

# David Schmidt D.D.S.

General & Cosmetic Dentistry

*Compliments of Dr. David Schmidt*

## What's Happening Around The Office of Dr. David Schmidt?

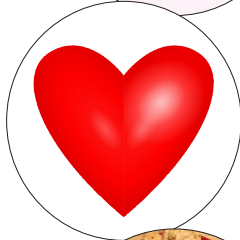
**We would like to wish you and your family a very happy & healthy 2013!**

We know that visiting our office might not be at the top of your "things to do" list for the New Year, but by seeing us on a regular basis you can prevent huge (and expensive) dental problems from ever occurring. It's a small investment with a big-payoff - a better smile, increased overall health, beautiful teeth and gums for life, fresh clean breath, and so much more. **As a reminder to you, almost all insurance companies renew your dental benefits with the New Year (January 1). So if you've been postponing dental treatment, now is the time!** Call 734-485-2200 today to ensure your best dental health – particularly if you're due for your regular check-up and cleaning!



### **October was National Breast Cancer Awareness Month.**

We set aside a special Pink Power Day where Dr. Schmidt donated a portion of that day's proceeds to the Susan G. Koman 3-Day. Thank-you to our patients that also donated money to support breast cancer research.



### **FEBRUARY IS AMERICAN HEART HEALTH MONTH**

Heart Tip: Snow Shoveling is Stressful for your Heart! Snow shoveling can put stress on the heart similar to a stress test that doctors would do to check how well your heart tolerates exertion. The conditions outside don't make it easy for your body. "The cold makes it that much tougher for the heart to work." Did you know that there is a link between heart disease and gum disease? Your dental health is important for your overall health. Give us a call to schedule your gum disease screening.



### **CHRISTMAS COOKIE EXCHANGE**

We enjoyed a Christmas Cookie Exchange where everyone in the office brought in some very delicious cookies! However, Susan was the clear winner with her Candy Cane Snowballs! YUM! Congratulations Susan. Would you like the recipe? We posted it on our blog which you can find by visiting here: [ypsilantidentist.wordpress.com](http://ypsilantidentist.wordpress.com). While you are there, feel free to subscribe to our blog posts, that way you can stay up-to-date with all of our office news and dental health education.



### **Best Wishes to Heather!**

Wishing Heather good luck with her adventures of being a stay-at-home Mom. We will miss you!



### **Have you had a chance to meet Tina?**

She is our new Front Office Assistant/ Hygiene Coordinator. Originally from the UK (we love her accent) she moved to the USA when she married her husband in 2010. We are thrilled to have her join our team. WELCOME Tina!



### **"Animals are such agreeable friends - they ask no questions; they pass no criticisms."** **~ George Eliot ~**

We would like to wish Dr. Dave's puppy Teddy a Happy Birthday! He turned 2 on the 22nd. Check out our office Facebook® page as we will be featuring our team member's pets. Feel free to share pictures of your pets with us too!



Stay up-to-date with all our office contests, dental health tips, and product & treatment specials at:  
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# AFTER THE TOOTH FAIRY LEAVES...

The timing and process of teething varies from child to child, with some babies surprising everyone with a tooth at three months, and others worrying their parents with gummy grins until they're a full year old.

By the time your "permanent" teeth are in, your lifelong dental care process should be established. But what happens if you lose one of your permanent teeth or have to have it removed?



Once teeth start growing in, they progress at a rapid rate until the child has a full set of 20 "baby" teeth by about age three. At around age six, these primary teeth start falling out as the permanent teeth begin to push through the gums. The child will continue to lose primary teeth until about age 12, adding permanent teeth until about age 21, when all 32 of the permanent teeth should have erupted.

In an ideal world, you would keep all of your teeth from that point forward, but in reality there are some situations where you may need to have one or more of your pearly whites professionally removed. The reasons for tooth extraction may range from having to pull a stubborn baby tooth to make room for a permanent one, to needing to remove a decayed tooth that threatens to affect the surrounding teeth and jaw, to teeth extraction for orthodontic reasons, to wisdom teeth removal. Whatever the reason for having to pull a tooth, it's vital to follow some basic post-extraction instructions:

1. After the tooth is pulled, place a folded piece of sterile gauze on the extraction site, and bite or press down on it to keep it in place for at least 60 minutes following surgery. Gently replace the gauze as necessary.
2. It's crucial to remember not to smoke following surgery, and not rinse your mouth or spit forcefully on the first day, as this could dislodge the site's blood clot and delay healing. Also – very important – do not suck on a straw as it could disrupt the healing process, possibly leading to an uncomfortable condition called "dry socket."
3. Place ice packs – a bag of frozen peas wrapped in a tea towel works well also – on your jaw with a

"15 minutes on, 15 minutes off" schedule for the first 24 hours. This helps reduce facial swelling and may provide some comfort.

4. On the second day, you may gently rinse your mouth with a solution of half a teaspoon of salt to one quart of water, several times a day.

Any gap left by a missing tooth (baby teeth, wisdom teeth and teeth removed for orthodontic reasons excepted) will need to be filled to ensure optimum health, and the positioning and visual appeal of the remaining teeth. Tooth replacement options can include one or more of the following:

- Removable partial dentures.
- Fixed dental bridges.
- Full dentures, for patients who have lost all of their teeth on the top and/or bottom of their mouth.
- Dental implants, surgically implanted replacement tooth roots capped with natural-looking replacement teeth.

We're here to make sure your smile is as healthy, attractive and as complete as possible, and welcome all your questions on all tooth removal and replacement issues.



