

# Novi Family Dental

Tressa A. Priehs, D.D.S.



Spring 2011

## Dear Neighbor,

If you haven't seen a dentist in a while, if you're worried about the health of your teeth, or you have a concern about someone in your family, please call us today. We have been practicing in your neighborhood for 30 years, and we always welcome new patients!

Call 248.348.3100 now – start with a free consultation. You'll meet our team, and receive an oral health exam. You can talk about concerns and smile goals – then decide if we are right for you and your family!

### *WE PROVIDE:*

- a practice that has been serving this area for 30 years, with expertise in all areas of dentistry,
- a well maintained and welcoming office,
- help so you can understand all of your treatment options,
- convenient appointment times including after-hours options!

We know that the healthier your teeth and gums are, the less you'll need to see us – that's our goal! We hope you enjoy this informative edition of *Novi Family Dental*, and do feel free to call us with any questions, we'll be happy to answer them. Our friendly team is eager to welcome you.

***P.S. Free consultation appointments fill quickly  
– call 248.348.3100 now to reserve yours!***



## Convenient Location • Convenient Appointments

**SEE OUR  
NEW-PATIENT  
SPECIAL  
ON PAGE 4...**

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Start With A Free  
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**NoviDENTAL**

Family & Cosmetic Dentistry  
DR. TRESSA PRIEHS D.D.S.

43410 West Ten Mile Road  
Novi, MI 48375-3172

[www.novidental.com](http://www.novidental.com)

# Feed Your Complexion

## FEED YOUR SMILE

Foods that promote a healthy mouth also fight wrinkles, so you can eat your way to a winning smile and beautiful skin!

### BERRIES & CITRUS FRUITS

**Smile:** Vitamin C contributes to healthy gum tissue.

**Complexion:** Antioxidants protect skin from free radical damage.

### EDAMAME (e-da-ma-may or baby soybeans)

**Smile:** High calcium content builds strong teeth.

**Complexion:** Amino acids build cells and repair tissue.

### LEAN PROTEIN

**Smile:** Amino acids help gums heal faster.

**Complexion:** Protein speeds the regeneration of skin cells and collagen.

### ORANGE PRODUCE (including carrots, yams, pumpkins)

**Smile:** Vitamin A increases resistance to mouth infections.

**Complexion:** Beta-carotene and antioxidants rebuild skin cells.

### GREEN LEAFY VEGETABLES (including spinach, beet tops, broccoli)

**Smile:** Calcium strengthens teeth.

**Complexion:** Antioxidants counter the ill-effects of free radicals.

## Bye Bye “Gummy” Smile

*We can help!*

Are you concerned that your gums show too prominently when you smile? Or whether or not your “too-gummy smile” is healthy? While it’s not an indication of poor gum health, a gummy smile could dampen smile appeal.

During your consultation, we can explain how a gum lift could make a tremendous difference ... perhaps even **create the smile of your dreams!**



To give you the smile that you’ve always wanted, let’s discuss options including:

- Crown Lengthening - A gum-sculpting procedure that can either raise or even-out your gumline, exposing an engaging balanced smile.
- Crowns or Veneers - Options that can correct the length and shape of your teeth, giving them a more attractive uniform look.

## 7 Factors You Can't Ignore

Do they apply to you or someone you love?

Gum disease is a chronic bacterial infection that is a major cause of tooth loss in adults and triggers an inflammatory response in your body. Scientists believe it may be linked to other inflammatory diseases such as heart disease and stroke, Alzheimer’s, diabetes, respiratory diseases, cancers, arthritis, and osteoporosis. As if this weren’t worrisome enough, research suggests that the incidence of gum disease may be 2-3 times higher than previously thought. This is alarming because only about 3% of those afflicted seek treatment.

Here are 7 factors that could make you vulnerable to developing gum disease...

# Improve Your Smile!

## Enrich Your Life!

### DENTAL IMPLANTS



If you are self-conscious about your smile, you may not be getting the most out of life. Missing teeth or worn restorations can age your face and make you feel less vibrant. They can also cause you to miss out on the things you once enjoyed, like favorite foods. Rest assured that there is a solution: *dental implants*, which are artificial roots secured by the jawbone, serve as anchors for replacement teeth. They offer superior stability and help preserve bone. Implant-supported teeth look, feel, and function just like natural teeth.

