

Novi Family Dental

Tressa A. Priehs, D.D.S.



Produced to improve your dental health and awareness

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From the Dentist

Spreading The Word

Thank you so much

The power of the spoken word cannot be denied. When used to help improve the lives of others, words not only bring positive change, they often bring life-long results. And, when spoken as a referral or "personal testimonial," all kinds of good things spring forth.

Do you know how we measure the quality of care we provide for you? Every time you return to our practice, give us your positive feedback, and tell your friends, family, and colleagues to come see us for their dental care, you are letting us know that what we do for you matters. Your support motivates us to continue raising the bar on the superior standards you expect.

Thank you, from all of us, for your wonderful feedback, your loyalty, and your ongoing new patient referrals.

*Yours in good dental health,
Dr. Tressa A. Priehs*

turnthepage

What, exactly, is so funny?

Make an impact like never before!

Are you ready to be crowned?

February's For Kids

National Children's
Dental Health Month



In February, for over sixty years, dentists, parents, and children all across America observe National Children's Dental Health Month. This all began as a one-day event in Cleveland, Ohio on February 3rd, 1941, and the first national observance of Children's Dental Health Day was held on February 8th, 1949. It has since grown into a month-long celebration. Our message of the importance of oral health goes out to millions of children and adults in communities across the country, and includes such events as health fairs, dental office tours, and visits to the classroom by dentists and hygienists.

One of the reasons for this special annual event is that many people are still unaware of the important role early dental care plays in our children's overall health. We strongly recommend that parents take action early to ensure the health of their children's teeth because attitudes and habits established at an early age are critical in maintaining good oral health throughout life.

Please make sure we see your child within six months of the eruption of the first tooth, and certainly no later than the child's first birthday. Preventive care such as cleanings and fluoride treatments provide your child with "smile insurance" for a lifetime!

If you wish any further information on any aspect of your child's dental and oral health, please call us. We'd be happy to help in any way we can!

Thank you for all your referrals. We appreciate them!

Look Great

And save the environment too

Choose eco workout wear. Many fabrics made with organic and recycled fibers such as cotton and soy blends, and athletic footwear made from recycled rubber and vegan materials, are becoming increasingly available.

Shop locally even if you can't find the very latest eco trends nearby. You can choose partially recycled materials, minimal packaging, and you'll be saving the expense and environmental cost of travel or shipping.

Conserve post-workout water and energy with low-flow shower heads that don't release hot water until you actually step in the shower and turn the shower head's valve.

Shave with only 5-7 drops of a natural shaving oil. A tiny bottle can provide about 100 shaves, is ideal for your travel bag, and a number of brands are available online or through large retail chains.

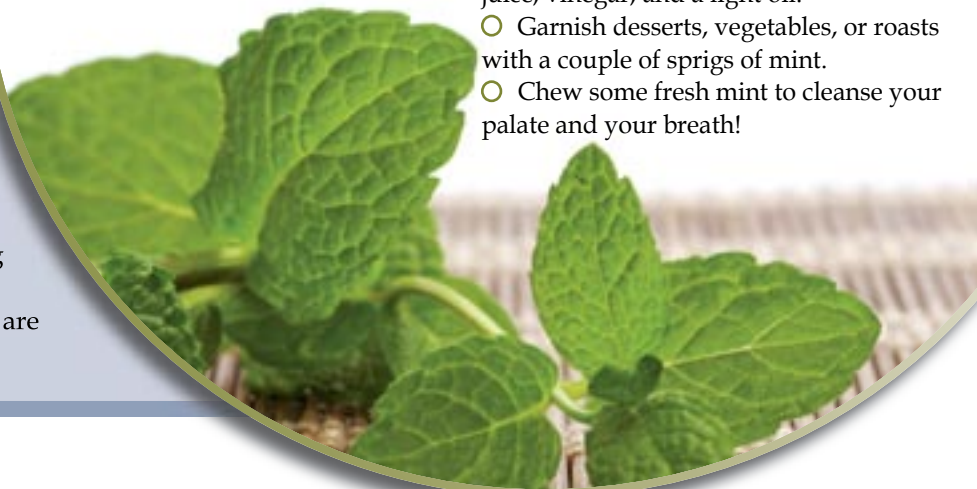
Marvelous Mint

More than a breath freshener

You probably associate mint with toothpaste or breath freshener, but it has been used as an herbal remedy and a spa soother in face packs, foot rubs, and bath soaks. Both peppermint and spearmint are very popular, especially for cooking, and if you're not a gardener, you can easily find commercially dried leaves.

