

Smile for Life Dental

Dean W. Lodding, DDS



Your Beautiful Smile

Produced to improve your dental health and awareness

Spring 2009

Dr. Dean's Smile Message

Welcome to our 2nd newsletter – full of information we hope you will enjoy!



Times they are a-changing, and despite the challenging economy, our mission is to continue to help you, your family and friends to receive and maintain optimal oral health. After all, staying healthy is the best way to save money! Putting your oral health on hold could result in major expense later. Maintaining your smile can be easy with continuing care visits with my great hygienists. We are striving to help you by keeping our costs under control. Please know that it is our goal to help you maintain your beautiful smile for a lifetime. Smiles from us to you, is forever my mission and goal.

Best wishes for a new year and, may your smile shine in 2009!

Sincerely,

Dr. Dean

We Can Save Your Life!

Did you know that when you neglect your oral health, you risk compromising your overall health?

Consider...

■ Nearly half of women with gestational diabetes, a type of diabetes that occurs during pregnancy, also have periodontal disease.

■ Other studies have linked gum disease to low birth weight, toxemia, and premature delivery, underscoring the need to maintain oral health during pregnancy.

And that's not all...

■ **Gum disease has also been linked to cardiovascular diseases, strokes, osteoarthritis, diabetes, pancreatic cancer, in the general population. Our team wants to work with you and your physicians to turn these statistics around.**

How will you recognize the early symptoms? Sometimes you can see redness and inflammation in the gums. You could develop a bad taste in your mouth and bad breath if it is left untreated too long. In the earliest stage called gingivitis this can be treated and reversed. My hygienists Stephanie, Diane and Dayna are trained extensively in helping to reverse gum disease at its earliest stages.

As gum disease progresses to Periodontitis, the symptoms of infection will intensify. But it's what you can't see that's scary. While you're experiencing bleeding and bad



Your health is our concern. My hygienists are your health partners!

breath, the infection is attacking and destroying the underlying bone and supporting ligaments. Periodontitis looks awful, but tooth loss – the inevitable outcome without treatment – looks a lot worse.

Our office now has bacterial testing available to help diagnose and treat gum disease at the earliest onset. This test can truly help our patients to reach better oral health than ever before. We can't treat what we can't see! If you are someone concerned about heart disease, strokes and other health issues that you may be genetically predisposed to please talk to my oral health team.

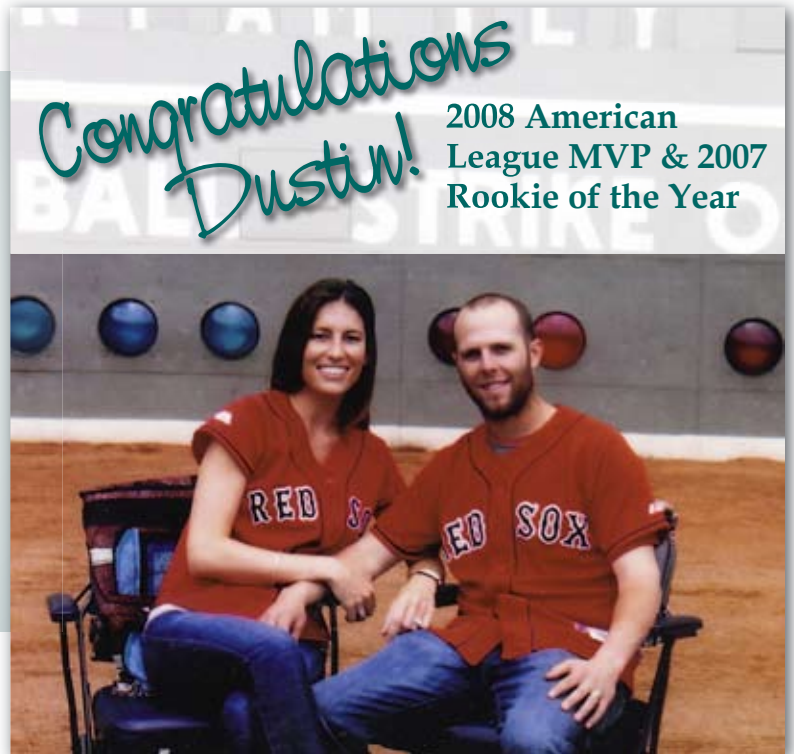
Don't surrender your smile or your health to the ravages of periodontal disease. Instead, call us for a consultation and recapture your most winning smile. We can help you to prevent gum disease, halt its progression, or even reverse it!

