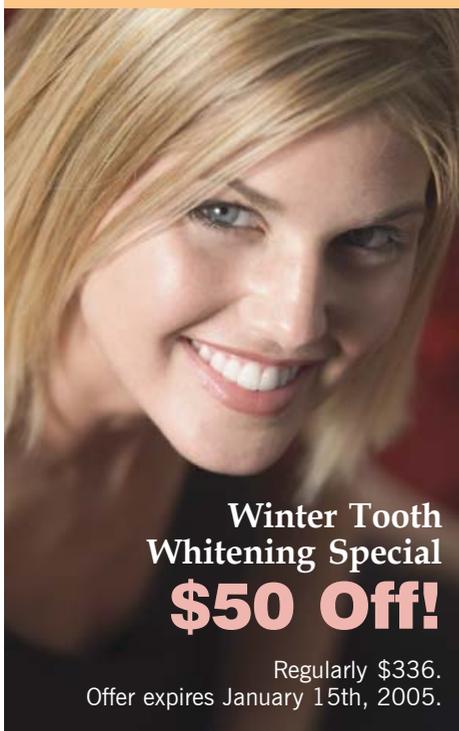
fromthedentist

Show Your Success...

With your smile

The day we celebrate the new year is really just a lucky bit of calendar-tampering... January 1st was pulled out of the air by the Romans to synchronize their calendar!

One of the most common New Year's resolutions that patients share with us is their resolve to quit smoking - a future we really support! And if you're going to be a non-smoker, why not *look* like a non-smoker? Take advantage of our *Winter Tooth Whitening Special* and ring in the new year with a whiter, brighter smile!



Winter Tooth
Whitening Special
\$50 Off!

Regularly \$336.
Offer expires January 15th, 2005.

... *Smile* *It's Christmas!*

Here at the office, things are in a flurry as we get ready for the Christmas season.

Before we get too caught up in the excitement, we'd like to thank you all for your patronage and loyalty over the past year. Our relationship with our patients goes further than just reminding you to brush. We look forward to serving you in the coming year and giving you the best dental care available.

We want to assure you that we're always learning and upgrading our skills so we can recommend the best for you and your smile.

From all of us to all of you, a safe, healthy and happy holiday. If you have any questions or concerns, be sure to give us a call. You are important to us.

Wishing you a wonderful holiday,

Chicago Heights Dental Group



The gift of love,
The gift of peace,
And the gift of happiness...
May these be yours!

*During this holiday season, our thoughts
turn gratefully to our patients who
have made our progress possible.*

We are committed to preventive dental care!

The prevalence of periodontal disease among obese individuals aged 18-34 years was found to be 76% higher than for normal weight individuals in this age group.

For middle and older age groups, researchers found no significant association between body weight and periodontal disease.

Dietary trends towards less raw fruit and vegetables (sources of vitamin C) and decreased calcium consumption, along with increased intake of fast foods and beverages, may provide part of the answer.

Obesity & Oral Health

Researchers have found that obesity could be a potential risk factor for periodontal disease, especially among younger individuals between 18 and 34. Body mass index and waist circumference were used to indicate obesity.

Both obesity and periodontal disease have the potential to take away a person's confidence, smile, and good health.

What To Look For

You can have periodontal disease without symptoms – that's why we check for it during every dental exam. If you answer "yes" to any of these questions, you may have, or be at risk for, periodontal disease.

- ① When you brush, do your gums bleed?
- ② Do you have red or swollen gums?
- ③ Is your gumline receding?
- ④ Do you have bad breath all the time?
- ⑤ Do you smoke or chew tobacco?
- ⑥ Do you have diabetes or heart disease?
- ⑦ Do your partial dentures no longer fit properly?
- ⑧ Do you have missing teeth, or have you developed spaces between them?

Your Smile Foundation

Let's face it. Most people are concerned about the appearance of their smile. In fact, in one survey, 80% of participants wanted to improve their smiles. We can give you a more attractive smile with procedures like porcelain veneers, gum sculpting, and dental implants.

But first things first... Appearance and oral health are inextricably linked. **Pink, healthy gums** and a strong, supporting bone structure – both key elements of optimal periodontal health – are essential before any cosmetic procedure will

have the dramatic impact you desire.

