

Miller Center

For Esthetic Excellence

• NEWSLETTER •

Produced to improve your dental health and awareness

Fall 2008

fromthedentist

In this issue of the Miller Center for Esthetic Excellence newsletter, I am very excited to introduce two new doctors who have joined The Miller Center team.



Dr. Rupali Wadhwa brings to our office an exceptional amount of expertise in the discipline of Orthodontics. Dr. Wadhwa has written and has published numerous articles in the field and continues to pursue new, comfortable and esthetic ways to create beautiful smiles through Orthodontia.

Dr. Tracy Lipson brings to The Miller Center exceptional training in all phases of general dentistry. Dr. Lipson has trained with some of the same dental mentors as I have! Although Dr. Lipson is a general dentist performing restorative dentistry and surgery, she is fantastic with children, highly trained in pediatric dentistry and enjoys treating patients of all ages.

We welcome them both to *The Miller Center for Esthetic Excellence!*

Yours in great dental health,

Dr. R. Craig Miller

Meet New Additions

We're adding excellent talent to our team

Our new associate, Dr. Tracy J. Lipson grew up in Buffalo where she earned her Doctor of Dental Surgery degree with a minor in fixed prosthodontics for which she was awarded the Victor A. Fumia



award for excellence. She also earned the Alpha Omega Scholarship for leadership and academic performance.

With exceptional experience in restorative and cosmetic dentistry, Dr. Lipson brings compassion and an outgoing personality to our office. She maintains a high level of quality work and stays on top of new developments in the field with education courses to gain mastership through different dental societies.

Our new orthodontist, Dr. Rupali Wadhwa is a board-qualified orthodontist who earned her Doctor of Dental Medicine and Master of Science in Orthodontics from the Oklahoma University School of Medicine.

Dr. Wadhwa enjoys the unique challenges and rewards of orthodontics and working with all age groups. Dr. Wadhwa is committed to treating every patient with individual attention.

Dr. Wadhwa moved to Short Hills, N.J. in 2006, after eight years as Assistant Professor and Research Director of Orthodontics at the University of Pittsburgh School of Dental Medicine.

She and her husband have a daughter and she is actively involved in our community, educating students and hosting field trips to *The Miller Center*.



We are pleased to welcome two new associates to our practice.

Show What You Know

Choose all that apply!

The top offender in a major workplace survey was:

- a) Stealing someone's parking spot
- b) Office romances
- c) Bad breath

Bad breath is caused by which bacterial by-products?

- a) Volatile Organic Sulphur compounds that smell like rotten eggs
- b) Methyl Mercaptan which smells like cabbage or smelly socks
- c) Diamines with descriptive names like Cadaverine and Putrescine

You can't smell your own horrible breath because:

- a) You are too accustomed to it
- b) Humans turn off awareness of bad smells more quickly than good ones
- c) Nature wants to keep you conscious

The most effective breath freshener is:

- a) Brushing, flossing, and rinsing
- b) Breakfast to start saliva flow
- c) Breath mints

The best way to learn about bad breath prevention is through regular dental visits!

Answers: c, all, a&b, a&c



Your Smiling Future

Commit to your prenatal visits

Pregnancy can be experienced as an ocean of calm ... or as shifting waves of unpredictable emotions. The same hormonal fluctuations that contribute to these mood changes can also trigger oral health problems like periodontal (gum) disease. Because research has shown that periodontal bacteria can cross the placental barrier, periodontal evaluation and monitoring is a vital part of prenatal care for both mother and baby.

Here's why...

- Periodontal disease may be linked to pre-term delivery, low birth weight, and low weight for gestational age. The more advanced the periodontal disease, the greater the potential risk.
- Periodontal disease may be associated with an increased risk for toxemia, a condition characterized by an abrupt rise in blood pressure and the presence of toxins.
- Nearly half of women with gestational diabetes, a type of diabetes that occurs during pregnancy, also have periodontal disease.
- For diabetics, periodontal disease during pregnancy may affect blood sugar control, which in turn, increases periodontal risks.

