

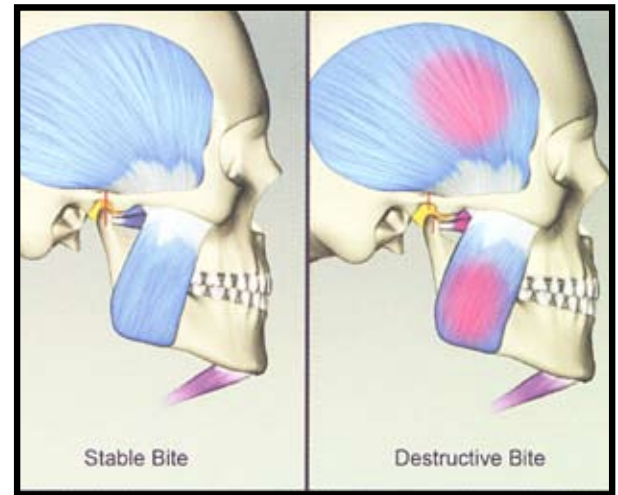


## Bite Equilibration

Fatigued muscles cause many ailments of the head and neck region. The cause of this fatigue, in many cases, can be traced back to a poor tooth-to-tooth relationship (upper against lower). Unconsciously, the TMJ (temporomandibular joint) will spend its life trying to adapt and stretch to correct for the malpositioned teeth. This overcorrection can manifest as the symptoms mentioned above. A simple evaluation by Dr. Toomey during your exam, can determine if you are a candidate for a bite adjustment.

We use 3-D software called BiteFX, to easily show you how the jaw, joint and teeth should work in harmony. Here is an example from the software, courtesy of Dr. Reid and Mr. Brown of BiteFX: Note the yellow area which depicts the joint alignment, necessary for a properly functioning bite.

For the last six years, Dr. Toomey has attended seminars by Dr. Pete Dawson, a leader in this field. The training has been a valuable tool for the care Dr. Toomey gives to his patients. Headaches, grinding, and jaw soreness can be helped, if it is determined that the jaw is out of alignment. By using this knowledge, Dr. T is also providing you with a solid solution for your cracked or broken teeth. He is making sure that all aspects of your bite work together properly to avoid future damage and provide longevity for this restoration.



Visit our website [www.drtoomey.com](http://www.drtoomey.com) for more information and patient testimonials.

## Hygiene 101 Corner

Q. What tooth brushes do we recommend?

A. Soft or extra soft, electric brushes. Medium or hard bristle brushes can cause PERMANENT damage to the gingival tissue. Visit: [sonicare.com](http://sonicare.com) or [oralb.com](http://oralb.com) to learn more

Q. Does bottled water contain Fluoride?

A. Bottled water does not contain Fluoride, unless it specifies so, directly on the bottle.

Q. What is fluoride and where does it come from?

A. Fluoride is derived from the natural element found in the earth called Fluorine. Most states regulate Fluoride levels in city drinking water. States located in warmer climates have less fluoride and states in colder climates have higher fluoride levels. It is assumed that people in warmer climates drink more water.

Q. At what age should I bring my child in for dental check-ups?

A. We recommend by 2-3 years of age, when they have their first set of teeth and should be brushing.

Q. What is a digital x-ray?

A. A digital x-ray is filmless and taken with a sensor that transmits the image to our computer within seconds.

Q. What are the benefits of digital x-rays?

A. Radiation exposure can be up to 80% less than the older, conventional way of taking x-rays with films. Digital x-rays also provide a better quality image, so that possible problems can be detected earlier.

Q. When should my child see an orthodontist and should they at all?

A. Misalignment of the teeth and/or jaw, along with bad habits can be spotted early in your child. Every patient is different, but a consult with an orthodontist never hurts, even if your child is as young as six or seven. Dr. Toomey can help to guide you with your child's health during their appointment. It is important to see an orthodontist who shares an understanding of the jaw, joint and tooth relationship. Dr. Toomey strongly recommends those orthodontists to ensure a better outcome for function, as well as cosmetics.

# Latest Technology

Advances in Dentistry are occurring as rapidly as those in Medicine, giving us the ability to treat disease less invasively and more conservatively. You may have had a CEREC Restoration. This technology saves more of your natural tooth than previous methods, saves you time and discomfort. The CEREC machine uses CAD-CAM, or computer-assisted-design & computer-assisted-milling, to create your new, stronger onlay, inlay, crown, veneer or filling replacement.



Dr. Toomey also offers Laser Dentistry. Lasers allow clean incisions with no bleeding. He can remove inflamed tissue (reducing periodontal pockets) and reshape gums for amazing cosmetic changes in minutes. It is a painless alternative to conventional surgeries. Many of Dr. Toomey's patients also have experienced the advantages of dental implants. They can be used to replace badly broken, or missing teeth, eliminate long-span bridges, and allow denture-wearers the ability to "lock" their teeth in. Implants do not decay and have a long life span. They are the next best thing to your own teeth!

BITE FX is 3-D computer software that Dr. Toomey uses to explain the jaw, joint and tooth relationship. By seeing how grinding affects your teeth and gums, or how your joint may be misaligned, you are better able to understand the root cause for problems that may be occurring in your mouth. And finally, as of February, 2009, we're paperless! Not only is it a secure and efficient way to chart, but it saves a LOT of paper. Dr. Toomey can also access our patient records from his home computer, to better handle emergencies or after-hour questions.



## Toothbrush Tips

Your toothbrush bristles can sharpen over time and develop harmful bacteria. We recommend, along with the ADHA, to change your toothbrush head every three months and immediately after recovering from an illness or cold. Always keep your toothbrush in an upright position to dry.

We recommend that our patients brush for *at least two minutes*. Most electric brushes have timers, but kitchen timers work just as well. Some children's toothbrushes play songs for 2 minutes, which helps to make brushing more fun for them, too! And don't forget to clean your tongue with your toothbrush or a tongue scraper!

## New Patients Welcome

Every month, our greatest number of new patients come straight from your referrals. Thank You! For only \$69.00, a new patient will receive a 2 hour evaluation of their dental health, which includes: a periodontal exam, oral cancer screening, digital x-rays, bite alignment evaluation and a comprehensive exam by Dr. Toomey. It's a great way for someone new to meet us, while checking up on their dental health!



**New Pricing for  
ZOOM! Whitening  
\$599**

Includes:  
2 hr, instant whitening appt  
Upper & Lower Bleaching Trays