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Something to SMILE about

BOGROW & ASSOCIATES

Complete Restorative & Cosmetic Dentistry

Produced to improve your dental health and awareness

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fromthedentists

Avoiding dental visits can actually interfere with your life because poor oral health can negatively affect your overall health.

Here are some dental-anxiety misconceptions:

Myth: Dentists don't like to treat fearful patients.

Fact: Our team welcomes you. We understand your need for trust, and we are committed to building a relationship with you.

Myth: In today's world, avoiding the dentist is rare.

Fact: About 20% of people worldwide, more than a billion fear dentistry.

Myth: There's something wrong with you if you're afraid of the dentist.

Fact: Fear is an emotion. People who are anxious about dental visits are as normal as anyone else.

Together we will create the care strategy that works for you.

Your oral health is a reflection of your overall health. Don't neglect it.

We are here to help give you something to smile about!

Earl K. Bogrow & Kelly Giera

Dr. Bogrow wants to Thank everyone for their donations and good wishes for his participation in the Make-A-Wish® bicycle ride. This is his third year participating in support of his niece, Lily, who continues to do well after her treatment for bone cancer.

Dental Insurance

Use it while you have it

As your dental office, we offer comprehensive dental health care. Another ally in maintaining good oral health is dental insurance. Unfortunately many benefit plans are rapidly changing, and this can cause misunderstanding about your coverage and ultimately impact your oral health.

Did you know that if you have "Medicare" plus "Blue" medical insurance, many preventive dental services are covered in full! Also there are plans offered to retired auto workers through Delta.

Again changes are occurring all the time. Most insure plans renew on January 1st. It is essential that you use your benefits before the end of the year or lose them. Please use your benefits to the max while you have them.

Crisp...

Vibrant...

Fall!

A healthy smile will last a lifetime!

Mix It Up

Find out how to make a real difference!



Dairy Or Non-Dairy You get to pick!

A study published in the *Journal of Periodontology* shows that those who regularly consume dairy products such as milk, cheese, and yogurt had a lower instance of gum disease. But even if you can't tolerate dairy products, science has plenty of good news about nutrition and oral health.

- Linked with longevity, cell growth, and boosting the immune system, vitamin D consumption can:
- **inhibit gingivitis**, the earliest stage of gum disease;
 - **fight inflammation** which has been linked to gum disease;
 - **help prevent tooth loss** by inhibiting bone loss around the tooth roots caused by gum disease.

Healthy gums are an important part of maintaining a healthy body. Calcium- and vitamin D-fortified beverages, and vitamin D-rich foods like salmon, sardines, and egg yolks can lead to better oral and overall health!



Just as what you wear can express your innermost self, your smile speaks silently to others about who you are and what you anticipate from life. A friendly open smile projects self-assurance and positive expectations, and attractive white teeth communicate cleanliness and health. Everyone in the family can benefit from a smile that's their sparkling best - but even better if you're of a certain age - your vivacious smile can help take years off!

Here's some more great news...

You can eliminate darkened or yellowing enamel stains created by everyday smoking, eating, and drinking. Even enamel that has become discolored due to illness, medication, or heredity can be brightened.

How? We can provide two very popular options that can dramatically improve your smile - supervised teeth whitening and cosmetic bonding.

Whitening has become the most-demanded cosmetic procedure for good reason - *it works*. Your teeth can be whitened by up to eight shades ... *very quickly* - and there's no upper age limit!

Bonding tooth-colored materials that match your own enamel to the surface of your teeth masks discoloration while adding strength. These same long-lasting materials can be used to replace old silver-colored (amalgam) fillings and to correct minor chips or gaps between teeth.

In fact, we can mix 'n' match these procedures to enhance your unique smile and incorporate white composite fillings, inlays, onlays, and sophisticated cosmetic veneers to keep you smiling ... whatever your age!



A Right
Way
And A
Wrong
Way

Brushing your teeth using the proper technique is essential for cleaning teeth and gums effectively, yet many patients are unaware of just what exactly the "proper methods" are. Correct brushing takes a little patience and a little more time than you might think. It's just not enough to slap on the toothpaste and scrub away in a haphazard and random fashion. You can easily miss whole areas of your mouth and actually do some damage at the same time. Here are some helpful toothbrushing tips to get the job done properly.

Brushing tips...



7 Smile Savers

See how you can count on us!

Everyone wants to keep their natural teeth for life. But it isn't all about the teeth, you know. When your gums are pink and healthy, they harmonize beautifully with your lovely white teeth enamel and truly make your smile sing. But their real job is to provide protection and support for your teeth. You can see why preventive care is the key to a great-looking smile.

Here are 7 preventive smile-saving supports our team can provide...

- 1 **Cleaning and scaling** your teeth to remove plaque, yellowing tartar, and surface stains;
- 2 Protective **fluoride treatments** and pit and fissure **sealants**;
- 3 **Remineralization treatments** to restore thinning enamel;
- 4 **Polishing** for teeth and restorations;
- 5 Protective **mouthguards**, custom-made for children and adults;
- 6 Preventive **nightguards** to stop grinding, clenching, and sensitive worn-down teeth that can age your appearance;
- 7 **Rely on us** to help you with as many preventive measures as possible. All you have to do is keep your appointments!