In the earliest stages, gum disease has no symptoms. So please don't wait until you experience red, swollen, or bleeding gums that could indicate infection, or until you develop a bad taste in your mouth and/or bad breath. Protect yourself with regular dental care and thorough daily brushing and flossing, because gum disease may be linked to systemic diseases at every stage of life. If you're expecting, please include us in your regular doctor visits.

Restore Your Balance

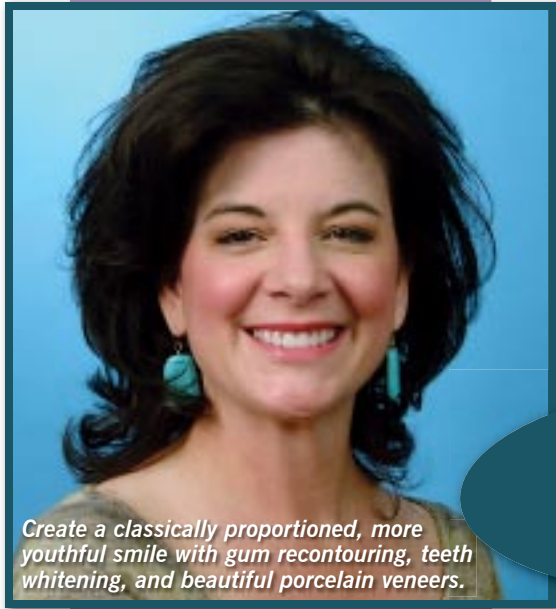
Try yoga!

The ancient Indian practice of yoga has been credited with curing just about everything, including the common cold. But improving your oral health? Yes! Studies show a reduction in blood pressure, heart rate, and stress. That's important for oral health, because...

- Stress diminishes resistance to infections including gum disease, and makes us susceptible to the discomfort of canker sores and dry mouth.
- Jaw joints that are strained with tension due to stress can become sore and cause headaches, teeth grinding can wear and crack your teeth, and biting inside your cheeks can be a real pain.

Of course, self-medicating anxiety with tobacco, alcohol, and other substances, and letting your oral hygiene slide, can throw your oral health out of balance too. Get your balance back. Take the pressure off with yoga instead!





Create a classically proportioned, more youthful smile with gum recontouring, teeth whitening, and beautiful porcelain veneers.

Don't Chance It!

Find out how to preserve your smile!

Is your scrupulously healthful lifestyle placing you at risk for an unattractive smile? You may associate receding gums, exposed roots, and yellowed teeth with chronological ageing, but they're often the cumulative result of environmental damage. Eating and drinking a lot of healthful but acidic fresh fruit and vegetable products can demineralize and stain your tooth enamel. And overzealously brushing your teeth can damage your gums and thin your enamel, revealing the yellow dentin underneath.

Here are some preventive and protective cosmetic procedures that you can choose to improve your smile ... for a lifetime.

Dentist-Supervised Teeth Whitening - **Prevent damage** to your gums and tooth enamel from abrasive whitening toothpastes and remove the risk of over-the-counter whitening products. We can design and supervise a whitening program for you to **lighten** stained, discolored, or dull teeth.

Enamel-Colored Restorations - **Strengthen, brighten, and protect** your teeth and make your smile look healthier and more youthful with natural-looking **white fillings** and **bonding** materials, **porcelain** or **resin crowns**, or translucent, custom-designed **porcelain veneers**. **Avoid** drifting teeth and a misaligned bite with **bridges** and **implants** to replace one or more missing teeth.

You're doing it all and you're doing it all right. An active life, a healthful diet, and disciplined home care routines are the routes to excellent oral and overall health. But sometimes just a little bit of the right kind of knowledge can give you a *lot* more power.

Let dentistry help you look your best!

Can you guess which tooth is an **IMPLANT**?



