

hometown life

GET A GREAT SMILE  
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# WOMAN



*Women:*  
**THE CARS  
THEY BUY**  
*and why*

**Go Red**  
*for healthy  
hearts*

*Valentine's Day special: Couples share advice on love*

# What it takes to have a great smile!

By Sally Rummel  
Contributing Writer

At age 37, Julia Raymond hadn't truly smiled since she was about 18 years old.

It's not that this busy, active mother of three didn't have a lot to smile about. It's just that her yellowed teeth from a long stint with braces as a teenager, plus smoking and drinking pop, had taken its toll on her smile and her appearance, plummeting her self-esteem and confidence.

When she met Dr. Tressa Glavin Priehs, DDS, for the first time at Priehs's former dental practice in Trenton, Julia began to believe that her life could be different with a new smile.

"She told me she could help me," said Julia, who credits cosmetic dentistry with totally changing her life. Dr. Priehs put crowns on her top front teeth and four bottom front teeth, working closely with Julia in each step of the process.

"Now I can smile again!" said Julia, who faithfully followed Dr. Priehs when she moved her practice to Novi Family Dental Center last summer. She even credits her new smile with giving her the confidence to go back to college this fall for her bachelor of nursing degree.

"I'm not afraid to talk with people anymore," said Julia, with a smile.

Julia is just one of millions of people who have experienced a positive change in their lives, thanks to cosmetic dentistry.

"Cosmetic dentistry is truly rewarding for me as a dentist," said Dr. Priehs. "It can change the whole outlook of a patient. I've had patients so thrilled with the results, that they have cried tears of joy. When it's an elective procedure like this that will so dramatically improve their appearance, people want to be in the dental chair. We can work together as a team."

Cosmetic dentistry used to be considered a "Hollywood extreme," but today, it has gone mainstream for many patients, with services offered at the majority of dental offices. What one local dentist is noticing is that the age of patients requesting cosmetic services is getting younger.

Dr. Steve Cohen of Parkside Dental Team in Westland said that the core of his cosmetic dental practice used to be women from age 40 to 60, but he's seeing more and more young women in their 20s, as well as men of that age group.

"People today want the faster results of cosmetic dentistry, rather than longer procedures like braces," said Dr. Cohen. "You can get a totally new smile in about two weeks with porcelain veneers, as opposed to at least 18 months with orthodontic work."

But with that timely advantage comes the responsibility to today's dentists to let their younger patients know that they'll have to replace those veneers every 15 to 20 years. "When we're totally changing a person's smile at a young age, there's a whole lifetime ahead of maintaining that smile," said Dr. Cohen.

The entire field of cosmetic dentistry has changed in very recent years, thanks to a huge breakthrough in the advancement of porcelain technology.

"We can now predictably make all-porcelain crowns that are as strong as the old-style crowns, yet virtually indistinguishable from a person's natural teeth," said Dr. Jeffrey Jaghab, who practices general dentistry with his wife, Dr. Stephanie Jaghab, DDS, at their offices in Northville.

"All-porcelain crowns also retain the natural look for years and years. Over time, the old-style crowns usually ended up looking like 'chicklets' with a dark band at the gum line. With these latest tools, it has never been

easier for us to give our patients the perfect smile."

Not only have the materials changed, but also the concept of dentistry as a whole. One of the newest concepts in cosmetic dentistry today is Spa Dentistry, which combines the comfort and relaxation of a spa with dental visits and procedures. Each dental office that calls itself a "dental spa" may choose to feature varying spa amenities, but the common bond among all is the goal of relaxation and pampering in the dental office.

Some of the amenities of a dental spa might include aromatherapy, a massaging dental chair, headphones with soothing music, paraffin wax hand treatments, hand lotion and massage, a heated blanket/scented neck pillow/aromatherapy eye pillow/face cloth, bottled water, coffees, juices or teas.

Taking the spa concept to even the next level might lead some dental spas to include the services of a concierge, cascading fountains, massage therapy, facials, even movies to watch during dental treatment.

At the offices of Dr. Dolores Baran, DDS, Cosmetic & General Dentistry and Dental Spa in Royal Oak, her spa dentistry practices include a number of specialty cosmetic dentistry procedures — noting that botox, facials, body waxing and more can be important "add-ons" in creating a healthy, confidence-building appearance.

