

from the dentists



Back To School...

Already?

We have all been through it – the sudden realization that our laid-back summer is about to collide with the back-to-school rush! Schedule your children's back-to-school dental exam now and take at least one item off the "panic list."

Summer takes us out of our routines. Kids sometimes miss brushing and flossing and tend to indulge their sweet-tooth. Your child's back-to-school exam is like a fresh start. We will thoroughly clean and inspect teeth for decay, chips, cracks, and for periodontal and orthodontic problems.

Thanks for booking early! We want your kids to return to class with bright confident smiles, and look forward to seeing them before the rush!

Yours in good dental health,

*Dr. Joseph Gradowski
& Associates*

turn the page

Are your prevention efforts effective?

6 ways to an ageless smile!

Teach your kids well!

Redesigned To Serve You Better

We are very proud to announce that the redevelopment of our website is now complete and we couldn't be happier with the results!

Check us out at: www.silverlakefamilydental.net and let us know what you think.

Part of our commitment to you includes keeping up with the latest advancements. We recently partnered with Televox to update our website and while doing this, made sure to include some patient friendly upgrades to serve you better.

You will notice in the upper right hand corner that there is a Patient Login icon. Here you will be able to have direct access to your account.

So what do you need to do?

Call us or drop in to update your account with your email address. You will then be sent an email confirmation with details to assist you in creating your unique password. Once you have been assigned your password to access your account – you can go on-line and have your name entered to win an iPod courtesy Televox. Draws are held monthly.

How will this help us serve you better?

Email and cell phones have become invaluable communication tools in a world filled with people who live on the run between work, home, and play. Having this information allows us to directly send you timely reminders for upcoming appointments.

Being able to communicate with you *instantly and directly* can only increase our efficiency and service levels and, in turn, enhance *your* dental experience.

Call (708) 403-0071 today!

We look forward to hearing from you!



5 TOP TIPS

4 Prevention

Here's a menu to keep you smiling!

Online or off, the digital world can present some risks to the unwary. For example, research suggests that young teenagers tend to consume more sugary snacks during prolonged gaming, which in turn can increase the likelihood of tooth decay. As well, teeth whitening products which are accessible online may not be a safe choice at any age, because they could harm gums and damage teeth enamel. When it comes to good oral health, trust your dental team.

Here are 5 tips for every member of your family:

- See us first to make sure your mouth, teeth, and gums are healthy before starting any whitening program.
- Choose one of our supervised whitening options for safety and the maximum results only we, your dental care team, can provide.
- Stick with your maintenance schedule to keep your smile bright. No whitening is permanent and regular professional cleaning is essential to remove stains and the tartar that can cause gum disease.
- Keep sweet food, desserts, and drinks to mealtimes and brush thoroughly afterwards. It's consumption over extended time periods that heightens the risk of decay.
- Acidic food and drinks can be just as harmful to your teeth as sugar. The acid erodes tooth enamel and can make your teeth sensitive, more vulnerable to cavities, and unattractive.

Virtual reality can be a great place to visit at any age, however real-time brushing and flossing combined with dental visits are still the best for problem prevention to safeguard smiles.



INSIDIOUS INFILTRATORS

Fact: Gum disease is linked to, and may impact, other serious health issues including type-2 diabetes.

Both of these diseases affect millions – children and seniors as well as those in the prime of life. Just as approximately half of type-2 diabetes sufferers have no symptoms, in the earliest stage of gum disease (called *gingivitis*), you might not even realize you have it.

WATCH FOR WARNING SIGNS:

- red or tender gums
- bleeding when brushing or flossing
- chronic bad breath
- receding gums
- loose teeth

Regular recare visits help us monitor developing oral health conditions that have the potential to adversely affect your overall body health. If you don't know you have a disease, you can't treat it ... but we can detect gum disease and treat it right away!

A GREAT GRIN IS *Ageless*

Restorations will give you reason to smile

Studies show that people in cultures that do not focus on oral health often suffer a litany of related and progressive health problems. Gum disease and tooth loss have been correlated with cognitive decline as well as hearing loss in later years, for example. Because of this, it is vitally important to ensure lost or damaged teeth are replaced or restored promptly to insure you can eat and speak properly, avoid further damage, feel good about your appearance, and maintain your positive outlook.

Ensuring healthy gums and teeth that last a lifetime begins with good oral care in childhood, but sometimes teeth can become damaged, broken, or lost. We can restore and replace teeth with beautiful esthetics at any stage of your life...

