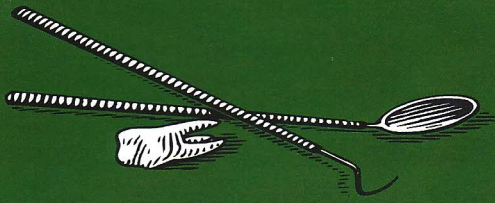


Dental Impressions

Fall 2012



209 N. Sheldon Rd.

Plymouth, MI 48170

(734)453-0580

Email: Prostoplus@aol.com

Published for the patients of **Laurence Seluk, DDS, MS, MS & Michelle Teodori, RDH**

Painless Shots at the Dental Office!



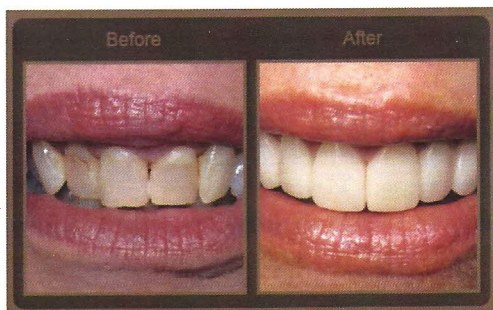
What would you say if we told you there is a better way to give dental injections? Would you be more likely to have that old filling replaced if you knew that the event would be more comfortable the second time around? With new technology, **we are delighted to report that our office now offers a buffering anesthetic technique which allows for a virtually painless dental injection that has a quicker response time, offers more comfort, and lasts longer than traditional methods.**

The Onset Mixing Pen, by Onpharma, is ideal for restorative procedures. Patients who have the injection continue to be pleasantly surprised at the level of comfort they experience before, during, and after their dental procedure. This innovative product allocates a change in the general anesthetics pH (acid) by mixing sodium bicarbonate into the carpule. The reaction imitates the bodies natural physiological pH of 7.4 when dialed in properly—the less pH shock the surrounding nerves sustain by neutralizing the acid with naturally occurring bicarbonates the more effective the injection is. The anesthetic is able to quickly diffuse into the surrounding tissues and enter the nerve branches more rapidly—**providing full anesthesia within seconds after the injection.**

Why be apprehensive about dental work when you do not have to be? We will make your visit the most comfortable it can be by providing you with the best care on the market today!

New Bonding Material Offers Better Results

The composite resin material we use for bonding and when placing white-colored fillings can pick up stain, over time, and appear darker in color even showing dark outlines along the junction between the tooth and filling structure. Teeth, as well as, acrylic and composite materials contain microscopic pits which can retain stains. Some common concerns that dentists face when applying certain bonding materials is the long-term durability, and predictability of the material. It is difficult to determine how staining will occur or when; as each case is specific to individual patients and their diet and home-care.



New research for TPH3, a direct composite resin material, is proving that advancements in composite materials are beneficial. The TPH3 is easy to handle and work with, can be used in conservative approaches, and it provides dentists the ability to produce ideal esthetics: by offering several different shade options and less staining occurs with the material.

We have decided to use the new bonding material in our office so we can provide our patients with a more durable and predictable result!

FOODS THAT STAIN YOUR TEETH:



Far from the basic methods of brushing and flossing, there are three important factors that influence why teeth can become stained: **Chromogens** are intensely pigmented molecules that give food its color. It is the chromogen that is found in food and beverages that have a fondness for latching onto enamel. Chromogens alone do not determine the staining potential of foods or beverages.

Acidity is another factor. Foods and beverages can be highly acidic without being rich in chromogens. Acidic foods and beverages promote staining by eroding the dental enamel, temporarily softening the teeth, and making it easier for these chromogens to latch on.

Tannins - a family of food compounds— encourage staining by further boosting chromogen's ability to attach to enamel. To keep your teeth white, be mindful of the foods and beverages that contribute to teeth staining.

Tea:

Tea, especially the black variety, can cause more stains than coffee. Recent studies have found that even herbal teas and white teas have the potential to erode teeth enamel and cause tooth staining.

Wine:

Red wine is an acidic beverage containing chromogens and tannins. It is infamous for staining teeth, however, white wine is more acidic and can cause staining, as well.

Cola:

Carbonated drinks can have acidity levels comparable to battery acid! Cola is rich in chromogen and highly acidic; two factors that cause significant staining. Note: even light colored carbonated drinks can promote staining of teeth by other foods and beverages, because the acid in these drinks erode the dental enamel.

Sports Drinks:

Regardless of the color, sports drinks or energy drinks are highly acidic and can erode tooth enamel setting the stage for staining.

Sauces:

Intensely colored sauces like; soy sauce, tomato sauce, and curry sauce can potentially stain your teeth. A basic rule of thumb: If it will stain your white tablecloth— it will stain your teeth, too!

