



MEYER DENTAL GROUP

comprehensive care for healthy beautiful smiles

Smile File

Fall 2011

Going Above and Beyond for You!!

In our continuing efforts to provide the most advanced technology and highest standard of care available to our patients, *Meyer Dental Group* is proud to announce the inclusion of the *ViziLite® Plus* exams as an integral part of our annual comprehensive oral screening program.

One person dies every hour from oral cancer in the United States – and the mortality rate has remained unchanged for more than 40 years. Late detection of oral cancer is the primary cause that both the incidence and mortality rates of oral cancer continue to increase. Although tobacco use is a major predisposing risk factor, 27% of oral cancer victims have no lifestyle risk factors.

Clinical studies have determined that using ViziLite Plus after the standard oral cancer examination improves the dental professional's ability to identify and evaluate suspicious areas at their earliest stages. Proven screening technologies such as *mammogram*, *Pap smear*, *PSA* and *colonoscopy* offer the same type of early detection of cancer. *ViziLite Plus* is an easy and painless examination which is not intended to prevent oral cancer, but to detect any oral abnormalities at their earliest, most vulnerable stages which could potentially save lives.

You deserve the very best quality and most thorough dental examination available, and that is what we promise to deliver here at The Meyer Dental Group!! If you have any questions regarding the *ViziLite Plus* examination, or would like to inquire about *The Meyer*

See back page for your VIZILITE® Special!

Dental Group Comprehensive New Patient Experience that we offer, please call our office today **[847] 827-6290**, or email us at **email@meyerdentalgroup.net**.



Dr. Thomas L. Meyer General Dentist

73 N Broadway Street
Des Plaines, IL 60016-2347

Office Hours

Monday 8:00 am – 5:00 pm
Tuesday 10:00 am – 7:00 pm
Thursday 8:00 am – 5:00 pm
Friday 8:00 am – 1:00 pm

Email **email@meyerdentalgroup.net**

Our Services Include:

- Family & Cosmetic Dentistry
- Crowns & Bridge work
- Implant Dentistry
- All-Porcelain MAC Veneers
- Smile Imaging and Design
- TMD Treatment
- BriteSmile® In-Office Whitening & Products
- Periodontal Therapy
- Adult & Child Orthodontics
- Laser Therapy
- Athletic Performance Mouthguard
- Sleep Apnea and Snoring Appliance Therapy

See how close we are!



Call Today!
[847] 827-6290

Discover more about our office at
www.meyerdentalgroup.net

Feed Your Complexion

FEED YOUR SMILE

Foods that promote a healthy mouth also fight wrinkles, so you can eat your way to a winning smile and beautiful skin!

BERRIES & CITRUS FRUITS

Smile: Vitamin C contributes to healthy gum tissue.

Complexion: Antioxidants protect skin from free radical damage.

EDAMAME (e-da-ma-may or baby soybeans)

Smile: High calcium content builds strong teeth.

Complexion: Amino acids build cells and repair tissue.

LEAN PROTEIN

Smile: Amino acids help gums heal faster.

Complexion: Protein speeds the regeneration of skin cells and collagen.

ORANGE PRODUCE (including carrots, yams, pumpkins)

Smile: Vitamin A increases resistance to mouth infections.

Complexion: Beta-carotene and antioxidants rebuild skin cells.

GREEN LEAFY VEGETABLES (including spinach, beet tops, broccoli)

Smile: Calcium strengthens teeth.

Complexion: Antioxidants counter the ill-effects of free radicals.

Bye Bye “Gummy” Smile

We can help!

Are you concerned that your gums show too prominently when you smile? Or whether or not your “too-gummy smile” is healthy? While it’s not an indication of poor gum health, a gummy smile could dampen smile appeal.

During your consultation, we can explain how a gum lift could make a tremendous difference ... perhaps even **create the smile of your dreams!**



To give you the smile that you’ve always wanted, let’s discuss options including:

- Crown Lengthening - A gum-sculpting procedure that can either raise or even-out your gumline, exposing an engaging balanced smile.
- Crowns or Veneers - Options that can correct the length and shape of your teeth, giving them a more attractive uniform look.

