

COMPREHENSIVE
DENTISTRY

Smile Symposium

with Drs. Levato & Abadilla

Fall 2011

It's Time Neighbor...

BACK TO SCHOOL

It's an exciting time of year - a fresh start as your young scholars head back to school. This year, remember to schedule your child's back-to-school dental appointment as soon as possible.

We'll take this opportunity to give your child's teeth a thorough cleaning and we'll closely inspect their teeth for decay, discoloration, chips, cracks, and periodontal and orthodontic problems. We can also touch on preventative dentistry and safeguarding your child's smile!

MOUTHGUARDS: Protecting your teeth from sports injury is essential. What shape is your mouthguard in? Have your children outgrown theirs? Make sure your protection is in top-notch shape!

INSURANCE OPPORTUNITIES: Your dental insurance will likely expire December 31st. Call now to make the most of your benefits this year. Fall gives us an excellent opportunity to plan your treatment over the next few months.

BACK TO SCHOOL: Book recalls for your children now. And for college kids, ensure they see us before they end up too far away for care.

RECARE: We're learning more and more about how healthy gums equal a healthy body. Have you had a recare appointment in the past six months?

ESTHETICS: Whiten, brighten, and shine up your smile for those school photos! Ask for a personal cosmetic consultation!

So give us a call, check dentistry off your to-do list!



Comprehensive Dentistry Can Help Your Whole Family Maintain Healthy And Beautiful Smiles.

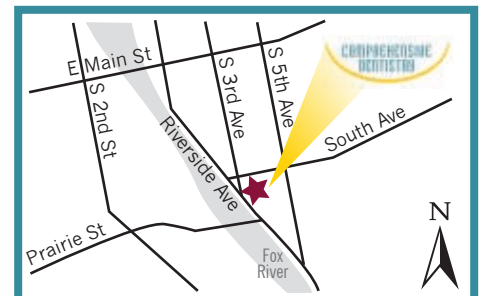
CALL TODAY! (630) 557-6427

We always welcome new patients!

Call now for a FREE consultation appointment.

Dr. Claudio Levato | Dr. Sharon Levato | Dr. Gilbert Abadilla

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www.comprehensivedentistry.com



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our details
on your
Smartphone!



3 Lists You Have To Read



Save your smile and your wallet

Your teeth are miracles of engineering designed for biting and mastication. They're also for smiling. That's as multi-purpose as you should get with them. Although your teeth are strong, over your lifetime they are subject to natural micro-wear which can cause a multitude of problems like receding gums, enamel loss, cavities, and gum disease, so why rush the process? If you have any of these habits, it's probably past time to book an appointment.

Habits that will crack or chip your teeth or injure gums...

- Tearing packages open, pulling tags off clothes, undoing knots, cracking nuts, chewing ice, cutting through string, opening bottles
- Using things like toothpicks, earring posts, scissors, needles, cardboard, and lollipop sticks instead of floss
- Clenching and/or grinding teeth.

Habits that will lead to enamel loss and encourage cavities...

- Sucking on lemons and other acidic fruit, as well as drinking juices, power drinks, and smoothies
- Brushing immediately after drinking juice which weakens tooth enamel, excessive scrubbing, brushing from side-to-side or up-and-down instead of circularly.

Habits that will lead to cavities, gum disease, and problems with your general health...

- Not brushing regularly
- Not flossing daily
- Indulging your sweet tooth
- Avoiding dental recall visits and professional cleaning.

For Strong *Attractive* Teeth...

Let's bond!

If you're unhappy with your smile, bonding may be the answer! A safe procedure, bonding uses a composite resin to restore and alter the shape and color of teeth. It costs less than crowns and can be used on children.

A proven technique, bonding is an effective affordable procedure which can:

- Cover restored tooth decay
- Restore chipped & cracked teeth
- Enhance tooth color
- Reshape teeth
- Close gaps
- Correct the look of crooked teeth
- Lighten stains ... and more!

If you've been living with teeth that don't make you smile, bonding can effectively change the way you look and feel, often in just one visit!



The Most Healthy Thing...

To do with string!

Unhealthy gums may contribute negatively to serious chronic illnesses including heart disease and diabetes. Because your toothbrush can't clean between teeth, flossing will help to maintain a healthy mouth.

It's never too early or too late to start flossing. Here's how:

Step 1: Use about 18 inches (50cm) of floss and loosely wrap each end around each middle finger, leaving 2 inches of floss (5cm) in between.