# BUILDING A BOND WITH YOUR DENTIST

Even though teeth are remarkably strong, accidents do happen, often (as Murphy's Law would have it) to the noticeable teeth at the front of your mouth. If you found yourself with a chipped tooth, what would be your best option for repair?



In many cases, your best bet for an easy, economical and effective cosmetic restoration is with dental bonding.

Bonding materials are composed of high-density composite resin content that can be matched to your natural tooth color for a perfect-looking repair. Bonding can also be used to even out the shape of your teeth or change the color of stained teeth when whitening doesn't prove effective. Have a space between your teeth that's been bothering you? Bonding can fill in gaps too.

Think of bonding materials like sculptor's clay, to not only fix chipped teeth, but to also close minor gaps, correct the appearance of slightly crooked teeth, change the color of your teeth and cover any small, natural flaws in your smile.

Dental bonding can be the perfect answer to a host of dental imperfections. Please ask us how this smile solution may work for you – not only to fix a chipped tooth, but to create a beautiful smile that's more esthetically pleasing overall.



## WHAT'S LURKING IN LIQUIDS?

**No living being can survive without water. Beyond water, however, humans consume a multitude of different liquids throughout the day, many of which can have adverse effects on teeth.**

As a baby, you may have been put to sleep with a bottle of milk. As an adult, please don't pass this habit on, as we now know more about the sugars that appear naturally in many foods – even milk! Putting a baby to bed with a bottle allows the milk to pool in the child's mouth as they sleep, bathing the teeth with milk – and the accompanying sugar – which mixes with the bacteria in the mouth to attack tooth enamel.

Many fruit juices are also high in sugar, so look for juice with no added sugar and consider diluting juices with water. The same goes for sports and energy drinks, which have high levels of sugar and acid.

Do you drink "diet" soda because you've heard that regular soda can include up to 11 teaspoons of sugar?

Recognize that "sugar-free" doesn't mean "home-free" – diet sodas still contain acid that can severely harm your teeth!

The sugar content in alcohol (including beer) can create an acidic breeding ground for bacteria and plaque. Even a relaxing glass of wine – no matter if it's red or white – isn't immune: the acids in wine can eat away at tooth enamel, creating rough spots that make teeth more porous and therefore vulnerable to staining.

Please ask us for suggestions on how to keep your teeth healthy and attractive while continuing to enjoy your favorite drinks!



# A Note From Dr. Fleszar

Many of you have asked how Dr. Fleszar is doing. He sends this note to you:

*We want to thank Dr. Dave for giving us the opportunity to say hello to our patients and give you an update on what we have been doing in the last two and a half years since we retired.*

*First of all, it seems impossible that this amount of time had passed. We miss seeing all of you on a daily basis and especially miss working with such a fine staff. It was truly enjoyable coming to work each day and working with such dedicated and kind people.*

*We have heard for years from patients that once you are retired that they don't know how they were able to work and still enjoy the things they do now on a daily basis. We now see how true this is. I have been keeping myself busy doing things that I just didn't seem to have the time to enjoy while working. I continue to play tennis and have been able to improve my game since I can get on the court more than once a week. The "to do" list of chores around the house has decreased greatly but Karen always seems to add a few more.*

*We have had the opportunity to travel much more and have been spending a lot of time at our cottage in western Michigan. Also, we have made several trips to California where our daughter, Katie, finished grad school this past May and is now working in San Francisco. Our son, Dan, moved there this past June, from Washington D.C., and he and Katie are roommates and getting along quite well.*

*Karen, who was going stir crazy at home, has been working at the Huron Valley Humane Society a couple of times a week, working with the dogs to be adopted. She loves getting out of the house and finds this a rewarding experience.*

*We are now in the planning stage of Katie's wedding next summer. She has chosen to get married in Holland, Michigan, where she has spent many summers with family and friends. Planning a long distance wedding is quite a feat but we are enjoying every minute of it.*

*We hope all is well, with all of our patients and we especially enjoy running into them around town and catching up on each other's lives. We hope this finds you all well and wish you the best with you and your families.*

John and Karen Fleszar



## Halloween Candy Buy Back!

Fortis Academy students collected over 140 pounds of candy! Congratulations to Mrs. Meister's class they donated the most candy. The class won a Visa® Gift Card to use for school supplies and a Pizza Party!

A BIG Heartfelt Thank-You to the students of Harvest Elementary's (Saline) Kindergarten and First Grade classes and everyone that stopped by the office to donate candy to help support our troops serving overseas.

Huge thank you to all the local businesses that helped by donating prizes:

Domino's, Model Cave, Fat Philly's, Fantasy Attic Costumes, Zap Zone, Dairy Queen, Artic Edge, Little Caesars, Putterz, Colonial Lanes, Lodge Lanes, Skate Land West, Bel Mark, Burger King and BCM.



## Preventive, Restorative & Cosmetic Dentistry for you and your family.



Dr. Schmidt & Team

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### Office Hours:

Mon., Tues.: 8 a.m. - 5:30 p.m.

Wed.: 12 p.m. - 7 p.m.

Fri.: 9 a.m. - 2 p.m.

### Our Services Include:

- Cleanings • Fluoride Treatments • X-Rays
- Sealants • Exams • Fillings • Root Canals
- Crowns & Bridges • Bonding & Veneers
- Mouthguards • Lifetime Teeth Whitening
- Invisalign® • Emergency Dental Care
- Periodontal (Gum) Treatment
- You can pay for your office visits and/or treatments by cash, check, credit or debit at the time of service.
- We also accept most major dental insurance plans.
- For your convenience, we are pleased to accept CareCredit®.

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