

STEPHANIE K DENTISTRY

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Welcome to our 2nd Quarterly Edition of the Stephanie K Dentistry Newsletter. Our goal is to keep you informed, up to date on services we offer, and educate you on new services. We hope you enjoy and welcome any comments and questions you may have after reading.

—Dr. Kethcart, Jackie, Diane & Judy

BE DAZZLING & BRIGHTEN YOUR SMILE!

With Our Opalescence Whitening Systems

www.opalescence.com

Our Whitening Menu:

- **Treswhite Supreme:** \$65
 - 10% hydrogen peroxide melon flavored prefilled & disposable trays. Wear 30-60 minutes. (10 upper & lower trays)
- **Customized Take Home Whitening Kit:** \$200
 - Custom trays & 4 tubes of 10%, 20% or 35% carbamide peroxide whitening gel
- **Boost In Office Whitening = No Light Whitening**
 - *Option 1:* 45 minute Boost whitening best done soon after your hygiene appointment to your whitest white = \$200
 - *Option 2:* 1.5 hour Boost whitening, take home custom trays & 4 tubes of 10%, 20% or 35% whitening gel = \$495

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See this newsletter and other information about the office on our webpage:

www.stephaniekdentistry.com

Attention:

- New Patients Welcome: We are always welcoming new patients and appreciate referrals from our existing patients. We take this as a huge compliment!
- Insurance Benefits: Brand new benefits for 2010. You may have as much as \$1500 to use this year. Don't wait until the end of the year to use your benefits. Call Jackie to reserve your time for a cleaning and/or recommended treatment.

DON'T LET IT SNEAK UP ON YOU...

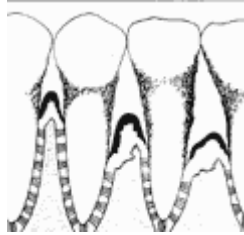
Gum Disease:

Also known as Periodontal Disease, is caused by toxins in the plaque. Plaque consists of bacteria that sticks on teeth and produces toxins that irritate the gums. Eventually, without treatment, the toxins will damage & destroy the gum attachment to the tooth, the pocket depths will increase, the bone will be damaged & the tooth will become loose and be lost. Periodontal disease is the most common cause of tooth loss in adults.

Gingivitis is the milder & reversible form of periodontal disease that only affects the gums. It may lead to the more serious, destructive form of periodontal disease.

What are the signs:

- Gums bleed easily when you brush & floss
- Red, swollen, tender gums
- Gums that have pulled away from the teeth
- Persistent bad breath or bad taste
- Permanent teeth that are loose or separating
- Pain when chewing or changes in your bite
- Teeth that are overly sensitive to hot and cold



What are the risk factors:

- Tobacco smoking or chewing
- Systemic diseases such as diabetes
- Medications such as steroids, calcium channel blockers
- Crooked teeth
- Defective fillings or crowns
- Pregnancy

HOW DO I PREVENT:

- Brush your teeth and the gumline twice daily
- Clean between your teeth with floss or aids
- Visit our dental office for regular checkups, periodontal evaluations, x-rays and cleanings

Services You May Not Know Our Office Provides

Wouldn't You Like to Have Access to Your Treatment, Appointments and Update Your Medical History Before Your Appointment...

Now you can with **Patient Login**

Benefits to You:

- Save time at your next visit by updating your medical information & medications online
- Keep track of your appointments, Access your account history & payments
- Edit your address, phone number, email so you can receive emails from our office for appointment reminders, newsletters, events

Simply visit our website:

www.stephaniekdentistry.com

- Look for the *Patient Login* tab
- Only the Head of Household for your family can register for the family (Please call Jackie to find out)
- Then go to *Register Now* to create username & password
- You will receive an email when our office has downloaded the information and you will have access
- If you would like every family member to have access please call Jackie so she can link everyone

Services You May Not Know Our Office Provides

invisalign®

DID YOU KNOW?

Crowded teeth can lead to gum disease.

Gum Disease is a contributing factor to systemic health issues such as:

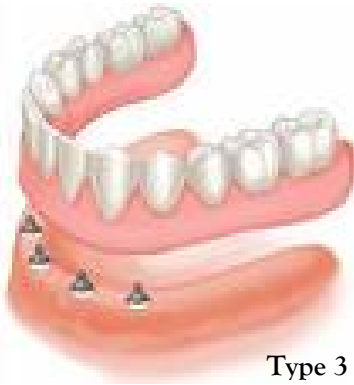
- Heart disease
 - Diabetes
- Elevated cholesterol
- Respiratory disease
- Preterm, low birth weight babies

Straighter teeth can lead to:

- Healthier gums , making it easier to brush & floss.
- Easier cleanings. When teeth are properly positioned, the chances of plaque retention, tooth decay, and gum disease are reduced
- Decreased risk of trauma & abnormal wear. Properly aligned teeth are less stressful on bone, teeth, and joints and provide better function.

www.invisalign.com

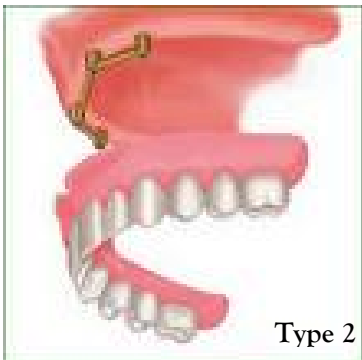
What is an Overdenture?



An overdenture is a prosthesis or denture that is held in place by implants. Overdentures come in many different configurations such as:

- Denture secured directly to implants & cannot be removed from the mouth (Type 1)
- Denture can snap on and off a bar that is secured to implants (Type 2)
- Denture snaps directly on & off of implants (Type 3)

Type 3 You or someone you know may have dentures (and you may not even know it), or may be a great candidate to have implants placed to help assist or support the dentures.



The advantages for implant assisted or supported dentures:

- Preserve bone and fit of denture
- Provide stability for denture
- Eliminate rocking, losing suction, having to use adhesive goop
- Provide improved quality of life
- Changes the food you eat
- Increases confidence in speaking & eating

Care To Share?

If you care to share the gift of dental health with someone you know and care about, please use the following card.

We take referrals as a large compliment of your trust and confidence in our office. We grow because of wonderful patients like yourself and those you choose to share your knowledge with.

Thank you for your continued support!

–Dr. Kethcart, Jackie, Diane & Judy

DR. KETHCART'S CARE TO SHARE


Our practice would like to take this opportunity to thank you for your commitment to health and wellness. If there is someone in your life that you Care to Share the gift of health with, please tell them about us and share this referral card with them as a way of saying *"I care about you"*.

In appreciation of each referral given, a *\$30 care to share credit* will be given to each, and can be used on the dental care service of your choice. Remember to sign your name below so that we know whom to thank. We look forward to growing throughout the years with more patients like you.

Redeem this \$30 care to share credit toward dental services of your choice

New Patient's Name

Referred by



STEPHANIE K DENTISTRY

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