

## Something To Smile About!

### Rewriting the book restoring your smile

Cosmetic dental techniques can help your smile look its best and keep your teeth healthier and brighter than ever before. Anyone can have a knockout smile!

**Bonding** – Teeth that are stained, cracked, chipped, or spaced unevenly can seriously dull your smile. We can now correct many of these flaws using a process called bonding where we use a tooth-colored plastic to contour or reshape your teeth. Bonding looks and feels just like real tooth.

**Veneers** – More severe stains and chips may require veneers. These are extremely thin but strong porcelain or acrylic shells that can be layered over the front surfaces of natural teeth to improve their appearance.

**Whitening** – Teeth that have lost their sheen and color to tobacco, food, age, or prescription drugs can now be lightened.

**Orthodontics** – Thanks to new advances, not only can the shape and color of your teeth be changed, we can now fix crowded or crooked teeth no matter how old you are. Modern braces are so discreet that only you need know the secret to your beautiful new smile.

**Implants** – If your smile is suffering because of missing teeth, implants may be the answer. These are man-made teeth permanently anchored in the jawbone. They can be an aesthetically pleasing alternative to dentures and bridges.

There's no reason to wait. Consult our dental practice today about cosmetic techniques that will give you the smile power you deserve!



We're accepting  
new patients!



**Grauer and Kuchta Dental  
Associates**

**Dr. Mark Kuchta & Dr. David Grauer**  
101 S. Washington Avenue, Suite 135  
Park Ridge, IL 60068-4200

You're invited to  
join our practice!

Visit our website!  
[www.grauerandkuchta.com](http://www.grauerandkuchta.com)

Call today!  
**(847) 696-3240**

*Join*  
**Our Whitening  
Club!**

**For only \$199  
you can receive a  
lifetime of whitening.**

*Call our office for more  
information!*

# Fit For Life

## How to gain oral health no matter what your age

Here's some news you'll be happy to hear! Experts estimate that for every \$1 you spend on prevention and oral health care, you'll save as much as \$8-50 on future emergency and restorative procedures. Here are some cost-saving and health-saving examples.

**Kids and teens:** Each year, kids lose about 51 million hours of school to dental-related illness, plus their parents lose valuable work time and in some cases, wages.

**Young adults:** Changes in eating patterns, more lax home care, and fewer dental visits can create oral health problems. Destructive gum disease increases three-fold between the 20s and 30s!

**Boomers:** Serious destructive gum disease jumps to nearly 30% for people in their 40s, and nearer to 50% by your 50s. Severe gum disease may be linked to systemic health problems like diabetes and heart disease. And those older fillings and restorations that may be compromised? They need dental attention to prevent further tooth-structure damage.

**Seniors:** By your 60s and 70s, chronic conditions requiring the use of medications can contribute to oral health



complications. Many older adults are unaware of the mouth-body connection and the importance of prevention and regular care.

**The solution?** Call us! Neglected oral health can influence the quality of life at any age and prevention is your most cost-effective option. Fluoride treatments, sealants, and regular checkups can keep your smile healthy for a lifetime.



The average man will lose 5.4 teeth by age 72. You've probably heard this before and you might even think times have changed. Not so. Yet another survey confirms that when it comes to taking care of their teeth and gums, men don't have much to smile about.

According to the *American Dental Association*, 86% of women brush their teeth twice or more a day, compared to only 66% of men. What else? Women change their toothbrush or power toothbrush head the recommended every 3-4 months on average, yet men wait an average of 5 months.

Good oral hygiene and regular checkups are important for both men and women. Stress, like ageing, takes its toll on oral health, and gum disease which may result from lack of care, may be linked to systemic diseases. Keep your teeth and your health.

## TMJ Trauma

### You don't have to live with it

Have trouble opening your jaw all the way? Experience facial or head pain or jaw joint sensitivity and noises? Those jaw joints are also called *temporomandibular joints* and millions of North Americans have a debilitating condition called *temporomandibular disorder* or TMD.

#### Here are some possible causes of TMD:

**Bruxism**, or grinding and clenching of the teeth, is the most common. Stress can increase its severity while asleep and awake.

**Malocclusion**, or bad bite, can place pressure on the joints and strain your jaw muscles.

**Trauma** caused *directly* by a car accident, a contact sport, or other event, or *indirectly* by, for example, holding a sustained position at work.

Although the cause and symptoms of your TMD are unique, you could be one of the many for whom a small dental appliance can provide much-needed relief.

# Wake Up Your *Smile*

## It's all good news about whitening

Just when you think there can't be any more great news about whitening techniques – there is! The ingredient dentists use to restore the healthy and radiant luster to your smile is actually milder than your morning glass of orange juice. You can be confident that your dentist-supervised teeth whitening is both safe *and* effective.

You see, the dentist doesn't put "white" on your teeth. Instead, stains are gently removed from your tooth enamel which results in a **whitening** effect. The stains can occur as a result of the food you eat, tobacco smoke, tea and coffee, and even normal ageing. Life makes those stains pretty tough to avoid, but our dental team is up to the task. Professional techniques

can even refresh smiles dulled by root canal treatments, prescription drugs, or discoloration that is part of the tooth's actual structure.

We can offer much, much more than teeth whitening to brighten your smile...

■ **Bonding** can fill in microcracks, camouflage deep stains trapped within your tooth's surface, and mask white splotches or brownish gray bands.

■ **Veneering** your teeth with bonding or ceramic materials offers an added bonus. They can build up your tooth surfaces to correct ridges and uneven lengths as well as reduce unsightly spaces.

