



Dentally Speaking

with Dr. James E. Metz

Produced to improve your dental health and awareness

Fall 2006

fromthedentist

Welcome! *Our new newsletter*

Welcome to the very first issue of *Dentally Speaking*, a newsletter designed to keep you informed of new ideas and concepts in the field of dentistry. Over the next few issues we will bring you information on areas such as cosmetics, whitening, oral cancer screening, and many other topics where dentistry has made terrific advances over the last few years. We also hope to bring you information that is particular to our office, of which you are the most important part.

This newsletter relies on your input to be successful, so please mention any topics that you would like to see included in a future issue. If you happen to receive two issues, please share one with a friend who you feel might benefit from the services and care that we provide.



Yours in good dental health,

Dr. James Metz

turnthepage

The "numbers" reveal all the answers
Find the solution to information overload!
How can you benefit from positive thinking?

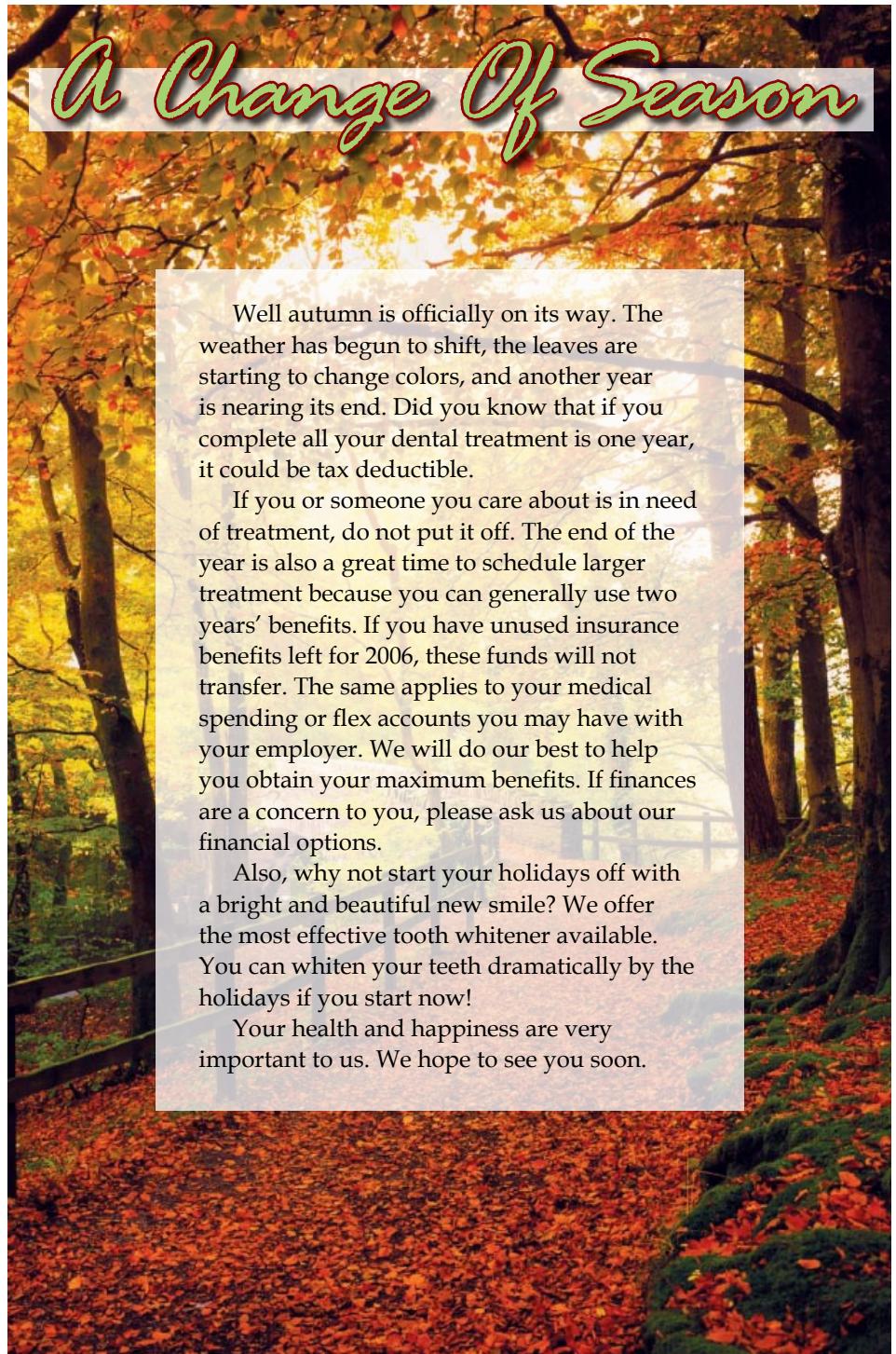
A Change Of Season

Well autumn is officially on its way. The weather has begun to shift, the leaves are starting to change colors, and another year is nearing its end. Did you know that if you complete all your dental treatment in one year, it could be tax deductible.

