

DEDICATED TO YOUR SMILE

Spodak

dental group

Produced to improve your dental health and awareness

Winter 2008/2009

fromthedentist

Well, summer is over and we are pleased to welcome our seasonal patients back to south Florida.

We have made numerous improvements within our practice in the last several months and are very excited to share them with you, our valued patients. We have completed building our new, on-site, state-of-the-art dental laboratory. We are now one of a very few practices in the nation to have such a facility, enabling us to do all of our restorations (crowns, veneers, etc.) in-house! Staffing our lab are our two new master ceramic artists, William Puerto, from Salt Lake City, Utah, and Freddy Batista, from Roslyn, NY. Both of these gifted craftsmen have made the commitment to move to Florida to join of our team of professionals. This presents a highly significant benefit for our patients in that we can now ensure and control the highest level of quality for **all** our dental work, including the manufacture of restorations.

Most dental offices, when taking an impression for a crown or veneer, must send that impression to an off-site dental laboratory. This presents a number of challenges when trying to create a restoration that both fits comfortably and securely and looks natural, matching the shape, texture and color of the patient's own teeth. For your convenience, our on-site ceramists can now address issues of custom colorization and any necessary adjustments *during* your regularly scheduled appointment.

Please join us in welcoming William and Freddie, as well as several other additions, to our growing team of professionals – Yvette, in hygiene; Bethany, in clinical assistance; and Faith, in patient relations.

All of these changes have been exciting for our entire team, and I am especially excited about the benefits they present for our valued patients. Because of all the new tools, technology, and the completion of our lab, Dad (Dr. Myles) has told me that, after 41 years of practicing, he is experiencing a "renewed zeal and passion for dentistry." As his son, I cannot express how gratifying that is for me!



Craig Spodak, DMD, PA



William and Freddie, our master ceramic artists, work on a case in our on-site dental laboratory.



Dr. Craig Spodak presents a treatment plan to a patient in our surgical suite.

Visit our website www.spodakdental.com

FAQ

Q How often should I brush my teeth?

A: Brush gently at least twice a day for at least two minutes, and floss once a day, ideally at bed time.

Q My teeth are too close together to floss. What can I do?

A: If you're not flossing you're missing about a third of your tooth surfaces where your brush can't reach! Waxed floss can be easier to use, but there are other types to suit different needs - tape, thread, unwaxed, and shred-resistant.

Q How do you floss wide spaces between teeth?

A: You can substitute floss with an interdental cleaner which is also effective with crowns, bridges, and braces.

Q Should I use an oral irrigator?

A: Oral irrigators are very effective for cleaning around braces and between teeth. They can also be used to clean periodontal pockets and to apply prescription medication.



So Much In Common
About gum disease, diabetes ... and you!

Periodontal (gum) disease can alter your glucose metabolism even if you are not diabetic. This is worrisome because experts believe this could lead to prediabetes in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes can be a precursor to Type 2 diabetes.

The relationship between periodontal disease and diabetes has been studied extensively for more than fifty years. Each arrives silently ...is chronic ... epidemic ... and has been associated with chronic inflammation.

■ Gum disease is an infection that occurs when the bacteria in plaque, the film on your teeth, is allowed to build up and inflame your gums. It can lead to tooth loss and bone loss, and has been linked to cardiovascular

and other systemic diseases including diabetes.

■ Diabetics with periodontal disease have *two* chronic conditions which may affect each other.

■ People with prediabetes or diabetes are likely to have periodontal disease more often and more severely than people without.

■ Diabetics with periodontal disease have more difficulty controlling blood sugar levels. This perpetuates the risk of recurring gum disease and increases the risk of other diabetic complications during every stage of life, including childhood and pregnancy.

Gum disease can arrive without symptoms, and has been linked to both prediabetes and diabetes. It's in everyone's best interests to have regular oral exams.

Grin & Bear It ...for oral health!

Exercise benefits run more than skin deep. Exercise contributes to the reversal of ageing at the cellular level. *Astounding!* Whether you perform aerobics for cardiovascular stamina or anaerobics for strength, your exercise program could jumpstart your quality of life.

When weight-bearing exercises are incorporated into your fitness program, they can also ward off thinning of the bones, or *osteoporosis*, which has been linked to poor oral and overall health.

How do weight-bearing exercises improve bone density? They work your bones and muscles against gravity. In

reaction to the exerted force of your body mass and the pull of your muscles, the bone adapts by building more cells which increases sturdiness.

So do pushups, lift weights, or even cartwheel into your stronger, more-energized future. You'll eat better, sleep better, and smile more!

Be The Best You Can Be

Leap into your future with a smile!

Are you one of the fitness generation who might live to be a dynamic and healthy 100? Be bold. Take advantage of dentistry and infuse your smile with the same dramatic longevity and high-energy impact as the rest of you. And let's be honest ... a youthfully incandescent smile is always a head-turner!

Teeth whitening is the eye-catching cosmetic procedure that's most commonly requested by both men and women, and it's often very appropriate just before a restorative procedure. That way, when we match natural-looking **white fillings** and other restorative materials to enamel shades, yours will be at its very brightest.

For example...

Create your dream smile by camouflaging imperfections with **porcelain veneers** that have been custom crafted by hand especially for you. When permanently attached to the front surfaces of your teeth, your smile will look whiter, straighter, and more pleasingly proportioned.

Update your look by replacing unflattering older crowns that no longer match your smile with **metal-free porcelain** or **resin crowns**. Or consider these natural-looking restorations to save and strengthen cracked or broken teeth, or to bridge gaps.

Lead the pack with the leading-edge solution for teeth replacement. Permanent **dental implants** look completely natural, save supporting bone, and prevent further damage to your smile.

Make your zest for the best work for you. Live life to the fullest ... and smile, smile, smile!



Dare to turn heads with a smile that's been radiantly rejuvenated!



Crown Classics

Smile with style

Vintage is in, from cars and imported perfumes to red carpet couture. But please – not for your smile! Conspicuously old-school crown restorations can make you self-conscious, add unwanted years to your appearance, and really date your image. Contemporary crowns, on the other hand, will fast-forward your look from antique to chic!

You see, advanced materials now allow light to shine through in the same way your natural tooth enamel does. Leading-edge techniques allow us to match the color and contours of the rest of your smile in only a visit or two. You end up with a restoration that's strong enough to protect and save your tooth, but is really natural looking. Unprecedented!

So modernize your smile with beautiful crown restorations. They're strong *and* stylish.



Training To Better Serve You

Over the summer, the entire team at *Spodak Dental Group* traveled together to Orlando for three days for the annual conference of the *Academy of General Dentistry (AGD)*. We all attended various lectures, learning the newest and best techniques in dentistry to better serve our loyal patients. This is part of our ongoing commitment, both personally and professionally, to meet and *exceed* the needs of our patients and community. Dr. Craig, who already holds two certifications in the *Invisalign®* technique of straightening teeth, received additional training in this exciting treatment method. Our front desk team attended seminars on patient scheduling and office management to more efficiently meet your scheduling and financing needs. Our hygienists and dental assistants participated in workshops to educate themselves in the latest advances in chair-side technologies. The dental profession is continually evolving for the better. We, also, are evolving as individuals *and* as a team, because we are constantly learning and committing ourselves to higher standards of care.



The Spodak Dental Team takes a break from training at the 2008 AGD Conference.

invisalign



Natecia, one of our assistants, demonstrates the ease of inserting an *Invisalign®* aligner.

officeinformation

Spodak Dental Group

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Falamos Portuguese & Se Habla Espanol