Step 2: Holding the 2 inches of floss taut between thumbs and index fingers, gently slide between teeth.

Step 3: Curve floss around each tooth in a "C" formation and gently slide above and below the gumline of each tooth on either side of the floss.

Whether you're just beginning, or caring for your child's first teeth, flossing provides benefits from day one. It only takes a few minutes and helps secure a lifetime of smiles!

GET YOUR CONFIDENT HEALTHY SMILE

Essential to
your successful
career track!

Are you interviewing for a new job or promotion? Eye contact and a healthy assured smile can make you appear confident and accomplished ... even when you might feel a little shaky. We can't overrate the importance of maintaining healthy gums with a good oral hygiene routine, including brushing and flossing regularly, and a professional cleaning every six months or so.

But what if your smile has imperfections? We can discuss one or a combination of these cosmetic options with you...

- **BRIGHTEN** your smile and eliminate stains with popular and very affordable whitening.
- **MASK SMILE FLAWS** like chips, fractures, or discolored teeth with natural-looking enamel-colored bonding materials.
- **EVEN OUT AND RE-PROPORTION** your gumline with gum contouring.
- **RESTORE** shape, strength, and color of damaged teeth with metal-free inlays, onlays, and crowns matched to your teeth enamel.
- **CAMOUFLAGE** gaps, uneven or overlapping teeth, worn down teeth, receding gums, unattractive stains with veneers of natural-looking porcelain or bonding materials.
- **REPLACE** one missing tooth (or many) with a crown & bridge, implant, or an implant-supported bridge.
- **ENERGIZE** your smile and replace old silver-colored fillings with white ones.

Your smile has the power to "make it or break it." Whether you require a simple cleaning and whitening, or more extensive care, we can help you to make an absolutely winning first impression. Call us today!



BEFORE

AFTER Veneers



FOOD DYES From The Pantry

Color me safe!

The color of food is known to enhance your perception of taste. Many children have reactions to food dyes, but they still want to eat that pink and blue birthday cake! Food dye intolerance can cause eczema, hives, itching, swelling, or breathing trouble. The good news is that you can easily color your foods with natural items found at home or at your local grocer.

Red:

- boiled red onion skins
- canned cherries
- pomegranate juice

Pink:

- beets
- cranberries or their juice
- raspberries

Yellow:

- chamomile or green tea
- boiled carrot tops
- boiled ground turmeric

Green:

- boiled spinach leaves
- chlorophyll or chlorella (found in health food stores)

Blue:

- canned blueberries
- boiled red cabbage leaves
- purple grape juice

Orange:

- madder plant root
- boiled carrots

Experiment to see what makes the most appetizing, but safe, colors!



Valuable Health Information For Our Neighbors

Are You Or Someone In Your Family At Risk?

Gum disease is a killer. It's been linked to serious systemic diseases like stroke, premature birth, heart disease, cancer, and diabetes. **The most important step you can take to safeguard your health, and the health of your family, is to maintain regular cleanings from a dental professional.**

My team and I want to keep your smile – and your family's – at its healthiest and most attractive. That's why we're encouraging you to take advantage of a free

consultation. It's estimated that 80% of the population still fears visiting the dentist – but we can't emphasize enough how very important these visits are to your overall health.

Our dedicated team of dental professionals is committed to helping people overcome their fears. Please call

today to take advantage of our free consultation. Before beginning any treatment plan you can ask questions, assure yourself that our environment is comfortable to you, and meet our team.

Providing comfortable, accessible, and affordable dental care to our patients is the cornerstone of our practice philosophy.

Please call us at (630) 557-6427 for a FREE consultation, and ensure you're not at risk for premature illness!

**CALL FOR YOUR
FREE
CONSULTATION!**

Overcome Fearfulness Look & feel great

As many as 145 million North Americans avoid dental visits ... but that's changing. According to the American Dental Association, there's been a relative decline in dental fear compared to an increase in people's general anxiety levels.

We are trained to help put people at ease with a welcoming atmosphere, relaxed environment, and comfortable non-surgical procedures. And it doesn't matter what your age or how long it's been since your last dental visit ... you can still experience a white, attractive smile; non-surgical cosmetic and restorative treatments; healthy gums and fresh breath; and comfortable dental appliances.

We know we can make dentistry less anxious for you. Please call us today for a consultation.

**Call us today
for your
complimentary
oral cancer
screening!**

www.comprehensivedentistry.com

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