7 Mint Hints For Your kitchen

- Steam vegetables with mint in the water.
- Mix chopped mint with butter for boiled new potatoes.
- Toss whole mint leaves in cooked rice before serving.
- Freeze whole mint leaves in ice cubes for tea or lemonade.
- Make salad dressing with mint, lemon juice, vinegar, and a light oil.
- Garnish desserts, vegetables, or roasts with a couple of sprigs of mint.
- Chew some fresh mint to cleanse your palate and your breath!



before



after



▲ Crowns ▼

before



after



Crown FAQs

Your best decision is an informed decision

What Is A Crown?

A crown is an artificial cover that is used to restore, protect, and strengthen your tooth and keep it healthy.

When Would I Need One?

- If you have a tooth that has been worn down by teeth grinding, an improper bite, or decay, a crown restoration could save it.
- Crowns will give cracked or broken teeth much-needed support.
- A tooth that has loosened due to gum disease can be stabilized by crowning it and connecting it to the neighboring teeth.
- Gaps in your smile can be replaced by incorporating a single crown onto the root of a dental implant placed into your jawbone.

What Are My Options?

Ceramic crowns are the most natural-looking and can be as translucent as your own enamel. They are the perfect choice for those with metal allergies, but people usually choose them because of how they look.

Ceramic-fused-to-metal crowns combine this natural look with the strength of metal underneath, but they are not as translucent as ceramic alone.

Feel free to call now. You don't have to wait for your next appointment to discuss treatment.

Defy The Trend

Subtle measures - radical results

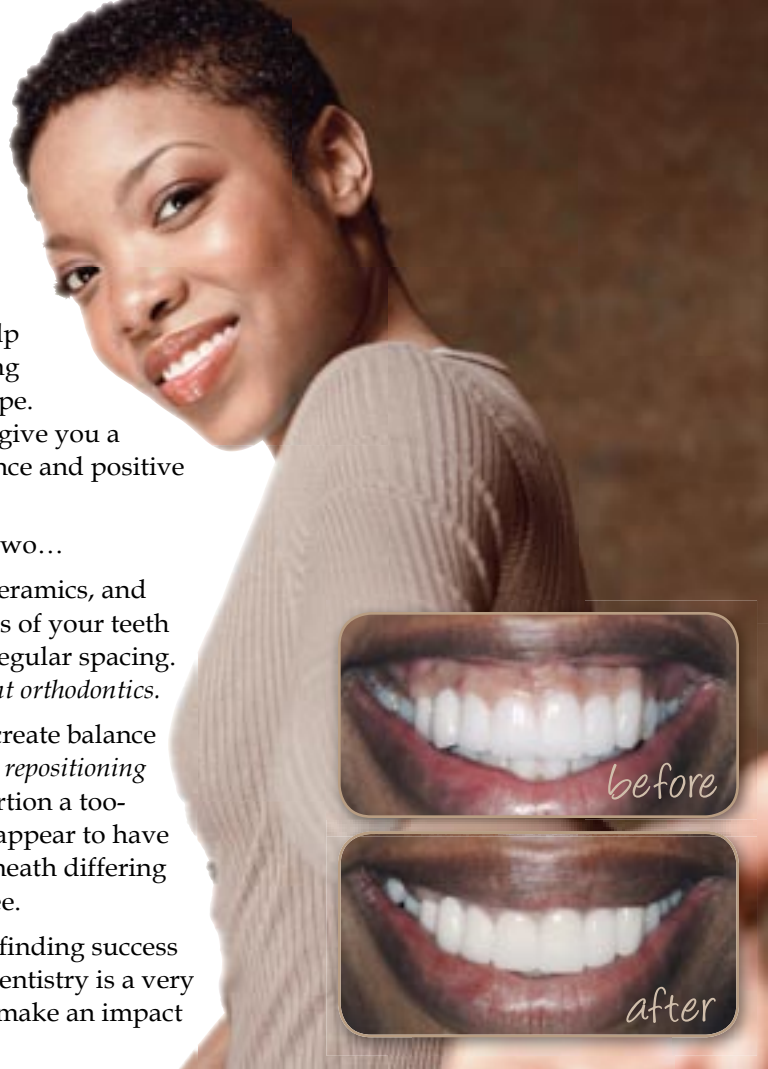
Have you seen some of the guerrilla tactics and extreme stunts people are deploying to reboot their careers? Believe us - singing telegrams or renting a hot air balloon are not your only answers! We can help you create a unique, engaging, and thought-provoking impression that will generate buzz without all the hype. For example, a subtle smile makeover can do a lot to give you a more youthful pick-me-up, and give you the confidence and positive attention you deserve.

Many cosmetic techniques involve only a visit or two...

