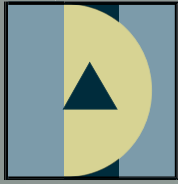


Creating Beautiful Smiles



with
Hudsonville Dental Associates



Produced for the Patients of Dr. Bradley A. Dykstra

Summer 2008

fromthedentist



FIRE!

Hudsonville Dental suffers devastating loss

As you may have heard, on Friday, April 11th our office suffered a devastating fire. Patients were scheduled until 1:00 pm that day, and all of the staff members had left the building by 1:30. Around 4:00 pm a call was made to the Hudsonville Fire Department that suspicious looking smoke was coming out of our roof vents. The fire was determined to be electrical in nature. All of the contents and equipment in the office were a total loss. If items were not burned or melted, they were so damaged by the smoke and soot that they were unusable. The structure of the building was still sound, due to fire walls that were put in when the office was built, but the entire inside of the office had to be demolished down to the studs.

We are in the process of rebuilding our office, but are expecting it to be late fall/early winter before we are able to move back in. The new office will be even more high tech and high touch than it was before with the best in new dental equipment and diagnostic technologies. Because all of our patient records are digital, all patient charts, x-rays, and information are secure and intact. While our office is being rebuilt, we have set up a temporary office just a few doors down, within the same building. With a lot of help from our dental suppliers, and thanks to our digital records, we were able to start seeing patients within a week after the fire.

We sincerely appreciate your understanding and patience while we make this transition. To adjust for the reduced chair capacity, we have extended our patient hours for your convenience.

We know that summer hours sometimes have more flexibility, so call us today for an appointment!

In the interest of better oral health,

Bradley A. Dykstra DDS, MBA



A healthy smile will last a lifetime!

Show What You Know

Choose all that apply!

The top offender in a major workplace survey was:

- a) Stealing someone's parking spot
- b) Office romances
- c) Bad breath

Bad breath is caused by which bacterial by-products?

- a) Volatile Organic Sulphur compounds that smell like rotten eggs
- b) Methyl Mercaptan which smells like cabbage or smelly socks
- c) Diamines with descriptive names like Cadaverine and Putrescine

You can't smell your own horrible breath because:

- a) You are too accustomed to it
- b) Humans turn off awareness of bad smells more quickly than good ones
- c) Nature wants to keep you conscious

The most effective breath freshener is:

- a) Brushing, flossing, and rinsing
- b) Breakfast to start saliva flow
- c) Breath mints

The best way to learn about bad breath prevention is through regular dental visits!

Answers: c, all, a&b, a&c



Your Smiling Future

Commit to your prenatal visits

Pregnancy can be experienced as an ocean of calm ... or as shifting waves of unpredictable emotions. The same hormonal fluctuations that contribute to these mood changes can also trigger oral health problems like periodontal (gum) disease. Because research has shown that periodontal bacteria can cross the placental barrier, periodontal evaluation and monitoring is a vital part of prenatal care for both mother and baby.

Here's why...

- Periodontal disease may be linked to pre-term delivery, low birth weight, and low weight for gestational age. The more advanced the periodontal disease, the greater the potential risk.
- Periodontal disease may be associated with an increased risk for toxemia, a condition characterized by an abrupt rise in blood pressure and the presence of toxins.
- Nearly half of women with gestational diabetes, a type of diabetes that occurs during pregnancy, also have periodontal disease.
- For diabetics, periodontal disease during pregnancy may affect blood sugar control, which in turn, increases periodontal risks.

In the earliest stages, gum disease has no symptoms. So please don't wait until you experience red, swollen, or bleeding gums that could indicate infection, or until you develop a bad taste in your mouth and/or bad breath. Protect yourself with regular dental care and thorough daily brushing and flossing, because gum disease may be linked to systemic diseases at every stage of life. If you're expecting, please include us in your regular doctor visits.

Restore Your Balance

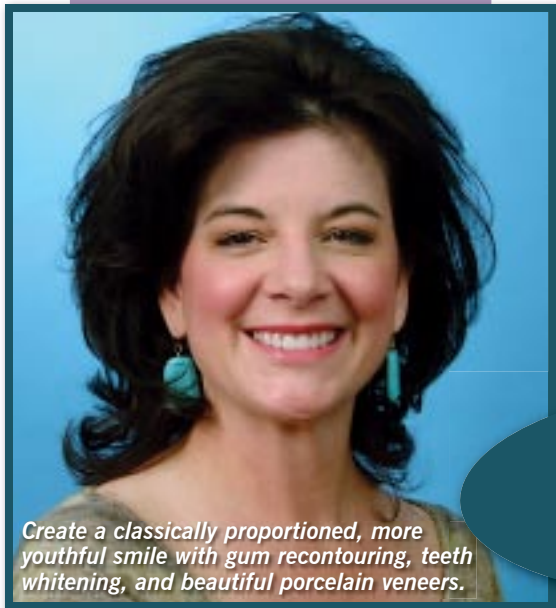
Try yoga!

The ancient Indian practice of yoga has been credited with curing just about everything, including the common cold. But improving your oral health? Yes! Studies show a reduction in blood pressure, heart rate, and stress. That's important for oral health, because...

- Stress diminishes resistance to infections including gum disease, and makes us susceptible to the discomfort of canker sores and dry mouth.
- Jaw joints that are strained with tension due to stress can become sore and cause headaches, teeth grinding can wear and crack your teeth, and biting inside your cheeks can be a real pain.

Of course, self-medicating anxiety with tobacco, alcohol, and other substances, and letting your oral hygiene slide, can throw your oral health out of balance too. Get your balance back. Take the pressure off with yoga instead!





