

DR. RICHARD ZUPPARDI'S

WORD *of* MOUTH

Winter 2006

Your Smile Foundation

Step by step. Smile by smile.

Most people are concerned about the appearance of their smile. In fact, in one survey, 80% of participants wanted to improve their smiles. We can give you a more attractive smile with procedures like porcelain veneers, gum sculpting, and dental implants.

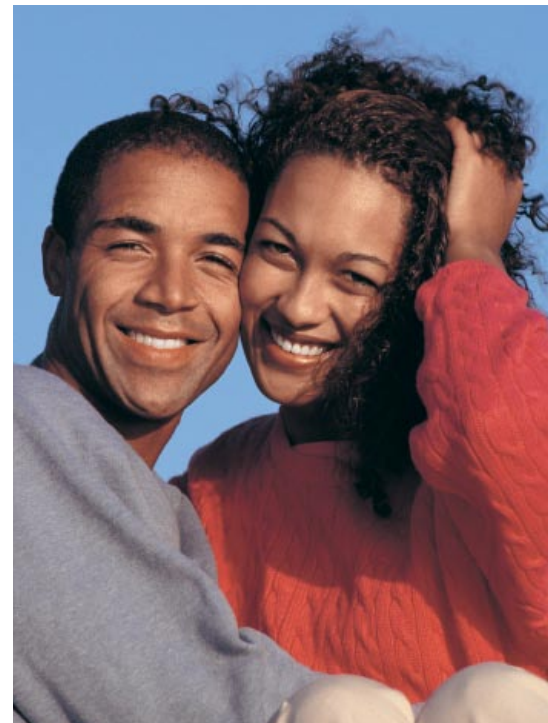
But first things first... Appearance and oral health are inextricably linked. Pink, healthy gums and a strong, supporting bone structure – both key to optimal periodontal health – are essential before any cosmetic procedure will have the desired dramatic impact.

Periodontal disease occurs when the number of oral bacteria increases, and the balance tips from harmless bacteria to harmful bacteria that form a film called plaque. Without regular brushing and flossing, plaque accumulates and will transform into rock-hard tartar

that can only be removed by dental professionals. Periodontal pockets develop and house an over-proliferation of bacteria which wreak havoc on your oral health.

Periodontal disease may be an autoimmune disorder in which immune factors in the body attack a person's own cells and tissue. This may explain its link to systemic diseases including diabetes, cardiovascular disorders, cancer, and osteoporosis. Obesity, stress, poor nutrition, and smoking are all contributors to periodontal disease.

Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile. We are always happy to discuss your cosmetic dentistry options, but first, we want you to have a healthy foundation.



Office Information

Discover the magic of cosmetic dentistry!

We can change your smile from dull to dazzling... and probably do it within two visits.

Call today for a FREE smile evaluation & consultation.

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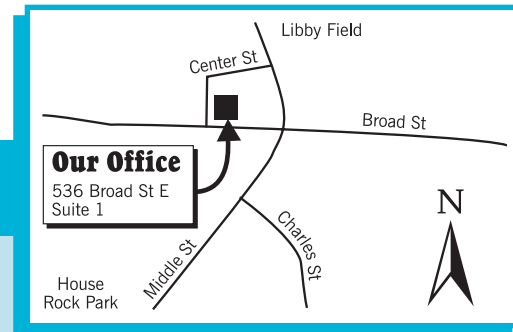
Richard A. Zuppardi, DDS
536 Broad Street East, Suite 1
Weymouth, MA 02189-1395

Office Hours

Monday	11:00 am – 7:00 pm
Tuesday	8:00 am – 5:00 pm
Wednesday	7:00 am – 1:00 pm
Thursday	8:00 am – 5:00 pm

Email drzuppardi@comcast.net

Call Today!
(781) 331-2442



Our Services Include:

- ❖ Cosmetic dentistry
- ❖ Tooth whitening
- ❖ Cosmetic veneers
- ❖ Tooth-colored fillings
- ❖ Crowns & bridges
- ❖ Dental implants (*restorative phase*)
- ❖ Relaxing & friendly environment
- ❖ Latest in sterilization techniques
- ❖ Committed to excellence in dentistry
- ❖ Nitrous oxide sedation
- ❖ Visa, MasterCard, American Express, Discover, Dental Fee Plan, and CareCredit welcome



Best Smile Forward

Let dentistry help you create an impression

Whether you're dressed to the nines or standing around the barbecue, your smile is the *very first thing* people notice about you. There's just no question that smiles make a big impression on people. Cosmetic dentistry can make sure that it's the right one.

One of the most common smile dimmers is virtually unavoidable. It's called *Life*. Just eating and drinking can stain your teeth. Period. Some foods and beverages have a worse reputation than others. Coffee, tea, red wines, and berries are notorious smile sulliers. Then of course, there's smoking. Dentists call these *extrinsic* stains. They affect only the enamel surface of the tooth, and are easily remedied by teeth whitening.

Teeth whitening can be done reliably and conveniently in a number of ways. Your dentist-supervised whitening program will be customized to ensure

the whitening product is right for you.

If you have *intrinsic* staining, you probably know it. It's discoloration within the tooth which is permanent. There are a number of non-surgical solutions, but by far the most popular is veneers.

Veneers are paper-thin, ultra-strong translucent shells that are applied to the surface of one or more teeth to both whiten and re-shape your smile. They can also be used to close gaps, correct chips, or smooth out a crowded-looking smile.

We have many tried and true smile solutions! Let us help you put your best smile forward.

Tired Of Snoring?

