

Smile! Pass It On!

by Universal Dental Plan

Produced to improve your dental health and awareness

Spring 2008

Keeping You Informed Dear Members,

Every day new advancements are announced in the dental profession, and I truly believe that it is vital that we share this news with you. That's why we send you our newsletter, and publish it regularly.

We have formulated a guideline for the creation of each newsletter:

- (1) It must inform you about oral health to help you make educated decisions.
- (2) It must teach you about our dynamic team of professionals, and inform you about our company and the benefits of using *Universal Dental Plan*.
- (3) It must inform you about the cosmetic and restorative procedures available to you, and help you understand which options may be right for you.

If you have suggestions for our newsletter, please let us know!

Yours in good dental health,

*Doreen DeMarco
Director of Membership
Universal Dental Plan*

turnthepage

Keep diabetes at bay!

Strengthen teeth with exercise?

Grin and love it!

It's Never Too Late!

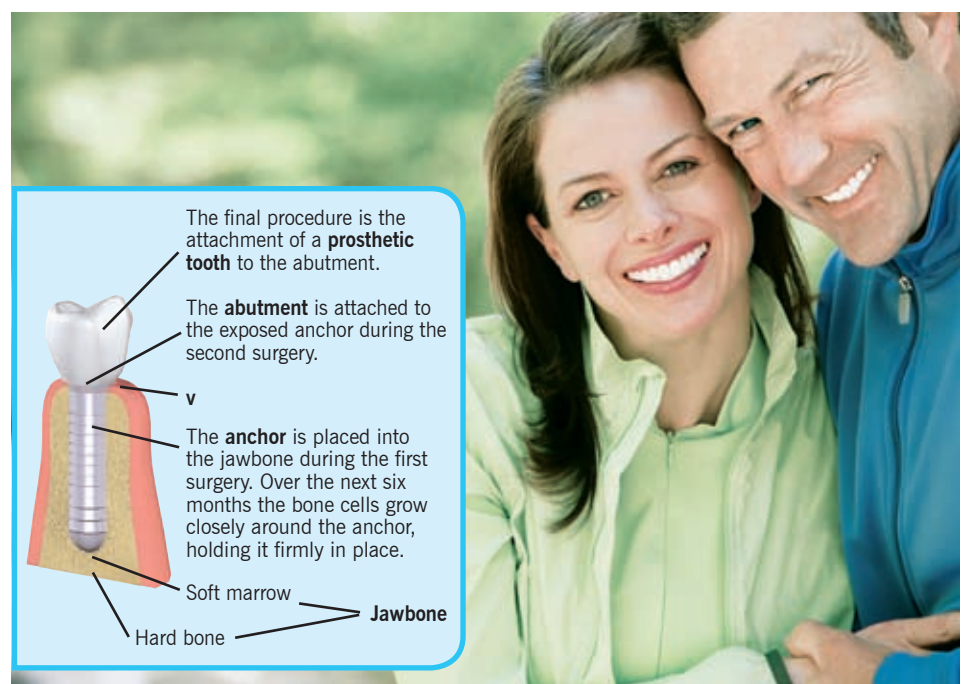
Take advantage of implant dentistry

It's a sad fact, but most adults will lose a tooth at some time in their lives either to accident or disease. Removable dentures and fixed bridges are always available of course, but many patients are now choosing *implants* as a means of tooth replacement because of their stability and natural appearance.

Advances in implant dentistry are making the choice easier for many patients. How does an implant work? An anchor, which has often been specially treated with a material that helps bone adhere to it, is placed into the jawbone. The anchor is then left alone for three to six months, allowing bone to grow around, ensuring it is permanently attached. An artificial tooth is then attached to the secured

anchor. Implants are now providing a lifelike and secure alternative to natural teeth for thousands of patients. But you do need to be in good health, and be committed to a meticulous oral hygiene regimen and regular dental visits. Sometimes patients are concerned about what might seem to be a complicated procedure, however improved techniques have greatly simplified implant technology.

If you want to replace a tooth or removable appliance, don't hesitate to talk to your dentist. Implant dentistry can be made simple, and the majority of patients can use artificial teeth easily with implants for support. And remember ... there's no age limit to looking good!