Visit our web site at www.DeanLoddingUpdates.com

Change A Smile .



All current patients of Dr. Lodding ... Kelly, Brad & Jenny Hatley (Dustin's mother- and father-in-law) enjoy the 2008 All Star game in New York.



Kelly & Dustin Pedroia

Patients You Should Know...



Susan Lonergan

It is always a great delight to spotlight one of our valued patients and Susan Lonergan is no exception. For the past two years, this devoted mother of three and busy family law attorney has graced our practice with her loyal support. We are also delighted to learn that Susan chose our practice on the basis of skill and standing in the dental community. And, after we provided major dental work on crowns and veneers she says: *I am not embarrassed to go out without makeup!*

At Lonergan Law Ltd., Susan's range of expertise is profound - she's a family law attorney, mediator, legal guardian, and Divorce Education Director. In fact, she wrote, founded and currently administers the court-mandated divorce education program: *Kids in a Divorcing Society*. Susan represents clients in divorce and custody cases, and also helps parties settle their own divorces through mediation. In addition, she is appointed by the court to represent the best interest of the children as a legal guardian in custody cases. In her free time, Susan loves to run - 6 miles a day with her 104 pound dog. She smiles, adding: *I run in all kinds of weather - except for a thunder and lightning storm, hail and tornadoes.* Susan can be reached at: Lonerganlaw@sbcglobal.net, and (603) 845-0054.



.. Change Your Life

Tim Kellenberger

We are always delighted to spotlight one of our valued patients, and Tim Kellenberger is no exception! Our loyal patient for the past four years, he enthusiastically told us why he continues to support our practice. *Dr. Lodding is the best! When my company – Kellenberger Electric was contracted to install the electric for Dr. Lodding's new office, I had been searching for a new dentist, and when I met him, I knew I found the perfect fit. Dr. Lodding and staff are very friendly, out-going and just make visits a pleasure. I actually look forward to going to the dentist. We would like to thank Tim for his generous words and to assure him that we will continue to do our very best to provide him and all of our patients with the best possible oral health care. As for Tim's business – Kellenberger Electric, Inc. – After 19 years servicing Chicago-land, Tim continues to provide his electrical contracting skills and expertise with services that range from electrical installations to low voltage wiring. Father of Andrea, Krystin, and Briennig – Tim enjoys traveling with his wife, Marcia, to Belgium, to visit their daughter and her family, and to see ...the cutest babies, ever!*



Cavity Clear!

The same CariFree™ system we use to determine whether you are at low, moderate or high risk for caries, the disease that causes cavities, can be used to treat you as well.

Here's how these safe, convenient, and effective take-home anti-microbial rinses can help you.

- The Treatment Rinse kills the harmful bacteria on your teeth when used once a day for one minute for approximately two weeks.

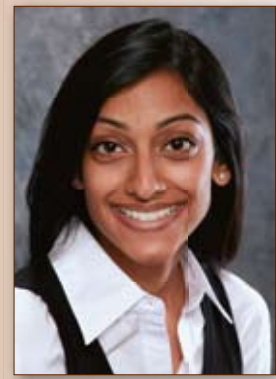
- The Maintenance Rinse is used once or twice a day to prevent the destructive bacteria from re-establishing itself.

- The Boost Mouth Spray moistens the mouth, prevents decay, and rids bad breath.

When you use these excellent products, you'll be controlling and preventing cavities, creating a healthy oral environment ... and smiling more!



With
CariFree™



In The Spotlight...