If you're thinking about creating a new smile with cosmetic dentistry, here are a few procedures you might want to talk about with your dentist:

- **Teeth whitening** — Also called "teeth bleaching," this can brighten and whiten the teeth from discoloration and/or staining. This procedure can be done in the dental office or at home.
- **Veneers** — Veneers are a thin shell custom-made out of porcelain or composite material, then cemented to the front side of the tooth. A veneer can treat dental conditions such as a slightly crooked tooth, discolored teeth, chipped teeth or even to cover spaces in between the teeth.
- **Implants** — A dental implant is a metal device designed to replace missing teeth. The device is usually made out of titanium and is surgically placed into the jawbone where the tooth is missing. Unlike a dental bridge, an implant is permanent. A dental implant is designed to act as the tooth root and can anchor an artificial tooth or teeth such as a crown, bridge or denture.
- **Crowns** — Also referred to as caps, crowns are custom-made to fit over the whole tooth after the dentist has prepared it. They are usually made out of acrylic or porcelain that has been fused to metal, to withstand biting pressure. Crowns can be used in cosmetic dentistry to treat teeth that are poorly shaped, badly decayed,

broken or chipped, have had large fillings and to cover spaces in between teeth.

• **Bridges** — Bridges are designed to replace missing teeth. Plaster models are taken of the mouth, sent to a lab, along with detailed instructions for the bridge design, paying strict attention to the shape, size and placement of the teeth and their relationship to the gums. Often made of porcelain, a bridge is carefully matched to the tooth color, so it looks and feels just like your own teeth. It is affixed with special adhesive that is a permanent bond.

• **Shaping** — Also referred to as "enamel shaping" is the process in which the dentist can reshape the tooth by filing or removing some of the enamel. This process is usually not painful and can produce immediate effects.

• **Bonding** — Bonding is the process in which tooth-colored materials are adhered to the tooth. This can be used to repair or improve the appearance of a tooth that has been badly stained, broken or chipped.

• **Orthodontic treatment** — More and more adults are seeking treatment from orthodontists for cosmetic purposes.



Today's cosmetic dentistry patients have more say in the procedures that are being done for them than ever before. Here, Dr. Tressa Priehs, DDS, of Novi Family Dental Center, displays a diagnostic wax-up that will show a patient exactly what the end result of the cosmetic procedure will look like. "Cosmetic dentistry is a process we can work on together," said Dr. Priehs. "That's one of the reasons it is so rewarding."

## So you think you're 'too old' for braces?

Think again. Now one in five orthodontic patients is over the age of 21, and 30 percent of those patients are males. They are just beginning to understand the professional importance of having a great smile. If you are considering having your teeth straightened, but wonder if you're too old, a trip to an orthodontist's office may be in order.



Many adults choose to wear braces because they want a great smile, as well as the health benefits that go along with having straight teeth. Some of these adult patients had braces when they were younger, but their teeth relapsed as an adult, while others weren't able to get treatment as a child, according to Drs. Susie Guest and Patrick Nolan, who have an orthodontics practice in Canton. "Other adult patients have definite functional problems that need to be taken care of with braces," Guest said.

Health benefits to having braces as an adult include the fact that teeth which aren't overly crowded are easier to keep clean, creating healthier gums and diminishing the chances of decay and early tooth loss.

Teeth that do not line up properly can cause abnormal wear of tooth surfaces, as well as cause excess stress on supporting bone and gum tissue, leading to gum disease and the eventual need for dentures. Proper tooth alignment can also ease the suffering from temporomandibular disorders that can cause jaw clicking, headaches, facial pain and a vast array of symptoms.

Today, there are many more options for orthodontic treatment, from braces made with clear plastic or ceramic materials, to traditional steel braces. "About 90 percent of our adult patients inquire about Invisalign treatment, which can correct the misalignment of teeth very easily," Guest said. "But many patients who have bite or jaw problems need to go with actual braces, either ceramic or steel."

New wires are available that move teeth faster and more comfortably than ever before. More retainer-like appliances called "aligners" are able to move teeth in small increments, usually taking about the same amount of time as conventional braces, but without their uncomfortable presence.

Today, it's easier than ever for adults to undergo orthodontic treatment without the stigma they may have felt just a decade ago.