If you or someone you care about is in need of treatment, do not put it off. The end of the year is also a great time to schedule larger treatment because you can generally use two years' benefits. If you have unused insurance benefits left for 2006, these funds will not transfer. The same applies to your medical spending or flex accounts you may have with your employer. We will do our best to help you obtain your maximum benefits. If finances are a concern to you, please ask us about our financial options.

Also, why not start your holidays off with a bright and beautiful new smile? We offer the most effective tooth whitener available. You can whiten your teeth dramatically by the holidays if you start now!

Your health and happiness are very important to us. We hope to see you soon.



A healthy smile will last a lifetime!



Cause For Concern

Why should you be concerned about periodontal (gum) disease?

Periodontal disease is so common that estimates of those affected range from between 75% to more than 90%. It is an insidious bacterial infection that begins with no symptoms and can progressively affect the appearance of your gums, cause bad breath, and eventually lead to tooth loss which can affect your ability to chew, speak, and socialize. It causes progressive bone loss which can alter the proportions of your face. Periodontal disease has also been linked to cardiovascular diseases, diabetes, osteoarthritis, premature births, kidney disease, oral cancer, lung disease, and Alzheimer's.

What causes it?

Plaque, the soft thin film you may feel on your teeth, is a natural *biofilm* with its own ecosystem of bacterial environments. If this film is allowed to build up, it hardens into *calculus* (or *tartar*) which can cause gum inflammation and bleeding. Calculus can damage the natural seal formed by your gums against the migration of oral bacteria into your bloodstream. The earliest and most common stage of gum disease is called *gingivitis*. As it progresses, it is called *periodontitis*.

How can you prevent or manage gum disease?

It's very important that you maintain a home care routine to prevent plaque from becoming calculus. Maintaining adequate nutrition and avoiding stress, teeth grinding and clenching, and tobacco can help. Keep your regular appointments so we can keep on top of things, because once calculus is formed, only your dental team can remove it. Thanks to modern dentistry, periodontal disease can be managed – and even reversed!

Go Pro-Active!

Prevent cavities and gum disease

We know that bacteria has been linked to cavities and gum disease. A pro-active approach to your home care routine will go a long way to preventing oral health problems that can affect your appearance and overall health.

- Brush to prevent the buildup of the bacterial biofilm that can contribute to cavities and harden into the tartar that causes gum disease.
- Floss to reach below your gumline and in-between teeth where your brush can't reach.
- Rinse with antibacterial mouthrinse. We can recommend alcohol-free products.
- Remineralize enamel that has weakened and become porous. We can help here in the office, and can recommend and prescribe fluoride gels, mouthrinses, drops, or tablets that will keep your teeth strong and resistant to decay.

Think Positive!

Benefit from a whole new point of view!

Can't you just *see* yourself tripping on your way across the stage? That kind of thinking can become a self-fulfilling prophecy – you just might *make* yourself fall down. Negative thinking happens to many people who are afraid to visit the dentist. We'd like to help you benefit from a *positive* self-fulfilling prophecy.

If someone you care about is prone to worrisome visions, they don't need to avoid or delay dental appointments. Encourage them to imagine a caring dental team that is trained to help ... modern dental technology that maximizes their comfort ...improved appearance and oral health. Good oral health benefits overall health! Encourage them to call us!

*We can help replace
outdated fears and
imagery with
positive experiences.
Have you booked your
recare appointment?*



It's In The Numbers!

One Tip You Might Not Know

- Cosmetic dentistry can plump out lines on the lower third of your face – without surgery!

Two Things You May Not Know About Facial Ageing

- The pull of gravity on facial tissues is *not* a significant component of facial ageing. Loss of fat beneath the skin and sun exposure play a bigger role.
- Your smile, dulled by age, can add years to your appearance.

Three Smile Spoiler Facts

- A smile that reveals discolored or cracked teeth, a receding gumline, or just a generally dull look has a subtle but profound effect on how old you look.
- Coffee, tea, smoking, red wines, and certain antibiotics are all contributors to a dimmed, stained smile which suggest ageing.
- Time and gum disease can shrink the underlying bone and gum tissue that hold your teeth in place, collapsing the proportions of your face, exposing teeth roots ... and adding years to your appearance.

Four Beneficial Smile Solutions – Right Now!

- Professional whitening can lighten and whiten stains – even after root canal therapy.
- Natural-looking tooth-colored materials can replace silver fillings and even fill in chips and cover cracks so no one will ever notice.
- Bonding or veneers can plump out fine wrinkles by building up tooth surfaces, restore normal shape to worn-down teeth, and fix widely spaced teeth and gaps in your smile.
- Crowns & bridges and implants with modern natural-looking materials can close very wide gaps and restore function, appearance, and the proportion of your smiling face!