It doesn't have to affect your daily life

Think of snoring and what do you see? Probably an overweight, middle-aged man. For this group, researchers have found a link between sleep apnea marked by the cessation of breathing for up to several seconds and the risk of stroke. Many people are surprised to find that whole families including young children snore. And did you know that virtually all North Americans associate sleep loss with impaired work performance? One solution may be a well-made, well-fitted dental appliance to reduce or eliminate snoring, and relieve symptoms related to sleep apnea.

Are you savvy about snoring? Try our quiz below!

True or False



Over 50 million North American adults snore. **T** or **F**

About 20% of children snore on a regular basis. **T** or **F**

Up to 30% of those who habitually snore have sleep apnea. **T** or **F**

Chronic snorers can benefit from treatment. **T** or **F**

Snoring by a spouse or partner is the leading reason for sleep loss. **T** or **F**

Answers: All of these statements are true.

Do I Have Cracked Teeth?

A dentist can help

How Would I Know?

- Teeth hurt upon biting, and pain disappears right away;
- Cold or hot drinks cause sharp and immediate pain.

How Does It Happen?

- Years of biting down on hard objects;
- Teeth clenching and grinding;
- Accident that affects the mouth;
- Stress on heavily filled teeth.

How Are Cracked Teeth Treated?

- Craze lines, the tiny cracks that affect only the outer tooth enamel, cause no discomfort and require no treatment, but they can be hidden with cosmetic veneers.
- Deeply cracked teeth may require crowns to reinforce the tooth's structure, or root canal treatment if dental pulp is affected.

Stellar Smiles

Consider fast, accessible cosmetic dentistry

Star light, star bright, first star I see tonight ... A poignant reminder of childhood longing, this 19th century American nursery rhyme resonates with wishes past. Fortunately, grownups in the 21st century can make their own dreams come true. And for many, number-one on the wish list is a stellar smile.

It's hard for men and women to admit that their confidence is still affected by an inherited trait like an obvious overbite or genetically discolored or missing teeth. But 21st century cosmetic dentistry has solutions

that can truly transform and restore that confidence!

Non-surgical dental procedures can create smiles that are so natural looking that your friends will definitely notice the difference, but they won't be sure what's changed!

Cosmetic dentistry treatments are faster and financially more accessible than ever before. But only you can decide whether simply whitening your smile will make your wish come true, or whether a complete smile makeover is the key. Call your dentist and help make your inner star shine brighter.



Before & After



Restore your confidence! Worn-down, misshapen, or too-small teeth can be recontoured to esthetic harmony with natural-looking and translucent porcelain veneers that add a bright new glow to your smile.

Nourish Your Smile...

With a well-balanced diet



Eating correctly not only reduces the risks of diabetes, heart disease, and being overweight, it benefits your *periodontal health*. Here's how:

- Diets low in important nutrients weaken the immune system's ability to fight off infection.
- *Periodontitis* is a bacterial infection that destroys the tissues and bone that support the teeth.
- Calcium builds bone density in the alveolar bone that supports the teeth.
- Men and women who have insufficient calcium are almost twice as likely to have periodontal diseases – particularly young adults in their 20s and 30s.
- Vitamin C plays a role in maintaining and repairing healthy connective tissue.
- Patients who consume insufficient vitamin C risk developing severe gingivitis and red, swollen, bleeding gums.

Adequate nutrition and regular dental care are important steps on the road to periodontal health.

Dental Diet Tips Maintain your weight and your oral health

- Brush your teeth right after meals to keep from snacking beyond being satisfied.
- Drink water to curb your appetite, to avoid excess calories and carbohydrates, and to keep your mouth fresh.
- Chew sugarless gum while cooking so "sampling" doesn't turn into snacking.
- Get your teeth cleaned professionally ...regularly. You'll enjoy the clean look, feel, and taste so much – you won't want to stain them!



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The Best Investment? Prevention!

Our goal is to help you have the best possible oral health for a lifetime. For some people, only the high cost of repair is a motivator to adopt preventive habits. They know that the longer they wait, the more dental repairs will cost.

Decay in one tooth, if left untreated, will spread. Instead of one filling, you'll likely need a crown, increasing the cost by more than six times. Further delays could result in root canal treatment – even more expense!

The early stages of gum disease are easy to treat with dental intervention and good home care. Without these therapies, it can result in tooth loss.

It is never too late to start a preventive oral health program. Remember ... prevention is the best investment!

For A Brighter, Healthier Smile Call Today! (781) 331-2442



Community Counts

What you can look forward to...

Dear Neighbor,

There's a good possibility that we're exactly right for one another. As you know, the need to feel comfortable with – and confident in – your family dentist is very important. You see, we care a lot about this community and we are extremely proud of our reputation as providers of dental care. That's why we'd like to share some of our team's background and values with you.

During the years that we have practiced here, we have been proactive in ensuring patient-centered, preventive, minimally-invasive dentistry. Oral health has an impact on overall health. When we actively support people in overcoming their dental fears, teach them about preventive care, and provide non-surgical and minimally-invasive treatment, we know that we are contributing to the well-being of our community.

Meeting the needs of patients in the most beneficial, satisfactory, and cost-effective way is an integral part of our practice philosophy. That's why we believe that the best patient is an educated, informed patient, and why we are committed to ensuring choice in treatment options. Dental technology has made such significant strides that even very anxious patients can look forward to comfortable dentistry.

We look forward to meeting you and your family ... and hopefully developing a long, mutually beneficial relationship. Our team will be happy to answer any of your questions. You'll discover that we offer the kind of personal attention only a neighbor can give you.

Sincerely,

Dr. Richard A. Zuppari

P.S. Are you a good candidate for a *smile makeover*? We welcome you to call our office for a **FREE Smile Makeover Consultation!** These special no-cost no-obligation appointments fill quickly ... so give us a call today!

Richard A. Zuppari, DDS
536 Broad Street East, Suite 1
Weymouth, MA 02189-1395

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