Recycle Your Bicycle

Again & again!

Have you ever wondered why cycling is becoming so popular? Here are four reasons you'll want to consider this family-friendly sport. Cycling is...

FUN

- Pump up your mood, reduce depression and stress, and boost your self-esteem!

GOOD FOR YOU

- Improve your overall and oral health.
- Shrink your waistline. Burn extra calories.
- Reduce your risk of serious conditions such as heart disease, high blood pressure, obesity, and diabetes.

SOCIABLE

- Enjoy the great outdoors with friends and family of all ages. People of most fitness levels can cycle, slowly and gently if necessary.

SUSTAINABLE

- Focus on the moment and on your environment. Join your family in reducing its carbon footprint with reduced vehicle usage.

No wonder cycling is one of the fastest-growing leisure activities in North America.

1

Place bristles along the gumline at a 45° angle so that they contact both the tooth surface and the gumline.

2

Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush up and down using a rolling motion.

3

Tilt the brush vertically behind the front teeth. Brush up and down using the front tip of the brush.

4

For the biting surface of the teeth, brush gently with a back and forth motion. Don't forget to softly brush the tongue to remove odor-producing bacteria.

Let's Talk About Sleep

At a social gathering when you talk about your pets, children or at a recent medical procedure, others are eager to share their stories and experiences with you.

If you mention snoring and sleep apnea you will find most people know someone who snores or someone who they think has sleep apnea, maybe themselves.

One person recently commented that among his friends who are over 55 the most popular birthday gift is a sleep test for their spouses as they are suffering from second-hand snoring.

Awareness of sleep problems is nationwide. Physicians are becoming increasingly aware that obstructive sleep apnea can be linked to life threatening diseases such as hypertension, diabetes, strokes and heart attacks to name a few.

Employers are understanding that the effects of sleep deprivation in the workplace not only affect performance on the job but can be dangerous.

Obstructive Sleep Apnea (OSA) is caused by obstruction of the airway and characterized by pauses in breathing during sleep. These episodes are called apneas: with OSA breathing is interrupted by a

physical block to airflow, despite the effort to breathe.

There are three treatments for obstructive sleep apnea:

- CPAP (continuous positive airway pressure) – a mask worn while sleeping that forces oxygen into the airway passage.
- Oral appliance therapy – an appliance worn at night that brings the lower jaw slightly forward opening the air passage.
- Surgery that removes the soft tissue in the throat causing the obstruction. This tissue usually grows back.

CPAP has been a first line of treatment for mild to severe OSA for many years. Recently the American Academy of Sleep Medicine determined that oral appliance therapy may be the preferred treatment for patients with mild to moderate OSA.

Dr. Bogrow has had extensive training in oral appliance therapy for treating patients that suffer from OSA and snoring. He continues to stay abreast of the latest developments and works with medical professionals who specialize in sleep disorders. He is a member of the American Academy of Dental Sleep Medicine and a charter member of the Detroit Dental Sleep Network.

Ask us about a brief nine question screening to determine if you may have OSA. If you have a friend or a loved one that snores or may have sleep apnea, have them call us for a screening appointment.

After a screening Dr. Bogrow will discuss your sleep patterns and do an oral exam for redness of the uvula, a conical projection between your tonsils. If it is determined that you have or may have OSA, he will refer you to the appropriate medical sleep professional for testing. If you have already been tested and it has been determined that oral appliance therapy is a viable option, he can work with you to begin treatment.

You can look forward to "something to smile about" ... a good night's sleep.

White Smiles Forever

Whitening for Life!

In a recent experiment, subjects were shown pictures of smiling faces and asked to reproduce the expression as closely as possible. It appears that although subjects knew they were faking, their bodies did not! All the healthy bodily responses associated with the actual experience of joy accompanied the expression. When subjects smiled, they felt happier, and their bodies reaped all the benefits that joyfulness brings. In short, smiling is good for you!

We would like to bring your smiles out of the shadows with Whitening for Life. This is how it works. Come in to our office and have your teeth professional whitened at a cost of \$350. Upon completion you will receive your very own take-home whitening trays with the solution to keep your new beautiful teeth white. If you then continue to come in for your regular six month recare appointment, you will receive free whitening solution at every visit (a \$30 value) to continue to keep your smile bright. It's that simple.

Give us a call and free your smile!

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Office Hours

By appointment and we also offer evening and Saturday appointments for your convenience.

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What Is 'Certified BioGreen Clean'?

We proactively incorporate a monthly ULV fogging treatment against a broad spectrum of bacteria, viruses and mycotoxins as part of our normal cleaning protocol. It means every step has been taken to minimize health risks to you and your family.

We've taken clean to the next level.

The Biogreen solutions OLV fogging process is a clinically effective inhibitor of MRSA and numerous other pathogenic bacteria and viruses such as Staph, Strep, Salmonella, E. coli and more. By proactively treating both surface and air each month, the Biogreen solutions process effectively minimizes the risk these types of bacteria and viruses present.

We are 'Certified Bio Clean'!

