



GREAT NEWS... big smiles

Produced for the patients of Dr. Greg Shelhouse & Dr. Alex Clemente

Summer 2005

fromthedentists

Recommendations...

Are appreciated!

Your personal recommendations can directly influence the decisions made by family, friends, and acquaintances to a far greater degree than any advertising campaign. This is true in every aspect of life, from decisions on which restaurants to try, to which professionals to use ... including dentists. When you make an enthusiastic recommendation to family or friends, they will usually follow it. Our dental practice is living proof. The majority of new patients come from the recommendations of our patients, like you.

We truly appreciate the powerful influence of our patients, and are so thankful that they find us deserving of their recommendations.

Every recommendation and referral you give us is greatly appreciated and valued. *Thank you.*

Please use the invitation cards enclosed for *you* and a friend.

Yours in good dental health,

*Dr. Greg Shelhouse &
Dr. Alex Clemente*

turnthepage

The grind of bruxism

The secret? Strength, of course!

Absolute discretion: dental implants

Congratulations Dr. Shelhouse

Dr. Greg Shelhouse has recently been named president of the Dayton Dental Society for the 2005-2006 term. He has held many positions on the Board of the Dayton Dental Society and is proud to be the President of this outstanding society that assists the community in a greater awareness of the importance of oral health. Dr. Shelhouse's agenda as President is to educate the population of Dayton on the benefits of comprehensive dentistry and elevate the general public's dental knowledge.



Dr. Shelhouse's education began at Chaminade High School and he went on to Bowling Green State University to achieve his Bachelor of Science degree. He then received his Doctor of Dental Science degree at Ohio State University. GO BUCKS!

His education did not stop there. Continuing education has always been consistently exceeded with specific interests in Esthetic, Cosmetic dentistry, Oral Reconstruction, TMD, Orthodontics, Anxiety Management, Implantology, Geriatric Dentistry, Advanced Cardiac Life Supports,

and Practice Management.

The doctor is so committed to the profession of dentistry he is an active member of the American Dental Association, Ohio Dental Association, Dayton Dental Society, Academy of General Dentistry and the Chicago Dental Society.

In addition to the education he receives, Dr. Shelhouse shares his knowledge by contributing as an Associate Professor for Sinclair Community College in the Dental Hygiene Department and Allied Health Department as well as an instructor at Miami Valley Hospital for Advanced Cardiac Life Support.

We are incredibly proud of Dr. Greg and his commitment to his family, patients, team, and community.



Easy Care Cosmetic Dentistry

Use the oral care style that suits your smile!

Cosmetic dentistry has revolutionized our ability to restore appearance and function to your smile. We can give patients the look they want if they're dissatisfied with the look that nature gave them! Veneers, bonding, bridges, crowns, and orthodontics can close gaps, camouflage cracks, chips, and discoloration, and even straighten your smile.

Even though the materials used in restorations reject plaque-producing bacteria, it is still essential to protect gum tissue against periodontal disease. If you've been thinking that this means complicated home care, nothing could be further from the truth. Today there are many tools that make it *very* easy. Our team can help you with your restoration selection and your technique!

Tools For Easy Care		
Veneers & Bonding Flossing and brushing with soft or ultra-soft brush Mild, non-abrasive toothpaste Electric toothbrush	Crowns, Bridges, Implants Interdental brush Sulcus brush Oral irrigator Floss & floss threader	Fixed Orthodontics Interdental brush Orthodontic toothbrush Multipurpose floss Oral irrigator Sulcus brush

Bruxism & TMD

Get regular exams and prevent chronic problems

We are committed to preventive dentistry, so we are always on the alert for symptoms that could lead to chronic difficulties like temporomandibular joint disorder (TMD). This is a common problem that involves the joints used in chewing, swallowing, and talking. TMD can lead to localized symptoms or seemingly unrelated headaches or earaches. One of the first culprits we look for during regular examinations is *bruxism*.

Bruxism is the name for forceful grinding and/or clenching of your

teeth. Grinding is usually noisy; clenching is silent. Either can create so much stress on the jaw joints that patients experience serious and even debilitating muscle spasms and pain, common symptoms of TMD.

Many individuals are unaware that they "brux," so we look for telltale signs that include:

- worn-down teeth;
- sensitive teeth;
- chipped or broken teeth;
- cracked or loose restorations;
- scarring of the tongue and cheeks.

Indirect Impact

In a car accident, it is not necessary to sustain direct impact or trauma to the face or jaw to cause Temporomandibular Joint Disorder (TMD) symptoms. Magnetic resonance imaging (MRI) has documented the relationship between cervical whiplash and TMD.

Whiplash injuries can also occur in sports or during falls.

Although earlier attempts to cure bruxism have ranged from sound alarms, electrical stimulation, psychotherapy, hypnosis, and drugs, we can now recommend simple, effective dental solutions. Some act like a crutch to rest the jaw joints while others encourage a natural reflex that stops your jaw automatically to protect your teeth and jaw joints.

