

Creating Beautiful Smiles



with
Hudsonville Dental Associates

Produced for the Patients of Dr. Bradley A. Dykstra

Winter 2009



from the dentist

Time For Reflection

*Remember what matters
during holidays*



The holiday season is a special time of year. It carries with it hustle and bustle, yet at the same time, a moment to slow down and think about all the wonderful things in our lives that we are grateful for. I, for one, enjoy these opportunities to examine my own life and what's important to me.

Aside from my family, my passion for dentistry gives me one of the greatest joys in the world, allowing me to make a positive difference in the lives of my patients. I also appreciate every member of my team and the unique gifts they bring to our practice. But what makes all this possible is *you*, my patients. Without your loyalty, support, and friendship, the rest wouldn't matter.

So please accept my very special holiday thank you!

Have a wonderful holiday,

Bradley A. Dykstra DDS, MBA

*To A Joyful Present &
A Well-Remembered Past*



*From all of us at
Hudsonville Dental Associates*

Thank you for all your referrals. We appreciate them!

Mix It Up

Find out how to make a real difference!



Dairy Or Non-Dairy You get to pick!

A study published in the *Journal of Periodontology* shows that those who regularly consume dairy products such as milk, cheese, and yogurt had a lower instance of gum disease. But even if you can't tolerate dairy products, science has plenty of good news about nutrition and oral health.

- Linked with longevity, cell growth, and boosting the immune system, vitamin D consumption can:
- **inhibit gingivitis**, the earliest stage of gum disease;
 - **fight inflammation** which has been linked to gum disease;
 - **help prevent tooth loss** by inhibiting bone loss around the tooth roots caused by gum disease.

Healthy gums are an important part of maintaining a healthy body. Calcium- and vitamin D-fortified beverages, and vitamin D-rich foods like salmon, sardines, and egg yolks can lead to better oral and overall health!



Just as what you wear can express your innermost self, your smile speaks silently to others about who you are and what you anticipate from life. A friendly open smile projects self-assurance and positive expectations, and attractive white teeth communicate cleanliness and health. Everyone in the family can benefit from a smile that's their sparkling best - but even better if you're of a certain age - your vivacious smile can help take years off!

Here's some more great news...

You can eliminate darkened or yellowing enamel stains created by everyday smoking, eating, and drinking. Even enamel that has become discolored due to illness, medication, or heredity can be brightened.

How? We can provide two very popular options that can dramatically improve your smile - supervised teeth whitening and cosmetic bonding.

Whitening has become the most-demanded cosmetic procedure for good reason - *it works*. Your teeth can be whitened by up to eight shades ... *very quickly* - and there's no upper age limit!

Bonding tooth-colored materials that match your own enamel to the surface of your teeth masks discoloration while adding strength. These same long-lasting materials can be used to replace old silver-colored (amalgam) fillings and to correct minor chips or gaps between teeth.

In fact, we can mix 'n' match these procedures to enhance your unique smile and incorporate white composite fillings, inlays, onlays, and sophisticated cosmetic veneers to keep you smiling ... whatever your age!



A Right
Way
And A
Wrong
Way

Brushing your teeth using the proper technique is essential for cleaning teeth and gums effectively, yet many patients are unaware of just what exactly the "proper methods" are. Correct brushing takes a little patience and a little more time than you might think. It's just not enough to slap on the toothpaste and scrub away in a haphazard and random fashion. You can easily miss whole areas of your mouth and actually do some damage at the same time. Here are some helpful toothbrushing tips to get the job done properly.

Brushing tips...



7 Smile Savers

See how you can count on us!

Everyone wants to keep their natural teeth for life. But it isn't all about the teeth, you know. When your gums are pink and healthy, they harmonize beautifully with your lovely white teeth enamel and truly make your smile sing. But their real job is to provide protection and support for your teeth. You can see why preventive care is the key to a great-looking smile.

Here are 7 preventive smile-saving supports our team can provide...

- 1 **Cleaning and scaling** your teeth to remove plaque, yellowing tartar, and surface stains;
- 2 Protective **fluoride treatments** and pit and fissure **sealants**;
- 3 **Remineralization treatments** to restore thinning enamel;
- 4 **Polishing** for teeth and restorations;
- 5 Protective **mouthguards**, custom-made for children and adults;
- 6 Preventive **nightguards** to stop grinding, clenching, and sensitive worn-down teeth that can age your appearance;
- 7 **Rely on us** to help you with as many preventive measures as possible. All you have to do is keep your appointments!

Recycle Your Bicycle

Again & again!

Have you ever wondered why cycling is becoming so popular? Here are four reasons you'll want to consider this family-friendly sport. Cycling is...