7 Factors You Can't Ignore

Do they apply to you or someone you love?

Gum disease is a chronic bacterial infection that is a major cause of tooth loss in adults and triggers an inflammatory response in your body. Scientists believe it may be linked to other inflammatory diseases such as heart disease and stroke, Alzheimer’s, diabetes, respiratory diseases, cancers, arthritis, and osteoporosis. As if this weren’t worrisome enough, research suggests that the incidence of gum disease may be 2-3 times higher than previously thought. This is alarming because only about 3% of those afflicted seek treatment.

Here are 7 factors that could make you vulnerable to developing gum disease...

Improve Your Smile!

Enrich Your Life!

DENTAL IMPLANTS



If you are self-conscious about your smile, you may not be getting the most out of life. Missing teeth or worn restorations can age your face and make you feel less vibrant. They can also cause you to miss out on the things you once enjoyed, like favorite foods. Rest assured that there is a solution: *dental implants*, which are artificial roots secured by the jawbone, serve as anchors for replacement teeth. They offer superior stability and help preserve bone. Implant-supported teeth look, feel, and function just like natural teeth.

IMPLANTS CAN IMPROVE YOUR SMILE BY:

- providing a permanent anchor for attractive replacement teeth
- curtailing bone loss
- supporting face and lips, eliminating a “sunken” look.

IMPLANTS CAN IMPROVE YOUR LIFE BY:

- offering the convenience and comfort of non-removable replacement teeth
- restoring bite pattern and alleviating headaches and jaw aches
- aiding digestion by allowing you to properly chew foods.

Whether you need to replace one tooth, several teeth, or all of your teeth, there is a solution for you. We will be happy to discuss ways to bring back your healthy smile and vibrant lifestyle.



Vital For Your Health

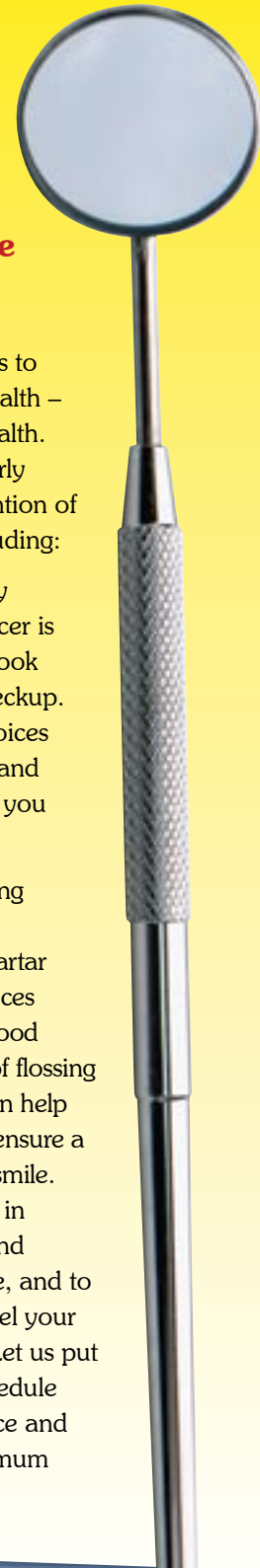
Dental hygiene visits

Regular recall appointments help us to monitor your oral health – even your overall health. We can aid in the early detection and prevention of serious diseases including:

ORAL CANCER – Early detection of oral cancer is imperative, and we look for signs at every checkup. Making informed choices about diet, tobacco, and alcohol use can help you prevent this disease.

GUM DISEASE – During regular cleanings, we remove plaque and tartar and can detect instances of infection. With a good home-care regimen of flossing and brushing, you can help prevent disease and ensure a fresh sweet-smelling smile.

Our goal is to aid in the early detection and prevention of disease, and to help you look and feel your best. Call us today. Let us put you on a regular schedule of health maintenance and monitoring for maximum smile results!



Tobacco & Alcohol

Smoking or chewing tobacco and drinking alcohol are the leading causes of oral cancers. Doing both could put you at 15 times greater risk than others.