We recommend regular dental visits so that we can monitor your oral health – and prevent little problems of all kinds from getting bigger.

Have A Chili-Pepper Day! Endorphins rule

Chocolate-covered chilies could have a great future in dentistry. Both chocolate and chili peppers prompt the release of endorphins, nature's pain killers and mood boosters. Endorphins have been credited with enhancing our immune system, creating euphoria, removing superoxides that cause disease and ageing, and lowering blood pressure.

When you are stressed and nervous about a dental visit, your blood pressure can go up so that you produce more adrenaline. This can make it harder for anesthetic to work and increase behaviors like teeth grinding and clenching that can damage your oral health. We'd rather see you happy, relaxed ... and producing endorphins. You know we'll do our best to keep you smiling!

Endorphins are released
in your brain by:
sunshine
exercise
meditation
massage
smiling and laughing!



Discreet Dental Implants

Anyone
You
Know?

You've probably met someone with a dental implant and didn't even know it. Completely natural looking, they have saved hundreds of thousands of beautiful smiles. Dental implants are on the leading edge of technology and use special biomaterials - and they can be placed in only one or two office visits!

You could be a candidate for dental implants. Call us for an evaluation. We'll happily answer your questions.

What else?

- Implants are artificial tooth roots which anchor to surrounding bone and to which replacement teeth are attached.
- Permanent replacement teeth are translucent like natural enamel and are framed by your natural gum tissue.
- Implants are long-lasting and reliable.
- Implants can replace one tooth, rebuild an entire jaw of missing teeth, or secure dentures.

The Secret Is Strength

Crown & bridge can
restore your smile

A crown restoration or *cap* can do wonders for your smile! The benefits of this natural-looking and durable restoration are evident even for inconspicuous zones like your side or back teeth! A single crown or a crown and bridge will eliminate gaps, drifting, crooked teeth or a malocclusion (bad bite). The secret is in its strength.

A crown is used for protection and support when a tooth is weakened by a break, a fracture, or a very large filling. For one or more missing teeth, a bridge (one or more replacement teeth) can be anchored by one or more crowns.

Crowns and bridges restore tooth function and appearance. Beautiful materials that reflect light like natural enamel ensure the completely confident and natural-looking smile that everyone notices!



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.

Periodontal Stages

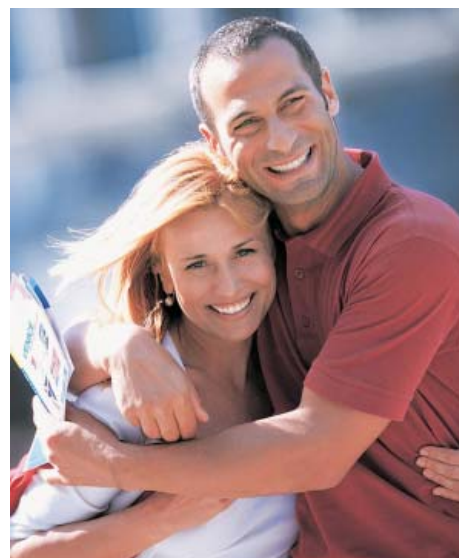
Between your tooth and gums is a space called the *sulcus* which, when healthy, is a crevice about two to three millimeters deep. When tartar and plaque invade, it deepens and is called a pocket, providing an excellent hiding place for bacteria.



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.

officeinformation

Dayton Dental Collaborative

R. Gregory Shelhouse, DDS
Alex Clemente, DDS
5685 Far Hills Avenue
Dayton, OH 45429-2226

Office Hours

Mon – Thu 7:30 am – 4:00 pm

Contact Information

Office (937) 435-5163
Fax (937) 291-9353

Team Leaders

Tonya Patient Services
Tammy Account Services
Kevin Hygiene Services
Jodi Clinical Services

Communication is important to us – don't be afraid to ask questions!

CareCredit



DISCOVER Dental Fee Plan

Checks



Good Luck Monica!

Our Clinical Coordinator and friend Monica Turner and her husband Rob have been transferred to Cleveland, Ohio with Rob's company Pepsi. They are having an exciting time with their new home and meeting new friends. Apparently, Monica does not want to commute the four hours to Dayton so she is looking for a new position in the Cleveland area.



Monica was a great asset to the

Dayton Dental Collaborative Team as Dr. Shelhouse's clinical assistant and Expanded Function Dental Assistant for five years. She is qualified to place filling restorations under the supervision of a dentist. Her energy and enthusiasm are missed and we wish her well in her new endeavors.

Monica has trained and mentored our great dental assistant team and they continue to provide excellent care with the guidance of both Dr's. Shelhouse and Clemente.

As always, your experience is our priority.