Veneers crafted from translucent porcelains, ceramics, and other bonding materials can be applied to the surfaces of your teeth to disguise deep stains or other flaws like chips or irregular spacing. In fact, the veneering technique has been called *instant orthodontics*.

Esthetic gum re-proportioning can create balance and symmetry for your smile with techniques like *lip repositioning* and *gum recontouring*, as seen here. You can re-proportion a too-gummy smile, teeth that look too short, or teeth that appear to have different lengths because their crowns are hidden beneath differing amounts of gum tissue ... or a combination of all three.

We understand that sometimes, in today's world, finding success means getting yourself noticed. Stunt-free cosmetic dentistry is a very reliable and worthwhile investment that will let you make an impact - on your terms.



it's laughable

For millennia, Tibetan monks have laughed out loud on awakening - no joke! Seriously, though, even faking a laugh cues your body and your mind to stay calmer and more focused.

How? By shutting off stress hormones and triggering the release of feel-good endorphins. What else? We can show you how to laugh out loud enthusiastically, vigorously, and confidently day or night - with or without an audience.

Natural-looking fillings and whitening can certainly help, but it's also about getting back to basics. Brush and floss, avoid sugary snacks, and maintain regular dental visits.

We promise - once you get the hang of it, the rewards are nothing to scoff at...

- Clean attractive decay-free teeth
- Clean pink tongue
- Clean healthy gums
- Clean fresh breath.

& so
easy



The Workout Wonder

Sip this and stay hydrated to win!

No matter what the commercials tell you – sweating can be a good thing. It’s the way your body regulates your temperature. That’s why adequate fluid intake while working out is essential to your comfort, proficiency, and wellbeing. The longer and more vigorously you exercise, the more important it is to drink fluids at regular intervals.

Waiting until you’re thirsty isn’t the answer – studies show that even seasoned athletes underestimate their fluid requirements. When dehydration occurs, there is a drop in blood volume, so the heart works harder to move blood through the bloodstream. This can cause muscle cramps, dizziness, fatigue, and even heat stroke and exhaustion.

Where do sports drinks come into the picture? Well, unless you’re exercising in extreme conditions or in a marathon, it’s unlikely you’ll need to drink one to replace electrolytes. In fact, sports drinks can do more harm than good. Prolonged exercise with decreased saliva flow can make your enamel more vulnerable to the phosphoric acids they contain.

Erosion of your tooth enamel creates tooth sensitivity, grooves, or notches in the sides of the teeth, worn down teeth, and yellowing. It’s painless, so you might not even realize that you are at risk until you come in to see us.

Maintaining your oral health is every bit as important as keeping your body fit. Please avoid or limit your consumption of sports drinks. Enjoy cool refreshing water instead!



officeinformation

Novi Family Dental Centre
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Office Hours

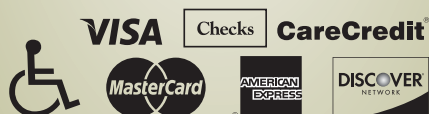
Monday 10:00 am – 7:00 pm
Tuesday 7:00 am – 5:00 pm
Wednesday 7:00 am – 4:00 pm
Thursday 7:00 am – 2:00 pm
Friday closed

Contact Information

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Office Staff

Pat Office Manager
Michele..... Reception/Insurance
Kim, Janiece Hygienists
Glenda, Melissa Dental Assistants



*Don't Worry!
Be Happy!*

Easier said than done, but it’s so important. We want everyone to feel great when at our practice. We do not want you to feel anxious or stressed, and keeping our appointment commitments is a big part of that.

But we all get busy, and sometimes a patient will run late, and sometimes we will run late. So I want you to know that my team is committed to doing their best to keep everyone on schedule. I also want you to know that we really appreciate it when you arrive on schedule.

We can’t wait to see you, and as always, if you have any concerns definitely call us immediately. And if you have any questions about improving your smile (like what your options might be for whitening your teeth), call and we’ll schedule a free consultation.

Oral Cancer Checkups

Detect it early!

In the United States, one person dies from oral cancer each hour of each day. In fact, more people die from oral cancers than either cervical or skin cancer. And because two-thirds of oral cancers are discovered in the late stages of the disease, prognosis is poor. When discovered late, the 5-year survival rate is a frightening 50%. It is imperative that oral cancer is detected early, before the disease advances. Conscientious dentists keep a keen eye for telltale signs like lumps and discoloration, and many are employing high tech devices to detect changes even before they are visible. But patients can have a role in early detection too, through the self-exam process – see www.oralcancerselfexam.com for a complete tutorial or call today for a comprehensive exam.