

# Dr. David Mitchell

# Word *of* Mouth

Summer 2006

## Make A Date!

### Time to schedule a dental visit

As we soak up the remaining glory days of summer it's easy to ignore the signs, but they're out there all around us. The back-to-school sales, buses returning from summer camp, busier workloads and yellowing leaves ... these are all reminders that the fall season is here and it's time to get back to work. Just like the school year and the work schedule, your teeth have seasons too. Learning to pay attention to them can give your dental health a big boost.

For most kids, summer is a time for fun and games and that probably meant more sweets and irregular eating habits. It's a good idea to schedule a thorough dental checkup so kids can welcome their classmates with bright healthy smiles. Back-to-school also marks the start of minor hockey and other team sports. Ask us about protective mouthguards and other safety measures that can keep children's teeth out of harm's way.

For adults, the end of summer is also a hint to have a dental checkup to take care of any problems put off during holidays.

Fall may also flag the upcoming renewal of your dental plan. Benefits are not carried forward from one year to the next, so consult our office about making the best use of your coverage.



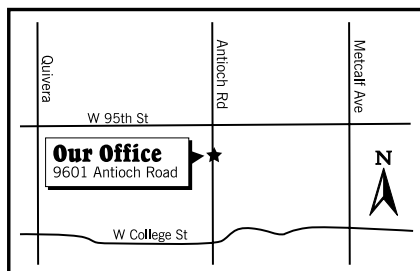
**Step 1** – Inside & Outside Surfaces: Softly vibrate bristles in a circular motion at a 45° angle against gumline.



**Step 2** – Clean top surfaces of molars with a back-and-forth motion.



**Step 3** – To clean insides of front teeth, turn brush vertically and gently brush in a circular motion.



## Tooth Whitening Special!

**\$50 off**

You can have a whiter, brighter smile to start the year!

In-office or take-home available.

Offer ends: October 31st, 2006.

**David M. Mitchell, DDS, PA**  
9601 Antioch Road  
Overland Park, KS 66212-4061

### Office Hours

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

**Email** david@opsmiledr.com

**Emergency** (913) 634-1066

### We are offering FREE Cosmetic Dentistry Consultations!

We'll analyze your smile, and discuss what cosmetic dental technique would make you smile more! This consultation could be the best time investment you've ever made!

Offer expires October 31st, 2006.

### Our Services Include:

- ❖ Family & cosmetic dentistry
- ❖ Tooth whitening
- ❖ Cosmetic veneers
- ❖ Crowns & bridges
- ❖ Porcelain & composite inlays
- ❖ Invisalign®
- ❖ Nitrous oxide sedation
- ❖ Payment plans available
- ❖ Delta Dental Provider & other insurance filed



## New Patients Welcome!

## Call Today! (913) 383-2343

**Teeth grinding and clenching** and nail biting can create jaw pain and wear and tear on tooth enamel and gum tissue. Dentistry can help!

For example, did you know that nail biting can cause a lot of damage – particularly to the front teeth? Here's what can happen...

- You can chip or wear down the edges or crack the enamel.
- If you wear braces, you are at a risk for developing root resorption (shortening of tooth roots) due to the pressure biting adds to the forces exerted by orthodontics.
- You can create traumatic ulcerations on your gums.
- You can spread infections and fungus from your fingers to your mouth and vice versa.

Constant teeth grinding and clenching during your sleep, as well as nail biting or pencil chewing, can contribute to Temporomandibular Disorder (TMD). This affects the jaw joints and groups of muscles that let us



# Give It Up!



chew, swallow, speak, and yawn. The symptoms of TMD include:

- Tender or sore jaw muscles;

- Difficulty opening or closing your mouth;
- Unexplained headaches or neck pain;
- A clicking or grinding noise when you chew or yawn.



A complete examination can help us to find whether there is a dental cause for your TMD. We'll check for signs of worn, loose, or missing teeth, nighttime grinding, and even old fillings or restorations that don't fit properly.

***Bad habits can grind away at your oral health and compromise your appearance. We can restore the power of your smile!***



## Double Jeopardy

### *Twice the risk for premature delivery*

Periodontal (gum) disease appears without symptoms and can lead to bone loss and tooth loss if left untreated. It is often considered the sixth complication of diabetes and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and even Alzheimer's. Doctors now believe that gum disease may be a more reliable predictor of premature birth than smoking.

According to research, women with periodontal disease deliver prematurely at nearly double the rate of the general population. Some research suggests seven times the risk! Even symptom-free pregnant women should maintain regular office visits to monitor their oral health.

Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

Consult a dentist for more information about preventing gum disease.

# Do You Look Ten Years Younger? ←

# → Or Ten Years Older?

Just as visibly red and puffy gums, exposed roots, and bone loss that go along with gum disease can add ten years to your age, cosmetic dentistry can help you to look ten years younger ...right away ... non-surgically. Think about it – you could look twenty years younger with a healthy mouth and just a little help from your dentist!

Let's look at the number-one esthetic concern among dental patients: discolored teeth. Even if your teeth are severely stained from smoking, coffee, tea, or ageing, we can safely and effectively lighten them with a whitening agent. You may be tempted by the many dental whitening products now available on store shelves, however the best method of tooth whitening is under a dentist's supervision. After a brief examination, your treatments can begin, and your smile will be clean, bright, and white!

And teeth whitening is just the beginning! A dentist can use many cosmetic strategies to improve your smile. In addition

to whitening treatments, just replacing conspicuous, ageing silver restorations with white fillings can take away the years. White bonding materials and translucent porcelain veneers not only generate a more youthful appearance, they can re-proportion and even create a straighter smile contour. All without braces!