A healthy smile will last a lifetime!

FAQ

Q How often should I brush my teeth?

A: Brush gently at least twice a day for at least two minutes, and floss once a day, ideally at bed time.

Q My teeth are too close together to floss. What can I do?

A: If you're not flossing you're missing about a third of your tooth surfaces where your brush can't reach! Waxed floss can be easier to use, but there are other types to suit different needs - tape, thread, unwaxed, and shred-resistant.

Q How do you floss wide spaces between teeth?

A: You can substitute floss with an interdental cleaner which is also effective with crowns, bridges, and braces.

Q Should I use an oral irrigator?

A: Oral irrigators are very effective for cleaning around braces and between teeth. They can also be used to clean periodontal pockets and to apply prescription medication.



So Much In Common
About gum disease, diabetes ... and you!

Periodontal (gum) disease can alter your glucose metabolism even if you are not diabetic. This is worrisome because experts believe this could lead to prediabetes in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes can be a precursor to Type 2 diabetes.

The relationship between periodontal disease and diabetes has been studied extensively for more than fifty years. Each arrives silently ...is chronic ... epidemic ... and has been associated with chronic inflammation.

■ Gum disease is an infection that occurs when the bacteria in plaque, the film on your teeth, is allowed to build up and inflame your gums. It can lead to tooth loss and bone loss, and has been linked to cardiovascular

and other systemic diseases including diabetes.

■ Diabetics with periodontal disease have *two* chronic conditions which may affect each other.

■ People with prediabetes or diabetes are likely to have periodontal disease more often and more severely than people without.

■ Diabetics with periodontal disease have more difficulty controlling blood sugar levels. This perpetuates the risk of recurring gum disease and increases the risk of other diabetic complications during every stage of life, including childhood and pregnancy.

Gum disease can arrive without symptoms, and has been linked to both prediabetes and diabetes. It's in everyone's best interests to have regular oral exams.

Grin & Bear It ...for oral health!

Exercise benefits run more than skin deep. Exercise contributes to the reversal of ageing at the cellular level. *Astounding!* Whether you perform aerobics for cardiovascular stamina or anaerobics for strength, your exercise program could jumpstart your quality of life.

When weight-bearing exercises are incorporated into your fitness program, they can also ward off thinning of the bones, or *osteoporosis*, which has been linked to poor oral and overall health.

How do weight-bearing exercises improve bone density? They work your bones and muscles against gravity. In

reaction to the exerted force of your body mass and the pull of your muscles, the bone adapts by building more cells which increases sturdiness.

So do pushups, lift weights, or even cartwheel into your stronger, more-energized future. You'll eat better, sleep better, and smile more!

Be The Best You Can Be

Leap into your future with a smile!

Are you one of the fitness generation who might live to be a dynamic and healthy 100? Be bold. Take advantage of dentistry and infuse your smile with the same dramatic longevity and high-energy impact as the rest of you. And let's be honest ... a youthfully incandescent smile is always a head-turner!

Teeth whitening is the eye-catching cosmetic procedure that's most commonly requested by both men and women, and it's often very appropriate just before a restorative procedure. That way, when we match natural-looking **white fillings** and other restorative materials to enamel shades, yours will be at its very brightest.

For example...

Create your dream smile by camouflaging imperfections with **porcelain veneers** that have been custom crafted by hand especially for you. When permanently attached to the front surfaces of your teeth, your smile will look whiter, straighter, and more pleasingly proportioned.

Update your look by replacing unflattering older crowns that no longer match your smile with **metal-free porcelain** or **resin crowns**. Or consider these natural-looking restorations to save and strengthen cracked or broken teeth, or to bridge gaps.

Lead the pack with the leading-edge solution for teeth replacement. Permanent **dental implants** look completely natural, save supporting bone, and prevent further damage to your smile.

Make your zest for the best work for you. Live life to the fullest ... and smile, smile, smile!



Dare to turn heads with a smile that's been radiantly rejuvenated!



Crown Classics

Smile with style

Vintage is in, from cars and imported perfumes to red carpet couture. But please – not for your smile! Conspicuously old-school crown restorations can make you self-conscious, add unwanted years to your appearance, and really date your image. Contemporary crowns, on the other hand, will fast-forward your look from antique to chic!