Create a classically proportioned, more youthful smile with gum recontouring, teeth whitening, and beautiful porcelain veneers.

Don't Chance It!

Find out how to preserve your smile!

Is your scrupulously healthful lifestyle placing you at risk for an unattractive smile? You may associate receding gums, exposed roots, and yellowed teeth with chronological ageing, but they're often the cumulative result of environmental damage. Eating and drinking a lot of healthful but acidic fresh fruit and vegetable products can demineralize and stain your tooth enamel. And overzealously brushing your teeth can damage your gums and thin your enamel, revealing the yellow dentin underneath.

Here are some preventive and protective cosmetic procedures that you can choose to improve your smile ... for a lifetime.

Dentist-Supervised Teeth Whitening - **Prevent damage** to your gums and tooth enamel from abrasive whitening toothpastes and remove the risk of over-the-counter whitening products. We can design and supervise a whitening program for you to **lighten** stained, discolored, or dull teeth.

Enamel-Colored Restorations - **Strengthen, brighten, and protect** your teeth and make your smile look healthier and more youthful with natural-looking **white fillings** and **bonding** materials, **porcelain** or **resin crowns**, or translucent, custom-designed **porcelain veneers**. **Avoid** drifting teeth and a misaligned bite with **bridges** and **implants** to replace one or more missing teeth.

You're doing it all and you're doing it all right. An active life, a healthful diet, and disciplined home care routines are the routes to excellent oral and overall health. But sometimes just a little bit of the right kind of knowledge can give you a *lot* more power.

Let dentistry help you look your best!

Can you guess which tooth is an **IMPLANT**?



A Smart Investment

Dental implants: bank on a beautiful restoration

IMPLANT FACTS

- Biocompatible so bone cells grow on the implant root
- Bacterial-resistant
- Minimally invasive procedure
- Predictably high success rate whether replacing one tooth or many

HEALTH BENEFITS

- Stops or prevents jawbone loss & drifting of adjacent teeth
- Crown of implant can't ever decay and gum-damaging plaque buildup is inhibited
- No adjacent teeth involved to secure a restoration
- Ability to eat unlimited nutritious food choices

APPEARANCE BENEFITS

- Ensures a more youthful appearance by avoiding sunken jaws or misaligned bite
- Whiter, brighter smile and youthful, pink, healthy gums
- Immediate superior cosmetic results
- Maximizes options for healthy teeth and gums and overall appearance

Which tooth is the implant? The upper right central incisor.

Dental Age Erasers

Simple, effective, smile improvements!

The Fountain Of Youth! All through the centuries people have longed for an elusive elixir that will turn back the clock for them and reverse the inevitable process of ageing. But we often overlook one of the simplest and most effective ways to shed a few years – just improve your smile.

It's hard to overestimate how important our smiles are to the general impression we make. A smile that reveals discolored or cracked teeth, a receding gumline, or just a generally dull look has a subtle but profound effect on how old we look.

Most adults don't realize that as time passes, our smiles are not as bright as they used to be. Coffee, tea, smoking, red wines, and certain antibiotics are all contributors to dull, stained teeth. Time and periodontal disease can shrink the underlying bone and gum tissue that hold our teeth in place, and this can add years to your appearance.

We're your smile experts, and we can help to improve all of these conditions. Whitening treatments, replacing existing silver restorations with white composite fillings, and porcelain veneers can all be part of your smile makeover. We can't promise the Fountain Of Youth, but a new and improved smile can be the next best thing. Come and see us soon for a smile analysis as a first step towards a bright and youthful appearance.



Youthful!
Veneers can change an age-revealing smile into a more youthful smile... in only two visits! Phone us today!

office information

Hudsonville Dental Associates
Bradley A. Dykstra DDS, MBA
Brian J. Yared DDS
3250 Central Boulevard
Hudsonville, MI 49426-1439

Office Hours

Monday 8:00 am – 5:00 pm
Tue-Thu 8:00 am – 7:00 pm
Friday 8:00 am – 5:00 pm

Contact Information

Office (616) 669-6600
Fax (616) 669-2964
Emergency (616) 669-6600
Email patientrelations@hudsonvilledental.com
Web site www.hudsonvilledental.com

Office Staff

Kay, Elizabeth, Debora, Mary
..... Hygienists
Rachel, Cheryl, Jodi Dental Assistants
Andrea..... Patient Coordinator
Barb..... Office Manager
Laura..... Patient Relations



Your Referrals Matter

Thank you!

One of the things that our patients do – something that makes us feel great and confirms that you think we're doing a great job – is referring friends, family, and colleagues. A thriving practice allows us to re-invest in new technologies and continuing education.

If we don't ask for your referrals very often, it certainly doesn't mean that we don't care. It simply means that our team doesn't want you to think that we take your recommendations for granted. We consider it an honor every time you express your trust in us by sending someone to us for their oral care.

Thank you for all of your past referrals, and a special thank you in advance for your very welcome future referrals. We really do appreciate them!

Headaches Happening?

Think jaw joints!

Approximately 40% of otherwise healthy individuals suffer from chronic headaches, and about one in eight North Americans suffers from recurring headaches that interfere with normal life. Approximately 80% of all headaches occur from muscle tension which may feel as though you're wearing a steel hatband, or it may be a dull ache on one or both sides. Your headaches may be dental in origin if you experience:

- sore jaw muscles when you wake up;
- teeth grinding;
- jaw joints that click or pop;
- head or scalp that's painful to touch.

If your physician has ruled out other possible causes, contact us for an examination!