



Dentally Speaking

with Dr. James E. Metz

Produced to improve your dental health and awareness

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fromthedentist

Get The Most Your dental insurance

The signs of fall signal back-to-work and back-to-school for many of us. They should also be a cue to make a dental appointment



because your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year.

If you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, **before** your 2006 dental insurance expires. So give us a call!

Yours in good dental health,

Dr. James Metz

turnthepage

Don't gamble with your oral health!

What do we find hiding inside your mouth?

Is your smile slowly eroding?

Time To Give Thanks

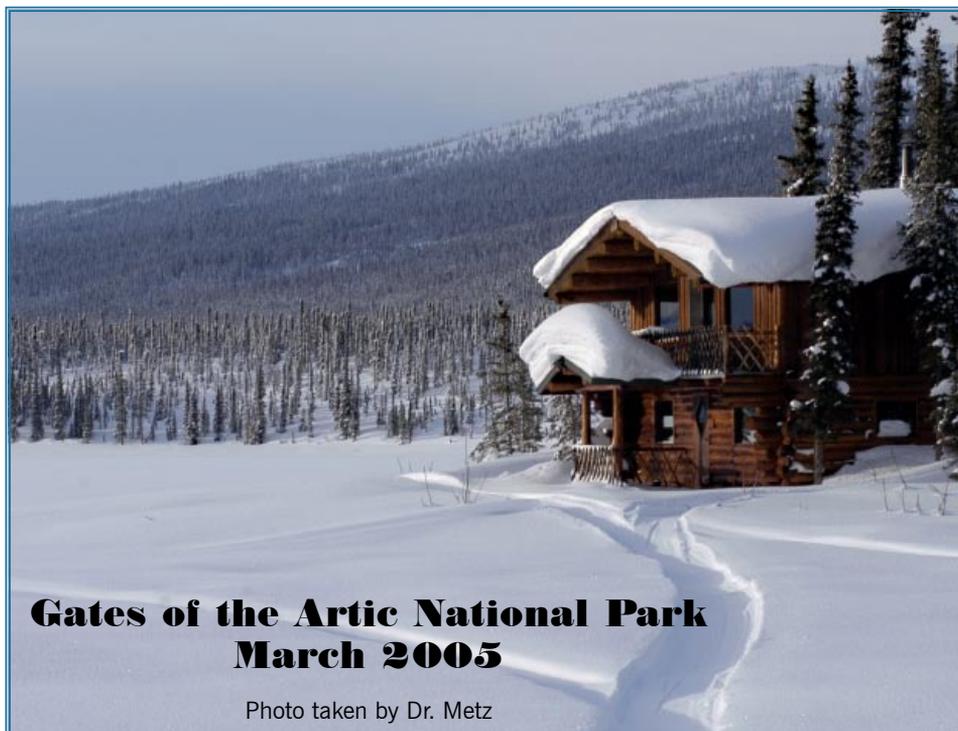
To our valuable patients

This time of the year is full of hustle and bustle for just about everybody. With work and school in high gear, it's hard to find time to do anything but try to keep up. Even the dental office is working overtime to meet the latest advances in dental treatment and the increased needs of our patients in this busy time of the year.

No matter how busy we are, there's always time for the people who mean the most. In a dental practice, it's the patients who are number one. That's why in the spirit of the Thanksgiving season, we would like to take some time out to tip our hats and simply say thank you.

You may not think much of it, but your ongoing loyalty, cancellation notification, referrals and each and every kept appointment go a long way toward making this practice run smoothly and efficiently. That makes the dental office a more comfortable and rewarding place for everyone.

These are exciting times for dentistry. You'll read about some of the latest developments and treatments in the pages of this newsletter. If anything catches your eye, or if it's time for a checkup, just give us a call ... we'd really like to say *thank you* in person.



Gates of the Artic National Park March 2005

Photo taken by Dr. Metz

A healthy smile will last a lifetime!



Access This Now!

A factory already exists that can mass-produce cells of a donor so that they can be transplanted to repair bone and gum tissue as well as erase wrinkles and other effects of ageing. Even so, it will be some time before this technology will be readily available to everyone. You can access – right now – modern cosmetic dental techniques that can prevent and plump out the wrinkles and lines that can prematurely age you. With crown and bridge restorations that replace teeth and preserve bone ... you will look great!

A crown protects and strengthens a tooth by covering it and improves its appearance by restoring its form and dimension. A bridge secures the crown to adjoining teeth. Crown and bridge treatment is recommended for teeth that...

- are broken or cracked, or are structurally weakened by large fillings;
- have been weakened by root canal therapy;
- are misshapen and discolored.

In addition to looking naturally beautiful, there is another terrific benefit to a crown and bridge restoration. Thanks to their strength and durability, you may avoid more complex and expensive treatments later!



Let Your String Sing!

What's the first thing you search for when you get a piece of spinach caught in your teeth? Dental floss – naturally! It may surprise you to learn that food removal isn't the only reason you need to floss. It's to remove the bacterial plaque that builds up on your teeth. Even if you were fasting, you'd still need to brush and floss!

In fact, if you're not flossing, you're missing about 35% of tooth surfaces that brushing alone can't reach. And if you have a dental restoration like a crown and bridge, flossing will let you pay special attention to the gumline.