**ONE
Beautiful
Smile!**



INFORMATION OVERLOAD?

Ask your personal smile-consulting team!

As dental professionals, we find it ironic that in an era of unprecedented good health, people seem *more* anxious about illness. Could it be the overabundance and ease of access to information out there?

Self-directed research on the Internet or in health-reference texts can be very helpful ... but it can also be confusing and even seem contradictory without proper training. The media can also overwhelm by introducing statistics into everyday language or by presenting anecdotal accounts as factual.

How do you stay informed without feeling besieged by provocative headlines and unfiltered data? You can rely on us – your personal smile-

consulting team.

We will be happy to answer your questions and discuss your oral care options with you... accurately and concisely.



ARE YOU INCLUDED?
8 out of 10 Internet users have looked online for health information on various topics.

TMD

Temporomandibular joint disorder

Do you suffer from tenderness in the jaw muscles, limited jaw opening, jaws that get stuck, unexplained facial or head pain, joint grating or clicking? You may be one of the sixty million North Americans who have a condition called temporomandibular joint disorder (TMD). In most cases TMD can be diagnosed and treated in the dental office.

The best way to diagnose a TMD problem is to have us do a thorough

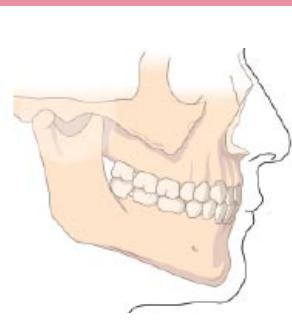
oral examination, medical history, and radiographs in the dental office. There's no simple prescription for TMD problems and no single cause.

TMD difficulties can develop because of teeth grinding or clenching, misaligned jaw growth, or a dislocating injury. Other causes of TMD include worn, loose or missing teeth, gum problems, poorly fitting dentures or repetitive habits like pipe clenching and pen and pencil biting.

That's why restoring your jaw's harmony may require several kinds of treatment to reduce muscle tension, regain a stable bite, or rest and heal your jaw joint. Usually the first step is to eliminate the pain and correct the way the teeth fit together. We may smooth down your teeth or use a corrective splint.



If you have signs of TMD trouble...relax! Thousands of patients with TMD have been diagnosed and treated successfully with excellent results. The first step is to bring signs and symptoms to our attention during your next visit.



The lower jaw (mandible) is attached to the skull by a joint on each side of the face called the temporomandibular joint (TMJ). Any number of problems can prevent the TMJ from functioning properly.

Office Information

James E. Metz, DDS
1271 East Broad Street
Columbus, OH 43205-1429

Office Hours

Mon - Fri 8:00 am - 5:00 pm

Contact Information

Office (614) 252-4444
Fax (614) 252-6474
Web site www.columbusdentistry.com

Office Staff

Joyce Sideris Business Manager
Angela Davies..... Business Administrator
Trish Lutz.....Business Coordinator
Megan Bacome.....RDH
Mary Adkins..... CDA
Donna Milton CDA, EFDA
Vladimir Ovichinnik CDT
Glenn Waldron.....Laboratory Assistant
Steven Gable DA/Lab Technician

Dr. Metz is proud to be affiliated with:

American Dental Association • Ohio Dental Association
Columbus Dental Society • American Academy of Restorative Dentistry • Pierre Fauchard Academy • International Academy of Gnathology • American College of Dentists • Academy of Dental Sleep Medicine • National Sleep Foundation

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Relationships Inspire

We thank you!

Every season has a way of inspiring thoughtful moments, and our thoughts often turn to important relationships. Since much of our life is spent as professionals, that's a lot of relationships!

When you return time after time, we understand that you are expressing your trust in our professionalism. When you refer your friends and family, we understand that you are placing your relationships in our care.

These relationships are important to us, and we look forward to meeting the people you send our way. We will always provide the same kind of reliability, friendly service and professionalism to them as we give to you. No exception!

Your referrals are most welcomed, and we thank you for them.

Exchanging Vows

Congrats to Megan & Todd

Wedding bells rang out loud and clear! It is our great pleasure to announce the recent marriage of our hygienist Megan to Todd Bacame. Megan (who is a graduate of Lima Central Catholic High School and James A. Rhodes State College) and Todd (a Spencerville High and Ohio State grad) became husband and wife on September 2nd. The marriage ceremony took place in Lima at St. Gerard's Catholic Church. We are sure that you will join all of us on Dr. Metz's staff in wishing the newlyweds a long and happy life together!

We wish you all the best, Megan and Todd!!

