



Sindledecker Dentistry's SMILE REPORT

Produced for the Patients of Sindledecker Dentistry

Summer 2007

fromthedentist

Farewell Dr. Kamel
Welcome Dr. Amanda Sindledecker

Dr. Chad Kamel is no longer with Sindledecker Dentistry. After much soul searching Dr. Kamel has decided to attend a post-graduate program specializing in Prosthodontics, which is an additional 3 years of schooling. If you have had the experience of Dr. Kamel doing your dentistry then you know we are losing a great dentist. All of us at Sindledecker Dentistry will miss him, but wish him the best. He was the token male in an office of 11 females for five years. Dr. Kamel will miss all the wonderful patients he has had the pleasure of treating and getting to know.

Dr. Amanda Sindledecker has joined the practice and will be taking Dr. Kamel's place. Dr. Amanda is a wonderful dentist following in her father and mother's footsteps. She is looking forward to meeting and working with all of our great patients.

Yours in good dental health,

Dr. Maxine Sindledecker

NEW PATIENTS WELCOME

The Greatest Compliment you can give us is the referral of your friends and family. Thank you.

Continuing Education In Advanced Cosmetic Dentistry



Dr. Maxine Sindledecker and Dr. Amanda Sindledecker are both current members of The American Academy of Cosmetic Dentistry (AACD), which is dedicated to advancing excellence in the art and science of cosmetic dentistry, and is the world's largest organization for cosmetic dental professionals. With over 7,600 members from sixty countries worldwide, the AACD encourages the highest standards of ethical conduct and responsible patient care.

Members of the Academy are recognized as professionals dedicated to constant improvement of their skills and knowledge, and to making the benefits of cosmetic dentistry available to more people every year. We are

proud that Dr. Maxine and Dr. Amanda Sindledecker are two-year members of the AACD, and most recently attended the 2007 AACD Annual Conference convention in Atlanta, Georgia, participating in many courses. As their patient, you can certainly expect to benefit from the advanced training they received as a member of this prestigious Academy!

The fundamental principle of the AACD is, first and foremost, education. With the formation of the Accreditation and Fellowship Programs, the AACD began offering the most stringent and respected postgraduate certification. Dr. Amanda Sindledecker is looking forward to beginning the accreditation process in the coming year.

Dr. Maxine's cosmetic work



A healthy smile will last a lifetime!



Test Your HCQ!

Regular dental visits and a scrupulous home hygiene program can keep your breath fresh and your smile sweet! How's your HCQ – Home Care Quotient? Take our quiz and find out.

Bad breath can be:

- caused by plaque and food particles on and between the teeth;
- a warning sign of gum disease (*gingivitis or periodontitis*);
- caused by bacteria that wasn't brushed away from your tongue;
- all of the above.

The number-one cause of tooth loss in adults is:

- car accidents;
- advanced age;
- gum disease.

Plaque, the thin film of bacteria that you can feel on your teeth, can begin to form within:

- 48 hours of brushing;
- 24 hours of brushing;
- seconds of brushing.

No matter what your score, just remember to brush, floss, and rinse ... and never share your toothbrush. Oral bacteria can be passed to others which can potentially spread periodontal diseases!

Answers: all of the above; gum disease; seconds of brushing

Take Years Off!

Rejuvenate your smile

Make no mistake – crowns do rejuvenate smiles. Although the primary purpose of a dental crown is to protect and strengthen teeth, you'll love your improved great looks too!

Crowns are an attractive time-tested option for teeth that have been severely damaged or weakened by trauma, root canal treatment, or too much filling. They can also support bridges that fill gaps and be attached to dental implants to rebuild and enhance your smile.

Crowns have come such a long way from the all-metal originals, through porcelain fused to metal, and finally to all-ceramic or all-porcelain. Today, replacing outdated crowns is a surefire way to take years off your appearance.



New beautiful natural-looking front crowns are enhanced by veneers on the molars.

Type Of Crown: **All-Metal**

Benefits: Often made of gold (which is strong and long-lasting and will not wear down opposing teeth), they can also be made of less expensive metals or a mix of gold and alloy.

