



Jeffrey B. LaMura, DDS

Dr. Jeffrey LaMura's

SMILE FILE

Produced for the Patients of Dr. Jeffrey LaMura

Fall 2006

fromthedentist

Getting It Done!

Fall's the time

There's a saying that *if you want something done, ask a busy person...* but ask them in the fall! Everyone seems to get more efficient once we renew our routines come autumn. All the things that were put aside during summer become priorities.

As you create your to-do list, please remember to add "book dental appointments." A checkup after a summer of sports drinks and icy treats and interrupted home care is a must, particularly for children. And when sports season gears up, we always recommend custom-fitted mouthguards. They are much more effective than off-the-shelf products. Thinking about Thanksgiving and Christmas? Now's the time to book your teeth whitening appointment.

Please be sure to check off your dental to-do list! It's the best way to ensure your oral health and your beautiful smile!

Yours in good dental health,

Dr. Jeffrey LaMura

turnthepage

Don't gamble with your oral health!

What do we find hiding inside your mouth?

Is your smile slowly eroding?

What Is Cosmetic Dentistry?

Art & science improves your smile & self-confidence!

Cosmetic dentistry is the art and science of enhancing smiles. Procedures can range from the simple, like teeth whitening, to the complex, like a complete smile makeover that improves both appearance and function.

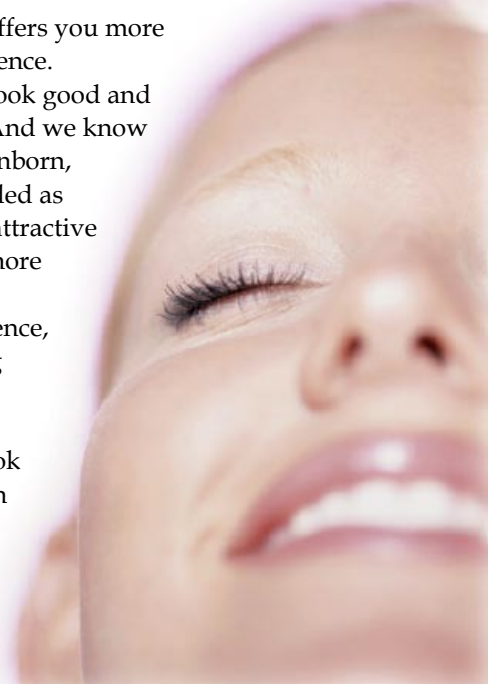
Non-surgical techniques can transform your smile, enhance your appearance, and build your confidence. Stained, chipped, or misshapen teeth can become a thing of the past. Cosmetic dentistry can restore balance and harmony to your facial features, and even plump out fine lines to make your lips appear fuller.

In short, today's cosmetic dentistry offers you more ways than ever to smile with self-confidence.

The mutually compatible desires to look good and to be looked at are completely natural. And we know that the human perception of beauty is inborn, and that symmetrical features are regarded as universally beautiful. The desire for an attractive appearance is more deeply seated and more natural than previously thought.

Individual appeal is based on experience, learning, and personal taste. But looking good, and knowing it, is part of the total human experience.

Let cosmetic dentistry help you to look good. Non-surgical procedures like teeth whitening, white fillings, bonding, and veneers can improve your smile, your appearance, and your self-confidence! We would be happy to explore your options with you.



Actual Patient of Dr. LaMura's

90% of adults agree that an attractive smile is an important social asset. It also encourages a smile in return!



DENTURE & CROWNS

An attractive smile makes a lasting impression!



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!



Get Started Today

Look & feel great!

If you are considering or planning cosmetic or restorative treatment, right now is the best time to get started. The first step, your consultation appointment, involves making an assessment and discussing your treatment options. Sometimes we need to create x-rays or photos for you and a diagnostic wax-up or temporary restoration.

We usually have a lot more flexibility around scheduling at this time of year – especially important when multiple appointments are required and/or when we need turnaround time for approvals from your insurer.

There is no one-procedure-fits-all recipe that we can provide, except to say that we can produce wonderful benefits for your oral health and for your appearance.

Photo Gallery

Actual Patients of Dr. LaMura

VENEERS



BONDING



CROWNS



office information

Dr. Jeffrey LaMura

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Office Hours

Monday 7:00 am – 4:00 pm
Tuesday 9:00 am – 6:00 pm
Wednesday closed
Thursday 9:00 am – 6:00 pm
Friday 7:00 am – 4:00 pm

* From Memorial Day - Labor Day, we are open on Wednesdays (7-4) and closed Fridays (summer hours)

Contact Information

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Web site www.jblamura.com

Office Staff

Paula..... Office Manager
Patty, Eva..... Hygienists
Debbie..... Dental Assistant

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DISCOVER

Make The Wise Choice

Book a hygiene appointment for optimal dental health

Regularly climbing into our *hygiene* chair can mean gaining better health, better looks, and even staying out of the *dental* chair! When you consider that oral disease can be silent and symptom-free and that research has linked oral disease with other health problems, making regular hygiene appointments is definitely your wisest choice.

People often misinterpret hygiene appointments ... they're not *just a simple cleaning*. Here's what happens when you're here:

- We examine your gums to screen for areas at risk. If you have periodontal disease, your healing progress is monitored with detail. Regular cleaning will help keep your gums and teeth as healthy as possible.
- Prevention is a crucial part of your visit. Regular appointments allow us

to catch problems in their early stages before things get out of hand.

■ Take advantage of our knowledge! Your appointment is also a wonderful opportunity to ask all the questions you have about how restorative and cosmetic dentistry, and even broader topics such as how medications affect your oral health. In short, if you've got the questions, we've got the time.

■ We provide patient education and demonstrations for correct brushing and flossing, explain proper cleaning and maintenance for dentures, crowns and bridges, and orthodontics.

Please ensure that you are scheduled for your regular hygiene appointment ... and that you commit to making the date. It will ensure your optimum oral health and a clean, great-looking smile.