FUN

- Pump up your mood, reduce depression and stress, and boost your self-esteem!

GOOD FOR YOU

- Improve your overall and oral health.
- Shrink your waistline. Burn extra calories.
- Reduce your risk of serious conditions such as heart disease, high blood pressure, obesity, and diabetes.

SOCIABLE

- Enjoy the great outdoors with friends and family of all ages. People of most fitness levels can cycle, slowly and gently if necessary.

SUSTAINABLE

- Focus on the moment and on your environment. Join your family in reducing its carbon footprint with reduced vehicle usage.

No wonder cycling is one of the fastest-growing leisure activities in North America.

1

Place bristles along the gumline at a 45° angle so that they contact both the tooth surface and the gumline.

2

Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush up and down using a rolling motion.

3

Tilt the brush vertically behind the front teeth. Brush up and down using the front tip of the brush.

4

For the biting surface of the teeth, brush gently with a back and forth motion. Don't forget to softly brush the tongue to remove odor-producing bacteria.

Can't Tolerate CPAP?

Consider oral appliance therapy

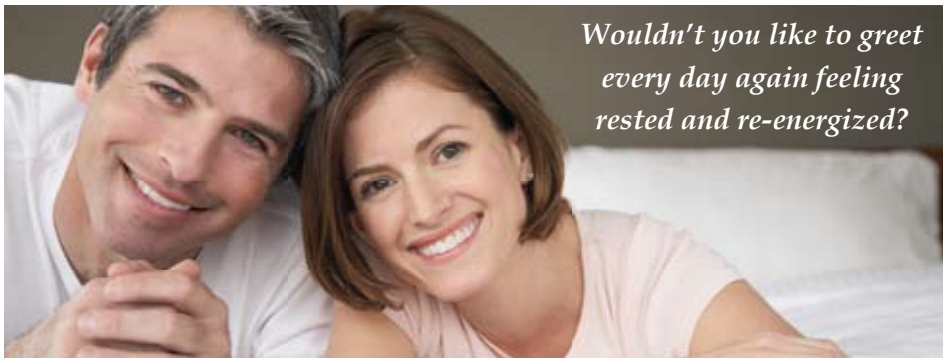
Have you ever seen a teeth whitening tray or a sports mouthguard? Well, if you suffer from sleep apnea, an equally small, comfortable, custom-fitted device could be just the solution you're looking for. While in the past *Continuous Positive Airway Pressure* (CPAP) has been considered the gold standard therapy for obstructive sleep apnea, not everyone can tolerate the cumbersome device and simply won't use it. That's hazardous to their health.

Therapy with a portable custom-fitted oral appliance can be extremely helpful for a variety of apnea problems ranging from mild to severe – without surgery. Snoring noise is caused by vibrations of air moving through a narrow airway. In apnea, the tongue and soft tissues relax and completely collapse the airway during sleep until breathing stops. The brain partially awakens them to restore breathing.

The key to successful treatment with your oral appliance is *custom fitting* so

that it meets your unique needs and will maintain an open, unobstructed airway while you sleep by repositioning your lower jaw, tongue, and soft palate. It is an excellent alternative for many apnea patients and also for snorers whose problem has not improved in spite of weight loss, avoidance of alcohol, quitting smoking or shifting their sleep position.

Wouldn't you like to greet every day again feeling rested and re-energized? We'll be happy to answer any of your questions about oral appliance therapy.



office information

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Eat Green

The best defense?



There's strong evidence that your greengrocer may have access to cancer protection you won't find in a doctor's office. Studies show that foods like broccoli, peaches, cantaloupes, spinach, and other sources of vitamin A can lower the risk of cancer in the larynx and esophagus. The same goes for sweet potatoes, carrots, winter squash, tomatoes, citrus fruit, and brussel sprouts. And that's not all. Vegetables like cabbage, broccoli, brussel sprouts, kohlrabi, and cauliflower may also help reduce the risk of gastrointestinal and respiratory tract cancers. Fruits and vegetables, and whole grain cereals like oatmeal, bran and wheat, may help lower the chance of colorectal cancer. Mother was right – *eat your vegetables!*

Perfect Timing

Ensuring your health

We hope that all our patients and their families have a fun and frivolity-filled holiday season – and that everyone greets the New Year safe and sound!

And we'd also like to give you a little advice: the new year marks the beginning of many of our patients' dental insurance year, when your fund is replenished and full, which means it's the perfect time to make certain you're completely up to date with all your oral health needs. We certainly hope you haven't postponed any regular checkups, but if you have, please contact us today so we can perform your regular examination and teeth cleaning. This would also be an ideal time to consider an in-house whitening or cosmetic procedure to greet spring and summer in style!

We look forward to seeing your smile!