■ Natural-looking **white fillings**, instead of dark metal ones, can finesse your smile rejuvenation.

*Your smile doesn't have to be yesterday's news.  
Give it - and you - another chance!*



### Whitening & Veneers



Before



After



## Keep This! You'll Love It!

### Quick 'n' easy pizza for four

A balanced variety of food is good for your oral and overall health. When you eat cheese, for example, you can slow the cavity-making process. Unsung mushrooms are loaded with antioxidants, riboflavin, selenium, and other nutrients that keep your immune system healthy, are the only natural fresh vegetable or fruit with vitamin D, and are also a good source of B vitamins.

This *Mushroom Council* recipe creates a winning combination.

10 to 16 ounces Italian bread shell

8 oz white button mushrooms, sliced and divided into 2 equal portions

1 cup shredded fontina or mozzarella cheese

1/2 cup thinly sliced green bell pepper

1/4 cup drained and chopped oil-packed sundried tomatoes

1/3 cup thinly sliced sweet onion

1/2 cup grated Parmesan cheese

Preheat oven to 420°F. On a 12-inch pizza pan, place bread shell. Arrange half of the mushrooms in a single layer. Sprinkle with fontina. Top with green pepper, tomatoes, onion, and remaining mushrooms. Sprinkle with Parmesan. Bake until hot and cheese is melted – about 10 minutes.

# Dental Implants Improving smiles

In the best of all worlds, our natural teeth should last for a lifetime. Unfortunately, most of us will lose teeth over the years due to periodontal disease, decay, trauma, or simple ageing.

Until recently, tooth replacement meant a fixed bridge or removable dentures. Now dental implants can provide permanent, stable, attractive replacement teeth for your lifelong smile. Dental implants consist of three parts: an anchor implanted into your jawbone; a post to attach the replacement tooth; and the replacement tooth itself.

A Louisiana State University study shows that almost 90% of denture wearers who switch to implants find their confidence and smile quota improves! It's no wonder that implants are an attractive, effective treatment choice for many patients!

## FREE Implant Consultation!

*Because you receive this newsletter, you are invited to take advantage of a FREE Implant Consultation with Dr. Mark Kuchta or Dr. David Grauer.*

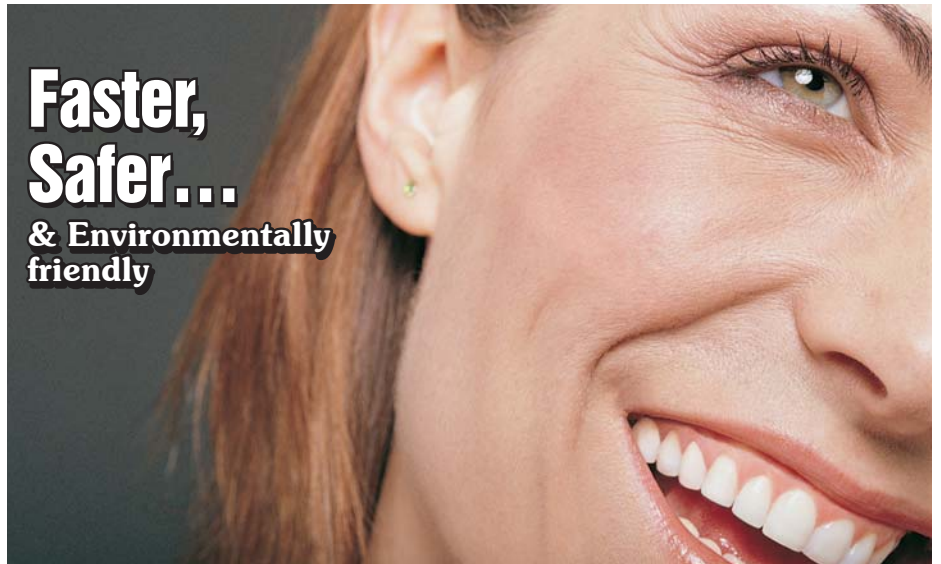


Grauer and Kuchta Dental Associates  
101 S. Washington Avenue, Suite 135  
Park Ridge, IL 60068-4200

The Art of  
Dentistry

PRSR STD  
U.S. POSTAGE  
PAID  
PNP 14304

## Faster, Safer... & Environmentally friendly



We learn a lot about your oral health through a visual examination of your teeth and gums. But even with 20/20 vision, there are things that can't be seen with the naked eye. Technological tools are invaluable in helping us detect potential trouble, and by far the most effective of these is the dental radiograph, or x-ray.

We are now able to offer our patients a new type of x-ray, the digital radiograph, which offers benefits beyond the traditional x-ray. We place a sensor that is about the size and shape of a domino on the inside of your cheek. It sends signals to a computer which are translated into large, crisp, electronic pictures of your teeth, supporting bones, and gums. The pictures can be enlarged and colored for clarification and are stored in your file for future reference.

Because digital radiographs require 90% less radiation than traditional x-rays, you can relax ... the radiation is so low, you no longer have to wear a lead apron and we don't have to leave the room!

The digital radiograph makes it easier and less expensive to detect, diagnose and plan treatment long before problems become visible to the naked eye. We'll recommend digital radiographs periodically, as you need them. It's the best and safest way to guard your smile against unexpected problems!

## Call today! (847) 696-3240

 **Mixed Sources**  
Cert no. SW-COC-002303  
© 1996 FSC

Information included is not intended as dental or medical advice. Contents may not be reproduced without permission from the publisher. © PATIENT NEWS PUBLISHING (800) 667-0268  
36393-65769 ND10-2 Printed with vegetable-based ink.