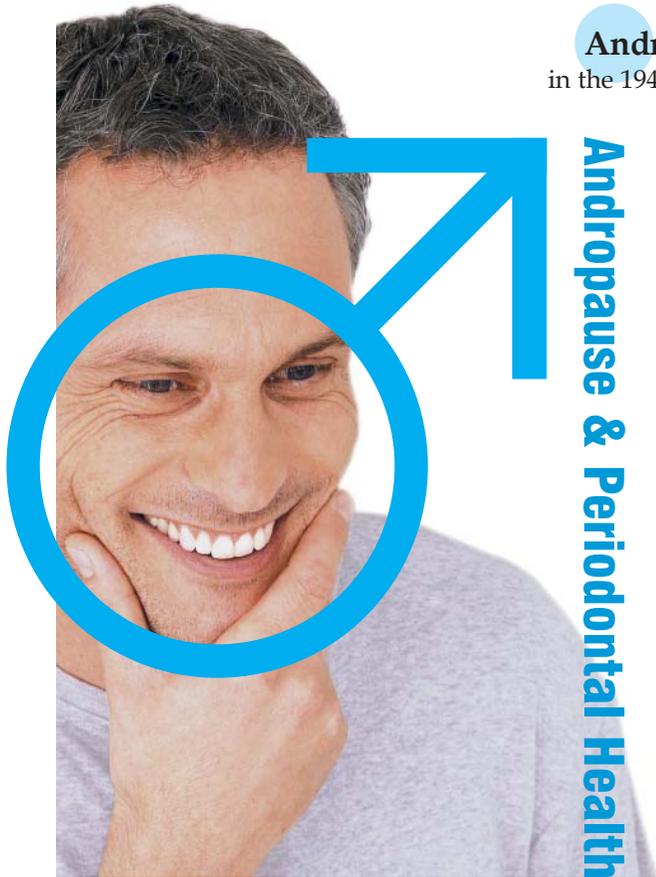
Periodontal disease occurs when the number of oral bacteria increases, and the balance tips from *harmless* bacteria to *harmful* bacteria that form a film called plaque. Without **regular brushing and flossing**, plaque accumulates and will transform into rock-hard tartar that can *only* be removed by dental professionals. Periodontal pockets develop and house an over-proliferation of bacteria which wreak havoc on your oral health.

Periodontal disease may be an autoimmune disorder in which

immune factors in the body attack a person's own cells and tissue. This may explain its link to systemic diseases including diabetes, cardiovascular disorders, cancer, and osteoporosis. Obesity, stress, poor nutrition, and smoking are all contributors to periodontal disease.

Brushing, flossing, and **regular checkups** are the building blocks behind a healthy mouth and an appealing smile. We are always happy to discuss your cosmetic dentistry options, but we want you to have a healthy foundation first.





Andropause was first identified in the 1940s. It has been called the male menopause, the male climacteric, and viropause. It is a normal stage of male development characterized by gradual hormonal, physiological, and chemical changes that can begin by age thirty-five or as late as age sixty-five. These changes can occur over many decades, and may be accompanied by changes in attitudes and moods, fatigue, and a loss of energy, libido, physical agility, and strength.

This decline in hormonal levels can put men at risk for health problems like cardiovascular disease and osteoarthritis, both of which have been linked with periodontal disease. We

always encourage women to pay particular attention to their periodontal health during hormonal fluctuations that occur throughout their lives ... and it's no different for men.

In North America it is estimated that over 25 million men are going through **andropause**. By 2020, there'll be approximately 58 million. Periodontal disease is the greatest cause of tooth loss among all adults, and its links with systemic diseases is well documented. Remember, maintaining your periodontal health is always very important.

Your family physician can help with information, diagnosis, and treatment if the symptoms of **andropause** are problematic for you. Lifestyle approaches such as optimal diet, regular exercise, and stress management, as well as a reduction in tobacco and alcohol intake, are all excellent prescriptions for good oral health.

Post-Prandial Protein: The Stress Buster

A little stress can help improve performance. A little too much can impair it. Stress can also affect your overall and periodontal health by altering hormonal levels, and by lowering your resistance to gum disease and related illnesses. Stress-

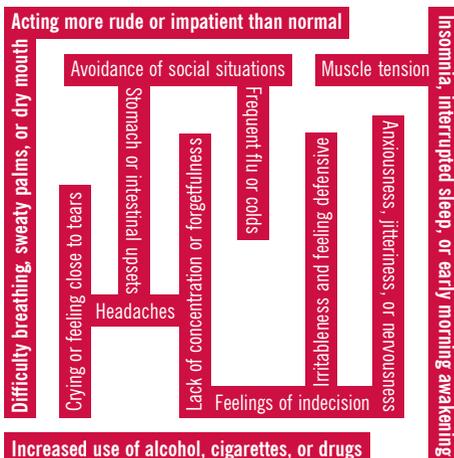
induced fatigue can interfere with your regular dental home care.

If you can stave off weariness, you can help fight stress. A high-protein lunch can produce stable blood levels and prevent afternoon tiredness - the post-prandial plague.

There is no right way to handle pressure; you need to find out what works for you. Stress can increase your risk of health problems including periodontal disease, so it is important to develop your own effective recipe for relief.

STRESS TEST

If you've noticed any of these feelings lately, you may wish to consult with your family physician to eliminate possible underlying physical causes and to recommend a program of lifestyle therapies.



orange You Glad You Asked?

Less is more for preserving teeth & gums

No matter how careful you are with your brushing technique, research has shown that many people brush too hard, potentially causing damage to tooth enamel and gums. The force you apply to your toothbrush may feel reasonably light, but the pressure is actually much greater because you are applying it to a very small area.