You see, advanced materials now allow light to shine through in the same way your natural tooth enamel does. Leading-edge techniques allow us to match the color and contours of the rest of your smile in only a visit or two. You end up with a restoration that's strong enough to protect and save your tooth, but is really natural looking. Unprecedented!

So modernize your smile with beautiful crown restorations. They're strong *and* stylish.





Get to know Universal Dental Plan

Unlike a traditional dental insurance plan – *Universal Dental Plan* is a network of private practice dentists who provide discounted rates for those enrolled.

Who is eligible?

Anyone can join! In fact, Universal Dental Plan offers Individual, Couple, Family, and Senior Dental Plans.

And, with the Senior Dental Plan, you needn't be concerned that it will become unavailable when you reach a certain age – because there is NO age limit!

How does the plan work?

1) **Enroll** in a plan. Although membership begins immediately, a membership ID card will be sent to you in the mail.

2) **Select** a dentist, within your area, from the Directory of Participating Dentists.

3) At your appointment, **present** your membership ID card.

4) Now you can **pay** using the reduced rates listed in the fee schedule!

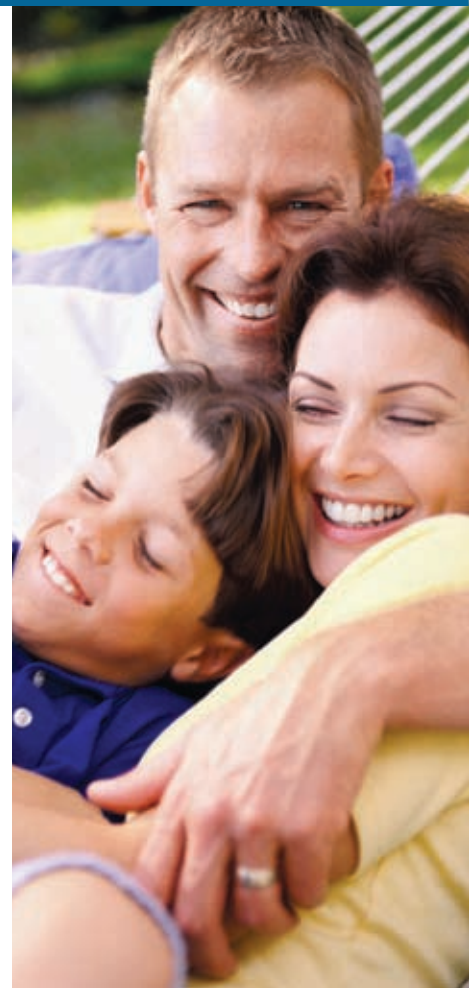
It's *that* easy!

What procedures are covered?

Diagnostic procedures, cosmetic procedures, prosthodontics, oral surgery, you name it! And, if you are wondering about a procedure, but do not see it on the list of dental services, you can rest assured that those procedures will be discounted by 20%.

What other benefits does Universal Dental Plan offer?

You can expect membership rates that are affordable, as well as savings on *all* dental procedures ranging from 20%-50%. Moreover, there is no limit on how many visits you can make, *and everyone is eligible.*



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Please visit our web site:

www.universaldentalplan.com

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

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 insurers. When you make an enthusiastic recommendation to family or friends, they will usually follow it.

And to show our appreciation for your loyalty, when you refer a friend, family member, or co-worker, you will receive a 20% discount off your annual membership!

You can be assured that each person you refer to Universal Dental Plan will receive the same courteous and friendly service that you have come to expect.

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

Investment Tips...

For your smile

The prospects for living long and healthy lives have never been better than they are today. With good diet and exercise we can look forward to feeling good and leading active lifestyles well into our twilight years. That goes for your smile too. Tooth loss is not a symptom of ageing. Teeth are lost because of neglect and untreated disease.

Good dental care is even more important as we get older as gum disease is the leading cause of tooth loss in older adults. Tooth decay isn't just a kids' problem – it needs to be treated and prevented with good dental care and home hygiene no matter how old you are. Think of it as an investment. Take good care of your smile and you'll have it for a lifetime.