- **Inlays** are tooth-colored fillings for the biting surfaces of molars.
- **Onlays**, also tooth-colored restorations, sit on the biting surfaces and wrap over one or more cusps of molars.
- **Veneers** offer beautifully shaped straight white teeth while hiding small imperfections.
- **Crowns** cap individual teeth, lending support to compromised structure.
- **Bridges** effectively replace a lost tooth with a replacement tooth, using adjacent teeth as anchors.
- **Implants** are a secure permanent way to replace one or more missing teeth.

Call today to book your consultation to discuss solutions designed for your individual presentation, preference, and budget. Don't wait to restore your smile... Your good health depends on it.

*Call us
today for
solutions
to your
ageless
smile!*



“Ascared” Of The Dentist?

Not your kid!

Kids' fear of “going to the dentist” is usually anticipatory and unfounded. Here are a few tips to help eradicate the potential for life-time dental anxiety by ensuring positive dental experiences throughout childhood.

Show no fear. Even if you experience anxiety, do not communicate this to your child.

Set the bar high.

Demonstrate excellent home care and encourage your child to practice at an age-appropriate level. Pitch in when necessary.

Start early. Call us to discuss the best time to start your child's dental visits, beginning with a get-to-know-us appointment, and if we complete an oral exam, you will be right by your child's side. Afterwards, make the day even more special by going out to lunch or catching a movie together.

Instill pride. Praise your child for taking good care of their smile ...not for their bravery.

Ice Cream Owww!

Icy incidents

How fast can you say *sphenopalatine ganglioneuralgia*? It's the scientific name for “brain freeze.” It happens when you eat something very cold very quickly. You can try pressing your tongue to the roof of your mouth to warm it, but it's best to eat things like ice cream slowly to avoid the discomfort which, weirdly, you feel in your forehead.

That's because when the affected blood vessels signal the largest cranial nerve, your brain interprets the pain as a headache. The trigeminal nerve is also the culprit behind many head, neck, and face aches that are actually generated by the temporomandibular jaw joint. It's no wonder that some sufferers of Temporomandibular Joint Disorder (TMD), a dysfunction of the jaw, don't think to ask their dentist.

Ask us. We'll inform your brain, not freeze it!



3 Life Changing Truths

Your agenda? Your healthy mouth & body!

Some things are never worth delaying – especially your regular oral hygiene appointments. It's so important that we recommend recall visits as often as every three months for some patients and six months for others. If you have gotten off schedule, you are at risk and we encourage you to call us today.

Here are three key truths from the Surgeon General's Report that explain how much is at stake...

- **Oral diseases affect health and well-being throughout life.** Cavities, gum disease, and bite issues, if allowed to progress, can create chronic pain, affect breathing, limit your ability to speak or eat a healthful diet, and damage your appearance and self-confidence.
- **General health-risk factors also affect oral health.** Diabetes, cardiovascular diseases, and arthritis are three examples of illnesses that suppress the immune system. Hormonal disruptions during adolescence, pregnancy, and mid-life can increase your vulnerability to oral health challenges, as can lifestyle choices and your family medical and dental history.
- **The mouth is the gateway to the body.** The mouth provides us with a window to your general and oral health status. Prevention of oral and systemic diseases is possible for everyone and early intervention can make all the difference.

The Surgeon General says that "you cannot be healthy without oral health," so please don't be tempted to stretch your recall schedule, no matter which timetable we have recommended. If insurance or payment is an issue, we can work something out.

office information

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Office Team

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..... Hygienists
Colleen, Erin, Laurie, Helen, Nicole,
Cassandra, Melissa, Michelle, Jennifer
..... Dental Assistants
LauraReceptionist



Our Sincere Thanks...

We'd like to take this opportunity to thank you for your many years of continued support for our dental practice. It's a privilege and a great pleasure for us to be able to provide you and your family with the highest standard of dental and oral health care.

We treat all of our patients with the utmost dignity, respect, and compassion. And it's very satisfying to see just how many patients pay us the ultimate compliment by referring their friends and family to our practice.

As a special thank you,
our office is pleased to offer our
Share the Care Program!

For each new referral you send our way
that becomes a patient of our practice,
both you and our new patient will receive
A \$50 CREDIT!

Ensure Your Insurance No time like now!

Most insurance companies' base compensation on a calendar year, therefore summer marks the half-way point in your opportunity to use this year's benefits. We encourage you to come in as soon as possible to ensure sufficient time to sort out treatment and insurance considerations.

We want your teeth to last your entire lifetime. That's why we like to see most of our patients at least once every three to six months. Not sure about coverage? We can review your treatment and cost options before your dental insurance expires.

Give us a call at
(708) 403-0071.

We look forward to seeing your smile.