There are many flossing products designed for individual needs and preferences.

Ask us – we'll be happy to give you advice!

The Price Of Excess

Erosion of dental enamel is caused by a chemical process involving acids and not by the bacteria that cause cavities nor by clenching or grinding your teeth. Sometimes it is caused by foods; sometimes by acid reflux (from your stomach) which is commonly caused by excess consumption of acidic foods and beverages.

Saliva can naturally restore a temporary acid imbalance ... but it can't challenge constant assault.



The Academy of General Dentistry has identified acids in these common foods...

- Soft drinks – phosphoric acid
- Fruit and fruit products – citric and malic acids
- Fermented products (yogurt) – lactic acid
- Grapes and wines – tartaric acid

And recommends that after eating or drinking, you...

- Brush using a fluoride toothpaste
- Rinse with water for 30 seconds
- Chew sugar-free gum to stimulate saliva flow

NO PAIN DOESN'T MEAN NO PROBLEM!

If you are tempted to skip appointments because you don't feel pain and can't see anything wrong, think again. What you can't see or feel can cause the most trouble! These dental problems can be treated, and often reversed, if spotted early.

Here's What We See That You Can't

- A dental examination can detect deterioration in fillings, crowns, and restorations.
- We may spot root cavities (decay on the roots of your teeth) which are exposed by receding gums.
- Close inspection can reveal periodontal pockets caused by gum disease, and we may even identify the early warning signs of oral cancer.
- We may find new decay under the gumline or hidden under existing fillings – two places you just can't see!
- Your teeth may have hairline fractures or signs of enamel erosion.
- We can diagnose an impacted wisdom tooth that is ready to make its presence known ... although you may not feel it yet.
- The onset of gum disease, called *gingivitis* in its early phase, often goes undetected by patients. We can check for any tell-tale signs so that you can take action to prevent its progression toward periodontitis.

Gambling With Your Oral Health?

Gum disease is the leading cause of tooth loss

In addition to breaking down the connective tissues that support your teeth, the bacteria responsible for gum disease can actually destroy the underlying jawbone. For many people it comes as quite a shock to learn that insufficient bone can limit their restorative options. Over time, bone loss also alters bite which can affect ability to chew and speak ... and cause a "collapsed" facial appearance. You've probably seen someone who looks like that.

All of this can be prevented by taking care of your oral health with a consistent home care routine and regular office visits. Why is coming to see us regularly so important? Plaque is the bacteria-loaded biofilm that you can feel when you run your tongue across your unbrushed teeth. If not removed, it will calcify into tartar that you cannot get rid of at home. We, on the other

hand, can remove it. We can even reverse gum disease if caught in time!

Periodontal disease affects up to 90% of the population. It doesn't just affect your appearance - it can affect your overall health as it has been

linked to diabetes, premature birth, cardiovascular and kidney diseases, Alzheimer's, and oral cancer. Don't gamble on your luck. Make sure you take as many preventive measures as possible, and keep your appointments!



Tired Of Snoring?

It doesn't have to affect your daily life

Think of snoring and what do you see? Probably an overweight, middle-aged man. For this group, researchers have found a link between sleep apnea marked by the cessation of breathing for up to several seconds and the risk of stroke. Many people are surprised to find that whole families including young children snore. And did you know that virtually all North Americans associate sleep loss with impaired work performance? One solution may be a well-made, well-fitted dental appliance to reduce or eliminate snoring, and relieve symptoms related to sleep apnea.



 Are you savvy about snoring? Try our quiz below!		
True	False	
<input type="checkbox"/>	<input type="checkbox"/>	1. Over 50 million North American adults snore.
<input type="checkbox"/>	<input type="checkbox"/>	2. About 20% of children snore on a regular basis.
<input type="checkbox"/>	<input type="checkbox"/>	3. Up to 30% of those who habitually snore have sleep apnea.
<input type="checkbox"/>	<input type="checkbox"/>	4. Chronic snorers can benefit from treatment.
<input type="checkbox"/>	<input type="checkbox"/>	5. Snoring by a spouse or partner is the leading reason for sleep loss.

Answers: All of these statements are true.

*"I have more energy since I started using the TAP oral appliance to treat my obstructive sleep apnea; I was not able to tolerate CPAP. I am grateful Dr. Metz offers this as an option."
 - W.K. UPS Truck Driver*

"Dumb Metz Diet"
 Did you know weight loss is a key factor for successful treatment of obstructive sleep apnea? Many of you have wondered how I lost my weight. Come and learn about my dumb Metz diet.
When: Monday January 8th, 2007
Time: 5:00 p.m.
RSUP: December 21st at the latest
Seating is limited

*"Thanks to Dr. Metz and his helpful staff for making my solution for snoring easy and successful" ...G.M.S.
 - homemaker*

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Thank You...

For your referrals!

A patient referral is the highest compliment you can pay us. A personal recommendation from a friend is the most credible form of advertising. We'd like to show our appreciation for your trust. For each person who comes into the office because of you, we will enter your name into a draw. If you're thinking of telling someone about our office, pick up a couple of our business cards, write your name on the back and pass them out to friends or business colleagues who you feel might enjoy the benefits of this office. When your referral comes in with one of the cards, we'll enter your name into a draw. It's just our way of saying thanks. Make sure your friends and family tell us you sent them!