#### IMPLANTS CAN IMPROVE YOUR SMILE BY:

- providing a permanent anchor for attractive replacement teeth
- curtailing bone loss
- supporting face and lips, eliminating a “sunken” look.

#### IMPLANTS CAN IMPROVE YOUR LIFE BY:

- offering the convenience and comfort of non-removable replacement teeth
- restoring bite pattern and alleviating headaches and jaw aches
- aiding digestion by allowing you to properly chew foods.

Whether you need to replace one tooth, several teeth, or all of your teeth, there is a solution for you. We will be happy to discuss ways to bring back your healthy smile and vibrant lifestyle.



## Vital For Your Health

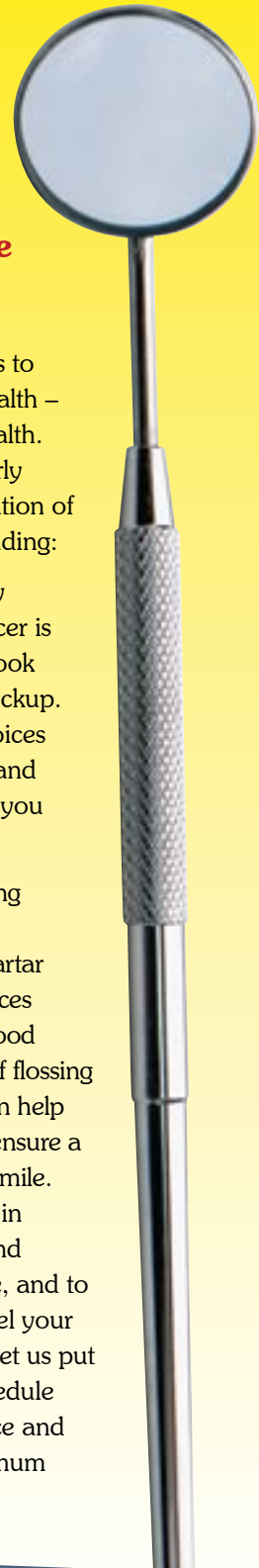
### Dental hygiene visits

Regular recall appointments help us to monitor your oral health – even your overall health. We can aid in the early detection and prevention of serious diseases including:

**ORAL CANCER** – Early detection of oral cancer is imperative, and we look for signs at every checkup. Making informed choices about diet, tobacco, and alcohol use can help you prevent this disease.

**GUM DISEASE** – During regular cleanings, we remove plaque and tartar and can detect instances of infection. With a good home-care regimen of flossing and brushing, you can help prevent disease and ensure a fresh sweet-smelling smile.

Our goal is to aid in the early detection and prevention of disease, and to help you look and feel your best. Call us today. Let us put you on a regular schedule of health maintenance and monitoring for maximum smile results!



#### Tobacco & Alcohol

Smoking or chewing tobacco and drinking alcohol are the leading causes of oral cancers. Doing both could put you at 15 times greater risk than others.

#### Genetic Susceptibility

About 30% of the population inherits the tendency to be six times more at risk for gum disease.

#### Hormonal Changes

Life stages that bring natural changes in hormone levels include puberty, pregnancy, menopause, and andropause.

#### Stress

Stress has been linked to cancers and can make it more difficult for you to fight off oral and other infections.

#### Diabetes

Diabetics are at higher risk for infections including gum diseases which can make it more difficult to control blood sugar.

#### Clenching Or Grinding Teeth

Excess force on the supporting tissues of your teeth could speed their deterioration.

#### Avoiding Dental Visits

Regular exams and confirmation of proper home care techniques can help you prevent gum disease. Our professionals can identify gum disease symptoms before you can, and help you to halt or even reverse its progression.

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**PAID**  
PNP 14304



## DENTAL EDUCATION FOR OUR NEIGHBORS

### What Do You Expect?

**Get the most out of life – and keep it!**

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away – like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

**About The Mouth-Body Link** – Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

**About Progressive Discomfort** – Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

**About Appearance** – Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!

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**CALL TODAY**  
**248.348.3100**

### New Patients Welcome!

**Our door is open**

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients – the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.

**NEW-PATIENT  
SPECIAL**

**\$100 OFF**

**ZOOM!® In-Office Whitening**

\*After full exam and x-rays.

Expires: May 31st, 2011

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