Genetic Susceptibility

About 30% of the population inherits the tendency to be six times more at risk for gum disease.

Hormonal Changes

Life stages that bring natural changes in hormone levels include puberty, pregnancy, menopause, and andropause.

Stress

Stress has been linked to cancers and can make it more difficult for you to fight off oral and other infections.

Diabetes

Diabetics are at higher risk for infections including gum diseases which can make it more difficult to control blood sugar.

Clenching Or Grinding Teeth

Excess force on the supporting tissues of your teeth could speed their deterioration.

Avoiding Dental Visits

Regular exams and confirmation of proper home care techniques can help you prevent gum disease. Our professionals can identify gum disease symptoms before you can, and help you to halt or even reverse its progression.

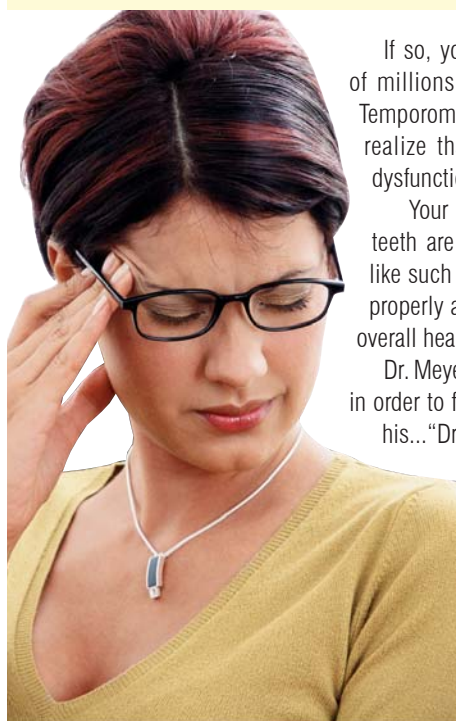
Dr. Thomas L. Meyer
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U.S. POSTAGE
PAID
PNP 14304



Do You Suffer From One Or More Of These?

- Chronic Headaches
- Facial pain
- Neck pain
- Jaw joint pain
- Jaw joint noise or clicking
- Ringing in the ears
- Ear congestion
- Dizziness
- Clenching or Grinding
- Postural problems
- Tingling of the fingertips
- Limited mouth opening
- Difficulty swallowing
- Nervousness or insomnia



If so, your bad bite may be to blame. You could be one of millions of Americans who suffer from TMJ or TMD – Temporomandibular Joint Dysfunction. Most people don't realize that a bad bite could be the cause of pain and dysfunction of the head and neck.

Your bite is simply the position of your jaw when your teeth are all the way closed together. Although it seems like such a basic idea, when your bite (or occlusion) is not properly aligned, it can cause pain and in return affect your overall health.

Dr. Meyer has extensive training in working with pain patients in order to find relief. In the words of a former TMD patient of his... "Dr Meyer is still, to my knowledge, a relatively rare exception in the dental field. The type of dentistry he practiced on me helped me in a way that nothing else did. If it weren't for Dr Meyer and his techniques, I shudder to think what shape my life might be in today. It amazes me that a concept so simple as relaxed facial muscles should still be such a neglected and unknown art today in the dental field."

If you would like to find out more about treatment and discover how Dr. Meyer could help you resolve potential TMD disorders, give our office a call today!

We Welcome New Families to The Meyer Dental Group!!

We are always thrilled to welcome new families into our practice! We understand that choosing a dentist for yourself, and your children, is a very important one! We promise to you our mission of "going above and beyond", so that you and your family experience the most amazing and comfortable dental experience ever! We look forward to your call!!

Call Today!
[847] 827-6290

**NEW PATIENT
CHILDREN'S VISIT
SPECIAL**

\$50 professional courtesy towards cleaning, x-rays, fluoride and exam. No limit per family.

**COMPLIMENTARY
VIZILITE®**

Oral Cancer Screening
Procedure With Your New
Patient Experience
A \$65 value!

Mention Newsletter Special when scheduling

Limited-time offers expire 12/31/11