A Smart Investment

Dental implants: bank on a beautiful restoration

IMPLANT FACTS

- Biocompatible so bone cells grow on the implant root
- Bacterial-resistant
- Minimally invasive procedure
- Predictably high success rate whether replacing one tooth or many

HEALTH BENEFITS

- Stops or prevents jawbone loss & drifting of adjacent teeth
- Crown of implant can't ever decay and gum-damaging plaque buildup is inhibited
- No adjacent teeth involved to secure a restoration
- Ability to eat unlimited nutritious food choices

APPEARANCE BENEFITS

- Ensures a more youthful appearance by avoiding sunken jaws or misaligned bite
- Whiter, brighter smile and youthful, pink, healthy gums
- Immediate superior cosmetic results
- Maximizes options for healthy teeth and gums and overall appearance

Which tooth is the implant? The upper right central incisor.

Straight Talk

Bracing yourself for braces

No matter what age you are, braces come with a silver lining, both figuratively and literally. Traditional braces are made of a compound containing pure silver, which has proven to be the most durable and safest combinations of metals. And the other silver lining? The day the braces come off and provide the fabulous winning smile that will take you confidently through the rest of your life.

Even though most children may not need braces until they're in or approaching their teen years, it's important to have them assessed at the age of six or seven. Many orthodontic problems are easier and less costly to correct if they're treated early rather than when the jaw has finished growing.

Braces aren't just for kids: about one orthodontic patient in five is between twenty and sixty years of age. Orthodontic treatments involve gently pushing your teeth into place over a period of months or years. Here are some good reasons why it's never too late to set your teeth straight.



Would orthodontics help you smile more? If you feel you're a candidate, please call our practice and make an appointment. It's never too late!

- Metal mouth is no longer an excuse. Most of the metallic hardware associated with braces can be replaced by transparent or tooth-colored plastic and thinner wires. In some cases, patients can be fitted with removable appliances that can be worn a designated number of hours each day or night. Hidden braces can, in some cases, be attached to the backs of your teeth where no one can see them.
- Crowded and crooked teeth influence appearance and can affect self-confidence in business or social situations. Some people even avoid smiling because of their teeth.
- Crooked teeth can affect the alignment of the bones in your jaw, causing tension and pain.
- Crowded teeth are harder to brush and floss, and are more vulnerable to tooth decay and gum disease.
- Badly aligned teeth wear down faster and affect your bite, making chewing difficult.
- Adults tend to follow their orthodontist's instructions better, and that helps speed the process up considerably.

office information

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Office Hours

Monday 9:00 am – 5:00 pm
Tuesday 8:00 am – 6:30 pm
Wednesday 8:00 am – 5:00 pm
Thursday 9:00 am – 5:00 pm

*Saturday - Twice a month, please call.

Summer Hours

June 23rd - August 30th

Monday 9:00 am – 5:00 pm
Tuesday 8:00 am – 7:00 pm
Wednesday 8:00 am – 5:00 pm
Thursday 9:00 am – 5:00 pm

Contact Information

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A Change Of Seasons

Fall into step with preventive care

You can try to ignore it, live for the weekend, and stay in those shorts 'til the last minute, but you can't help noticing that fall has definitely arrived. Green leaves have turned to red, evenings have gone from light to dark, and for many kids, soccer practice has turned into hockey tryouts and back-to-school. While you struggle with the busier workload and trundle the kids off to classes, don't forget that the change of season means teeth need extra attention too.

If your kids are like most, a summer full of sun and games, gooey sweets and irregular eating can leave young teeth vulnerable and in need of attention. It's a good idea to schedule a thorough dental checkup to get those smiles in tiptop shape. Ask us about protective mouthguards and other safety gear that can keep teeth out of harm's way on the hockey rink or playing field.

For adults the summer is often less a season of indulgence and more a time of procrastination. Now it's time to do that work you've been putting off and have a dental checkup to take care of any problems you may have been ignoring. But don't put it off too long. Your dental insurance will likely expire December 31st. Call now to make the most of your benefits this year. There is still an opportunity to plan your treatment over the next three months. So give us a call, check dentistry off your to-do list.