Dr. Zareen Kapadia

Is it one whole year already? Time flies when you have a fabulous new Associate Dentist in your practice! Since joining our team, Dr. Kapadia continues to bring extreme skill and a genuine commitment to providing our patients with excellent dental care. Having earned a doctorate of Dental Surgery from *Indiana University*, Dr. Kapadia's main focus is general dentistry with an interest in Invisalign and cosmetic dentistry. When asked about the favorite aspect of her job, she was quick to respond: *The ability to help our patients enhance their lives and smiles by achieving optimal oral health.*

During off-hours, Dr. Kapadia enjoys spending time her husband, Nimion, their infant son, Kush Adhvaryu, and their terrier, Murphy. She also enjoys reading and preparing comfort food, especially for their new baby. Recently, Dr. Kapadia traveled to Spain, France, and Italy and hopes to see China, Thailand and Vietnam. She's also a devoted fan of the Indianapolis Colts and loves watching professional football. If you haven't had an opportunity to meet her, you're in for a wonderful treat. Do say hello the next time you're in. She looks forward to meeting all of our valued patients.

Anxiety-Free Dentistry...

Relax and enjoy your next visit!

Candles burn softly as gentle sounds can be heard from our mini-waterfalls – one of many ways we ensure that your dental experience is relaxing and anxiety-free. After all, if anxiety were to keep you from maintaining your dental visits, you could be at risk of painful cavities, lost teeth, an altered appearance, and gum disease. In fact, gum disease has been linked to systemic diseases like heart and stroke and diabetes. Rest assured – our expert dental team will do everything we can to make you feel safe and warm.

We provide...

- Help in developing anxiety-reducing strategies to find and maintain your comfort zone. Prefer to sit up rather than lay back? Need distractions like music or video? We provide blankets, music and over 500 movie titles for you to choose from.

- Many comfortable, non-surgical procedures without injections.

- Medications to help with a sensitive gag reflex, or to complete multiple procedures in only one visit. Triazolam, the *dental pill*, eases anxiety for difficult procedures. If you feel this might be right for you, ask us for more information about this service.

And there's more... We also have Jackie, our massage therapist, to do hand, foot and facial massage if needed. Make sure to watch for new comforts coming soon, such as hot stone massage! We look forward to seeing you at your next visit and making you smile!

Smile for Life
Dental

Dean W. Lodding DDS

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Smile Card

Spreading The Word

The power of the spoken word cannot be denied. When used to help improve the lives of others, words not only bring positive change, they often bring life-long results. And, when spoken as a referral or "personal testimonial," all kinds of good things spring forth.

For each new patient referral you send our way, we will provide you with a *Smile For Life Dental Smile Card*. These smile cards are redeemable for any dental products or services at our office. Be sure to ask for more details!

Your support motivates us to continue raising the bar on the superior standards you expect. Thank you once again!

office information

Smile For Life Dental

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Dr. Zareen Kapadia

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Office Hours

Mon/Tue/Thu 8:00 am – 5:30 pm

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Saturday by appointment

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Office Staff

Joanna Office Manager

Maureen Patient Coordinator

Karen Treatment Coordinator

Lee..... Business Assistant

Jodi..... Insurance Coordinator

Laura..... Marketing Director

Jackie..... Massage Therapist

Stephanie, Diane, Dana.....

..... Dental Hygienists

Tiffany D, Tiffany M... Hygiene Assistants

Jennifer, Ada Dental Assistants

Jeff..... Master Ceramist



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Toothbrush Decisions

Here is some help

What kind of toothbrush should I use? How often should I change it? Should I use an electric or a manual? Which brush do you recommend? The ideal manual brush: soft, rounded tip and nylon bristles. Replace it when bristles become frayed or least every three months. And keep your toothbrush to yourself. **We use Oral-B® toothbrushes at our office because we feel that they are best for our patients' oral health.**

Electric toothbrushes: Effective in preventing and even reversing gum disease. We recommend the *Braun Oral-B®*. It's great for many conditions, including braces, bridges, crowns, and other dental appliances. Most patients who switch to electric have considerable improvement in oral hygiene. **We carry these in our office for \$95 as they sell in stores for \$150. We also carry the refill brushes for \$5. We also give you a \$10 rebate form. These are services Dr. Lodding wants to provide you to help in these times.** Electric brushes are a great help for many of our patients but, they don't reach between your teeth – keep flossing!

Please call us if you have any other questions about brushing.

Flossing adds 6.9 Years to your life!