Type Of Crown: **Porcelain Fused to Metal**

Benefits: Porcelain creates a more natural look than all-metal crowns, and though the metal limits translucency, it adds strength, which is particularly useful at the back of the mouth.

Type Of Crown: **All-Ceramic or All-Porcelain**

Benefits: Translucent porcelain with opalescence looks the closest to natural teeth enamel, will not wear down opposing teeth, and there are no tell-tale dark metal margins at the gumline as sometimes occurs with porcelain fused to metal. These crowns are strong, long-lasting, and youthful looking.

Increase Your Shelf Life

Transcend trans fats!

You know, without fat in your diet, your skin could become dry and flaky, and you could experience hair loss. Your oral health could also suffer from lowered resistance to infection and diminished ability to heal. But too much fat also creates health problems. In particular, trans fats have been receiving a lot of bad press lately.

Trans fats contribute to heart disease and are linked to inflammation which can damage body tissues including your gums, increase the risk of other chronic diseases, and accelerate ageing. Also called hydrogenated (or partially hydrogenated) oils, trans fats were invented to increase product shelf life. So they really are everywhere!

What to do? Read labels. Use alternatives to palm kernel and coconut oils. Exercise, eat a balanced diet, keep regular dental appointments, and keep smiling!

Hide 'n' Seek

Which strategy is best for you?

Sometimes it's what's hidden that makes all the difference ... even with something as intimately connected with your looks as cosmetic dentistry. It could be superior bonding materials beneath veneers that help them to stay whiter longer, an improved teeth whitening formula, or exquisite craftsmanship using leading-edge labs and technology. And sometimes, it's revealing what's hidden that can make your smile more alluring, especially when it's your beautiful teeth enamel hidden by a too-gummy smile.

Let us custom-design your smile makeover program with products and techniques that will suit your smile best. Please come see us for a consultation.



Here are some designer smile procedures that will give your smile eye-catching appeal:

Lighten stained, discolored, or dull teeth more comfortably, faster, and more predictably than ever before.

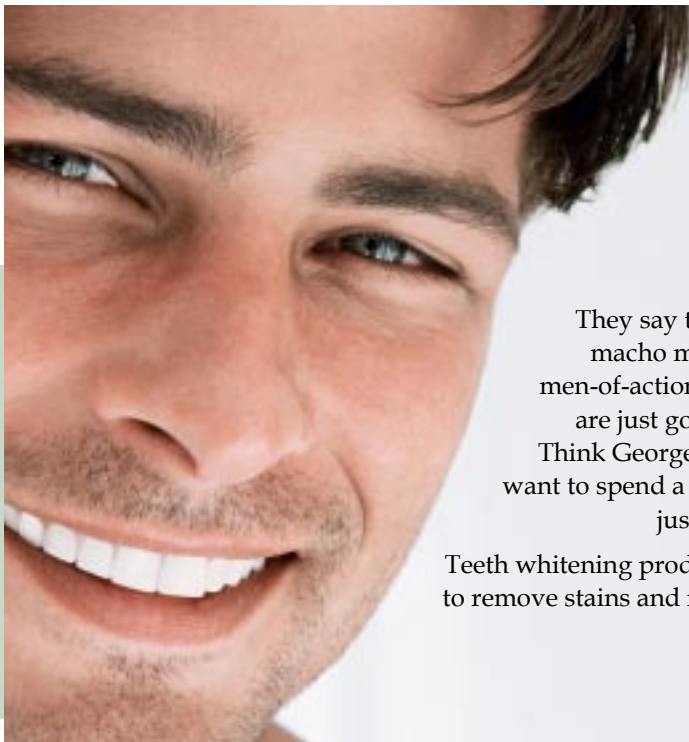
Change old, conspicuous fillings to strong, long-lasting tooth-colored restorations of porcelain or composite resin.

Renew severely damaged or broken teeth with porcelain or resin crowns, implants, or bridges.