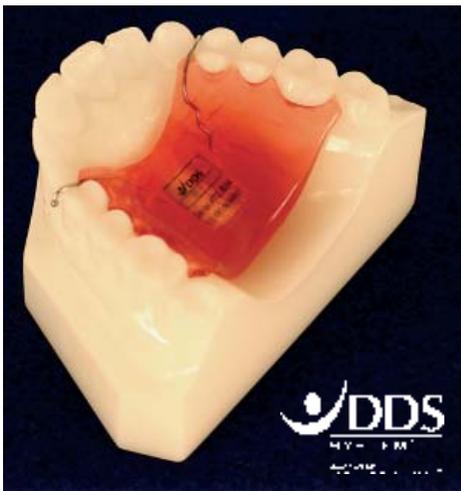
Since it's practically impossible for the average person to guess how much pressure they are applying, the weight of an orange has been suggested as a comparison for the ideal pressure of 150 grams or about 5.3 oz. We know that holding an orange in one hand and brushing with the other is unrealistic, so we recommend that you ask us at your next appointment for training in the correct brushing, flossing, and pressure techniques!

Eating Too Much?

Discreet oral system can help

The problem isn't just what we eat. It's *how* we eat. Americans on the run eat so fast, there isn't time to feel full ... so we keep on eating, consuming more calories than we need. Now Dr. Mohammad Al-Asadi has a simple new way to help people eat less.

We are certified to administer a breakthrough oral device by *Scientific*

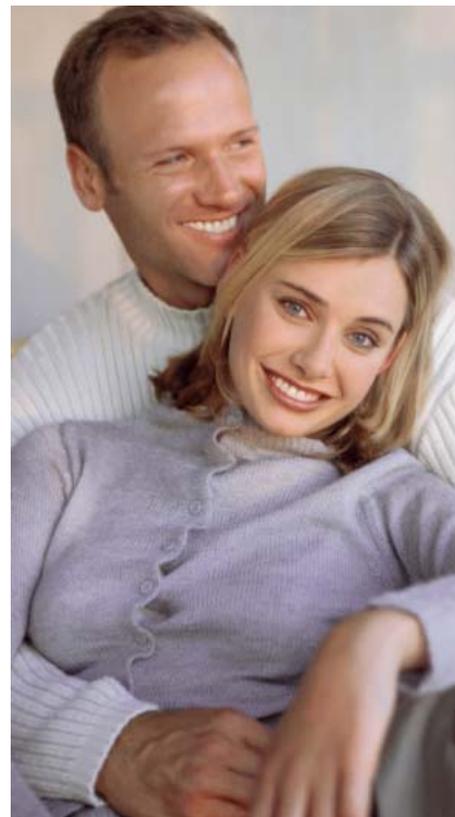


Intake™. Using behavioral modification principles, the oral device forces you to take smaller bites and helps you to slow down your eating. Studies show that eating slowly translates to feeling fuller sooner, which translates to eating less.

What can you expect at your appointment? First, we'll consult with you to see if the *DDS System™* can benefit you. Then we'll take bite impressions to create your custom-fitted oral device. It can be carried in your purse or pocket then discreetly inserted before meals and removed after meals. Your complete system includes a guide and carrying case.

Eating at hyper-speed has become a part of the American culture. With the *DDS System*, we can help you to slow down and eat less.

Please call us for a consultation about how the *DDS System* could help you!



office information

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Office Hours

Monday 8:00 am – 7:00 pm
Tuesday 10:00 am – 7:00 pm
Wednesday closed
Thursday 8:00 am – 7:00 pm

* We are available 24 hours, 7 days a week for emergencies, for patients of record.

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Amy, David Treatment Coordinators
Mike Harris Lab Technician



The information included is not intended as dental advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.

Tell Us...

What do you think?

When it comes to oral health, your teeth can tell us a lot about what's right and what wants more attention. But patient needs often have to do with matters that we can't detect on radiographs or during examinations.

When it comes to your mouth, we're all ears!

What do you think about our staff, office environment, treatment, pricing, educational information, referrals, and scheduling? What would you like us to change?

We're constantly trying to upgrade care and improve our services. Please let us know how we are doing. Next time you come in for a checkup and we ask you to open wide ... tell us what you think. When it comes to your mouth, we're all ears!

Delighted With You

That's a fact

On average, during the day, your mouth swallows 2,000 times, which helps flush out bacteria. At night, it swallows only 20 times, allowing bacteria to build up. That's why it's so important to brush before sleeping...

We just love sharing these facts with you. And we appreciate it when you share our delight and commitment with your friends, family, and colleagues.

Your enthusiasm is contagious and encourages your friends and family to come and see us. We know that feeling comfortable with your dental team makes visits more enjoyable and less anxiety-filled. And that a personal recommendation from a friend is the most credible form of advertising.

So, we are thankful for the great compliment of your continuing referrals.



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