Ten years younger? Let your healthy natural-looking smile keep them guessing!



## What Do You Know?

Take our cosmetic quiz!

Dentistry can give you more than just a healthy smile foundation. Test your knowledge of these non-surgical methods of turning your smile from humdrum to exciting!

**Teeth whitening can be used by people whose smiles have dulled due to:**

- a – Coffee, tea, red wine stains
- b – Heredity & ageing
- c – Fluoride or medications
- d – All of the above

**Teeth whitening products are safe & reliable, & have been available for more than:**

- a – 100 years
- b – 50 years
- c – 10 years
- d – 5 years

**Teeth whitening can lighten your smile by up to 8 shades in as little as:**

- a – One hour
- b – Two weeks
- c – Depends on the method
- d – All of the above

**Bonding can brighten your smile by applying strong enamel-colored materials to:**

- a – Replace old silver fillings
- b – Cover minor chips and cracks
- c – Reshape your tooth
- d – All of the above

**Veneers are translucent shells that can be applied to your teeth to:**

- a – Whiten your smile
- b – Repair major chips and cracks, and cover gaps
- c – Recontour tooth shape & gumline
- d – All of the above

**ANSWERS: d|a|c|d|d**

## Act Now & Benefit!

Do you know someone who doesn't show up for checkups, continually cancels appointments, and delays necessary treatment until they have a much more serious problem? Could that someone be you? If so, we've got great news: the dental team is trained to help you overcome uncertainties so that you can put your fears away. Together, we can bring out the best in your smile! Even the most neglected smile can become a healthy attractive one with simple non-surgical dental techniques and technology.

Act now. Make that dental appointment and benefit from everything dentistry has to offer!

## Invisalign® Keeps Your Secret

We are one of the first practices to offer *Invisalign*®, one of the most advanced components of adult cosmetics. It's a proven method for straightening teeth using a series of custom-made, nearly undetectable aligners. Each aligner is precisely calibrated and manufactured to custom-fit over your teeth and gently move them through every stage of your treatment. No metal wires! No food restrictions!

Adults account for nearly 25% of all orthodontic patients! The most common problems? Crowding, spaces, and protruding teeth. After consultation, we take an impression of your teeth and submit it to Invisalign.

Using the latest 3-D computer technology, our instructions are translated into a series of medical-grade plastic aligners. You can even view your own virtual treatment plan when you start, so you can see how great your straight teeth will look!

**Invisalign® Special!**

**\$300**  
off

If treatment begins before

October 31st, 2006



# Give Yourself A Treat

## Perio health creates the best cosmetic results

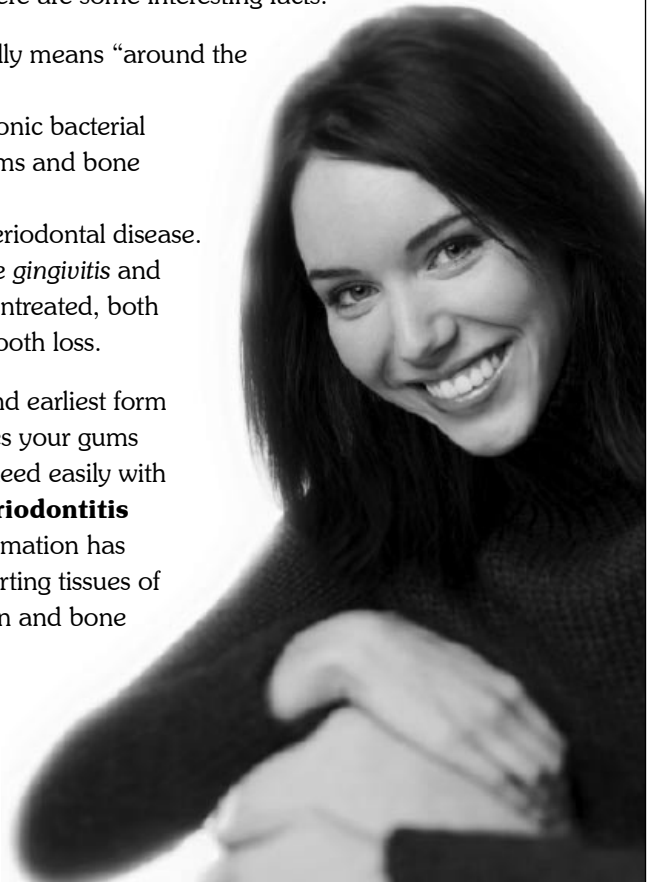
A cosmetic procedure like teeth whitening can give you the great looks, self-confidence, and motivation to take care of your oral health. We're all for that! But we'd like to remind you that only natural tooth structure will lighten. If you have calculus on your teeth, having them cleaned first will achieve the best results.

Calculus is also commonly called tartar, and it builds up when you miss removing bacterial plaque during your usual brushing and flossing routine. Removing hard yellow tartar has to do with a lot more than looks. Tartar causes periodontal or gum disease. Here are some interesting facts.

- The word *periodontal* literally means "around the tooth."
- Periodontal disease is a chronic bacterial infection that affects the gums and bone supporting the teeth.
- There are many forms of periodontal disease. The most common ones are *gingivitis* and chronic *periodontitis*. Left untreated, both these diseases can lead to tooth loss.

**Gingivitis** is the mildest and earliest form of periodontal disease. It causes your gums to become red, swollen, and bleed easily with virtually no pain. **Chronic periodontitis** is present when gingival inflammation has progressed to within the supporting tissues of the teeth causing gum recession and bone loss.

In most cases, periodontal disease is reversible with professional treatment and good oral care at home.



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Overland Park, KS 66212-4061

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