Design your smile to permanently correct gaps, crooked, chipped, or discolored teeth with custom-made porcelain veneers that cover flaws.

Sculpt your smile to make short teeth look longer and restore symmetry by reshaping your gums.

Straighten your smile and close gaps by repositioning your teeth with orthodontics.



Assert Yourself!

Try whitening

They say that "macho" is making a comeback ... in a good way. Modern macho men are still sensitive and caring but they are also very capable men-of-action. These are men who "clean up good" - rather than men who are just good at cleaning up - and who are focused on their appearance. Think George Clooney. Think Matthew McConaughey. For men who don't want to spend a lot of time with potions and lotions, teeth whitening could hit just the right note for healthy, attractive, and rugged good looks.

Teeth whitening produces the best results when done under a dentist's supervision to remove stains and re-charge your smile batteries. And you get to decide whether to lighten by up to about eight shades, or only a few.

Assert yourself. *Smile!*

New Zoom!® Advanced Power™ Whitening

We are proud to announce that we now offer the newest radical in-office whitening system called Zoom!™ It's safe, effective, and fast... very fast! In just one hour, your teeth will be dramatically whiter. Zoom! whitening is ideal for anyone looking for immediate results, and its convenience makes it the perfect choice for the busy individual.

The Zoom! procedure is simple. It begins with a preparation to isolate your lips and gums. We then apply the special Zoom! gel which is activated by a specially designed light. Teeth typically become at least six to ten shades whiter, and sometimes more. A five-minute fluoride treatment completes the procedure. You will be amazed with the results! In fact, in most cases, teeth continue to get even whiter the first few days after the procedure.

The Zoom! whitening procedure includes a take-home touch-up kit and trays that can be used whenever discoloration is noticed. Most often a touch-up once a year will maintain a whiter smile that sparkles for years. Please call for an appointment to make sure your special smile gets the care it needs.



Zoom!™ Facts

- Safe and effective
- Completed in just over one hour
- Perfect choice for the busy individual
- Simple and painless
- Whitens an average of 8 shades
- Lasts for years
- Includes a take-home touch-up kit

officeinformation

Sindlecker Dentistry

Dr. Maxine Sindlecker
Dr. Amanda Sindlecker

162 W Palmetto Park Road
Boca Raton, FL 33432-3828

Office Hours

Monday 8:00 am – 5:00 pm
Tuesday 8:00 am – 5:00 pm
Wednesday 8:00 am – 5:00 pm
Thursday 8:00 am – 5:00 pm
Friday 8:00 am – 3:00 pm

Contact Information

Office (561) 368-2928
Fax (561) 368-1893
Email sindledentist@bellsouth.net

Office Staff

Kathleen Office Manager
Laura Appointment Coordinator
Paula Financial Coordinator
Joan Patient Coordinator
Vicki Dental Assistant
Silvia Dental Assistant
Liz Dental Assistant
Carmen Dental Hygienist
Jody Dental Hygienist
Shannon Dental Hygienist

CareCredit®

DISCOVER NETWORK



Ensure Your Insurance

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. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year.

If you are thinking of getting some dental care sometime this year or have not had your dental cleaning and check-up, now is the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved.

It is especially important to come in for a visit as soon as possible before your 2007 dental insurance expires. So give us a call.

Keep Your Secret!

We are one of the first practices to offer Invisalign® Express, one of the most advanced components of cosmetics for teens and adults. It's a new, less expensive, yet proven method for correcting minor orthodontic problems like crowding and spacing. Since the Express system is designed for mild problems only, treatment time is usually less than six months.

What can you expect with Invisalign Express?

- They are invisible – no one can tell they're being worn.
- They are simple to put on and take off.
- You can eat and drink just like normal while in treatment – just remove the aligners.
- They are comfortable – no metal wires or sharp brackets.
- If you lose an aligner, it can be reproduced.
- Treatment is finished faster with fewer appointments.

If you're inspired and think you're a candidate for Invisalign Express, please call us for a consultation. We want you to feel happy and confident about your smile!