## Area dental offices

**James E. Glinski, DDS – Canton**  
General/Cosmetic Dentistry  
44968 Ford Rd. Suite X  
(734) 454-9270/drglinski.com

**Arbor Dental Associates – Farmington Hills**  
Dr. Chris Paulson  
34405 West Twelve Mile  
(248) 553-9393  
See ad Page 13

**Drakeshire Dental – Farmington Hills**  
General/Cosmetic/Special Needs  
Karson Carpenter, DDS  
Alma Nava, DDS  
20793 Farmington Rd  
(248) 474-4600  
drakeshiredental.com

**Jim Madany, DDS – Farmington Hills**  
33466 W. Eight Mile Road, Suite 333  
(248) 845-8181  
Fax: (248) 247-2989

**Hider Family Dentistry – Garden City**  
Malik Hider, DDS  
29484 Ford Rd.  
(734) 522-2180  
hiderfamilydentistry.com

**West Oakland Advanced Dental Artistry – Highland**  
Randy Allain, DDS  
1733 S. Milford Rd.  
(248) 887-3300  
drallain.com

**Dr. David Bloint, DDS – Livonia**  
34020 Seven Mile, Suite 121  
(248) 471-3781  
See ad Page 10

**Masri Orthodontics – Livonia**  
35200 Schoolcraft Road, Suite 104  
(734) 261-8860  
www.masriortho.com  
See ad Page 21

**Jeffrey G. Daws, DDS – Livonia**  
General/Cosmetic Dentistry  
28201 Seven Mile Rd.  
(248) 777-7542  
dawsdental.com

**Carol A. Wilkop, DDS – Milford**  
435 N. Main St., Suite 200  
(248) 685-2035  
carolawilkopdds.com

**Jeffrey Jaghab, DDS – Northville**  
**Stephanie Jaghab, DDS**  
General/Cosmetic Dentistry  
416 S. Main St.  
(248) 349-2750  
northvillecosmeticdentistry.com  
See ad, Page 2

**Dr. Jeffrey Burstein, DDS – Northville**  
41074 Seven Mile  
(248) 347-0707  
See ad, Page 30

**Toomajian and Bowers, P.C. – Northville**  
Laurie Toomajian, DDS  
Piimari Bowers, DDS

201 E. Main St.  
(248) 348-6780  
smilenorthville.com  
See ad, Page 25

**Brigidanne Murphy, DDS – Novi**  
42010 Grand River Ave.  
(248) 380-9330  
novidentistry.com  
See ad, Page 22

**Abir Faraj DDS, PC – Novi**  
23985 Novi Rd  
(248) 348-5151  
novismilecenter.com

**Family Dentistry of Novi – Novi**  
47700 Grand River Ave  
(248) 380-2800  
familydentistryofnovi.com

**Goodman Orthodontics – Novi**  
42430 W 12 Mile Rd  
(248) 465-7500  
goodmanortho.com  
See ad, Page 9

**Spillane & Reynolds Orthodontics – Novi**  
45500 Ten Mile Rd  
(248) 344-8400  
myamazingsmile.com

**Gary Feucht, DDS – Plymouth**  
General/Cosmetic Dentistry  
40400 Ann Arbor Rd.  
(734) 459-7110/plymouthdentistry.com

**Laurie A. Mulka, DDS – Redford**  
General/Cosmetic Dentistry  
8881 Beech Daly Rd.  
(313) 937-1520  
mulkadental.com

**Gateway Dental – South Lyon**  
Michelle Conforti, DDS  
25660 Pontiac Trail  
(248) 446-2700/gatewaydental.com  
See ad, Page 26

**South Lyon Orthodontics – South Lyon**  
**Renee Geran, DDS, MS**  
22900 Pontiac Trail  
(248) 437-1620  
southlyonorthodontics.net  
See ad, Page 28

**Parkside Dental Team – Westland**  
Steven Cohen, DDS  
Ricardo Seir, DDS  
Stuart Felhandler, DDS  
Daniel Rogers DDS  
36444 W. Warren Ave.  
(734) 261-6060  
detroitcosmeticdentistry.com

**Livonia Dental Group**  
32280 Five Mile Road  
Livonia/www.livoniadentalgroup.com  
(734) 425-7010  
See Ad, Page 14

**Novi Family Dental**  
43410 W. 10 Mile Road  
(248) 348-3100  
www.novidental.com  
See ad, Page 19

# Smile...we are here for you!

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Tressa Prieks, D.D.S.

## Novi Family Dental Tressa Prieks, D.D.S.

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