

January 2009

Our gift to you this year? Digital Radiographs. Changing technology is never easy but this one is important to us because of you. Our new digital x-ray system will significantly reduce your personal exposure to radiation and deliver a faster, higher quality image to improve diagnostic detail. As always, we're excited to bring the excitement of new technology to you.

For our team evaluations this year we will work with the book "Now Discover Your Strengths." Each team member will learn from the *Strengthfinder* instrument more about her unique abilities. From there we will design personal 'field trips' as learning activities that further maximize each person's unique potential. By focusing on strengths rather than weaknesses, and building a well-rounded team, we strive to serve you better and better every year. Please feel free to ask more about our *strengthfinder* results and personal field trips!

What do Jean, Corri, Georgie, Sherry's son and Kelly's daughter have in common? They have all had a tooth successfully replaced with a dental implant. Dental implants are an amazing way to reclaim the natural feeling and appearance of having your own teeth. Please ask us personally if you would like to discuss the possibility of a dental implant for you or your loved one.

If you were to ask Susan what her favorite dental procedure is....she'd tell you "dentures", hands down. Susan loves helping people regain their youthful appearance and chewing ability. In our office we use a very sophisticated approach to complete dentures called the *branching technique*. We strive to recreate all the superior qualities that nature intended in a perfect smile and stable bite. If you hear someone complaining about loose, unattractive or ill-fitting dentures, feel free to refer them to our office for a complementary consultation.

Our ultimate goals for children are to help them experience by the end of high school, as few fillings as possible **and** dental health behaviors that will secure for them a lifetime of healthy smiles. At each visit your child will participate in their own personal skill development, focusing on a behavior approach called "self prophylaxis". We help them make good choices about the tools they want to use to clean their teeth and how to use them effectively. Please ask what he or she learned after each prophylaxis visit. When they tell you out loud, it helps reinforce their learning.

Can you help us? This year one of our team projects is to rejuvenate our website. If you get a minute to click on www.DrSusanMaples.com to view our current website, we'd love your feedback. We want to know how we might improve our "look" and make our website more user friendly. Thanks for your time and your opinions.

Did you know that 4.6 million Americans smoke cigarettes and one third of them will die because of it? If you are ready to quit smoking please let us help you. Many people think they can quit "cold turkey", but statistics show that is only 5% effective.

And the nicotine substitutes are not much better, at a 10% success rate. Fear not. With hypnosis, acupuncture, and medications such as Chantix and Zyban, there is plenty of hope. We can help you choose a method that makes good sense to you and increases your chances for success right from the start. Let us know when you're ready.

What every woman needs to know: Growing evidence suggests that gum inflammation and poor oral hygiene during pregnancy can adversely affect the health of newborns. The research has definitively linked gum infection to such pregnancy complications as miscarriage, premature birth and inhibited growth and development of the unborn child. If you are planning a family, let us help you reduce the risk factors and give you peace of mind for normal, healthy and "on time" delivery.

In the United States periodontal disease affects an estimated one in ten adults and one in five over the age of 65. It is the leading cause of tooth loss in adults. But emerging evidence linking periodontal disease to serious health problems particularly in the elderly, is making diagnosis and treatment even more crucial. If your hygienist addresses an area or areas in your mouth that host an active infection, we urge you to take the recommended action. Together we can reduce your risk of heart attack, pneumonia, stroke and tooth loss.