Berries:

Fruits deep in color are rich in pigmented molecules and cause significant staining. Blueberries, blackberries, cranberries, cherries, grapes, pomegranates, and other deeply colored fruits stain teeth. Juices and pies made from these fruits cause staining, too.

Sweets:

Candies and sweets often contain teeth-staining color agents. These agents not only leave their mark on your tongue, they adhere to your teeth. Hard candies, chewing gum, popsicles, and suckers are only some of the many culprits leaving their mark on your teeth!



MICHELLE'S STAIN MINIMIZING TIPS:



Use a powered toothbrush: Powered tooth brushes help reduce stain by doing the best job of eliminating plaque from your teeth. Michelle uses the Braun Oral-B power toothbrush for her at-home care.

Use a whitening toothpaste or product: Our hygienist, Michelle, uses Colgate Optic White toothpaste in conjunction with her power toothbrush. Talk to Michelle about powered tooth brushes and the other whitening options patient's can take advantage of at our office!

Use a straw: Using a straw minimizes contact between your teeth and stain-promoting substances.

Swallow promptly: Savor flavors— but not for too long! The quicker you drink something the lower the exposure time to the stain-promoting substances.

Rinse-then brush-after eating: Dental enamel is highly susceptible to abrasion from tooth brushing for up to 30 minutes after the consumption of an acidic food or beverage. It is safer to rinse, first, with water than to brush right away. Rinse— wait 30 minutes to allow the enamel to have a chance to re-harden— then go ahead and brush your teeth!

PATIENT SEES DENTISTRY FROM NEW CHAIR



(Above:) Our patient Mary Catherine in her U of M gear.

(To Right:) Mary in her professional form and ready for her close-up!



She sits in a chair she has seen before. This time, it is from a different vantage point. Dr. Seluk works away; careful to stop and offer tidbits of dental knowledge throughout each procedure. Her pen moves swiftly as she takes notes diligently; determined not to miss any detail. It seems just yesterday Mary Catherine Bender was sitting in one of our patient chairs (her Father, Mike Bender, was one of Dr. Seluk's 1st patients at the U of M dental school). Yet, now, she sits in the opposite one, the one where the doctor sits, and she is on her way to becoming a dentist!

It all started a few years back when Mary Catherine came in for a routine dental appointment and expressed an interest in dental school. She was currently a student at the University of Michigan and knew Dr. Seluk had attended the school and taught, for 12 years, at the dental school there.

Bender says, "[He] showed me some materials and tools, and explained their purposes. I was fascinated!" For her, "...even as a child, going to the dentist was fascinating, intriguing and fun." She credits Dr. Seluk for this!

Seluk encouraged her to pursue a dental career and still remains a great source for hands-on dental knowledge. She has participated in job shadowing at our office, throughout the summer, and attended educational seminars with us. Her dedication and conviction continue to make us proud!

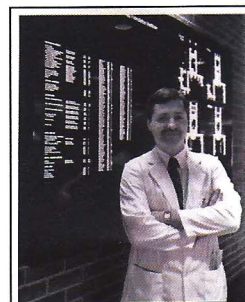
Most recently, she finished scientific research on a new anesthetic buffering technique we are using and presented it to the doctor with flying colors! We could not be more contented to have one of our own, now, sitting next to us!



Continuing Education All Year Long

As an educator, it has always been a focus of Dr. Seluk to share knowledge, skills, and tools with his staff, patients and any doctors or specialists he has a working relationship with. This year, he attended dozens of continuing education courses; even hosting a few himself. The following courses include some of the classes and meetings he participated in:

- ⇒ Detroit District Dental Society's yearly meetings each month
- ⇒ The Plymouth Research Institute meeting "Common Oral Path Lesions"
- ⇒ Washtenaw District Dental Society meeting "The Oral-Systemic Connection"
- ⇒ The annual Michigan Dental Association (MDA) sessions meetings- all three days
- ⇒ The Plymouth Research Institute meeting "Saliva and New Diagnostics"
- ⇒ The Michigan Dental Association meeting "Implants Placed in the Esthetic Zone"
- ⇒ The Plymouth Research Institute meeting "Winter Conditioning for Gold"
- ⇒ Crawford James meeting "Health Benefits of Wine"- presented by Dr. Seluk
- ⇒ Detroit District Dental Society meeting "3D Dentistry"
- ⇒ The Plymouth Research Institute meeting "CERAC Start to Finish"
- ⇒ The Plymouth Research Institute meeting "Anesthesia Review"
- ⇒ Michigan Board of Dentistry continuing education course "How the Brain Forms New Habits"
- ⇒ The Plymouth Research Institute meeting "New Class II Ortho TX" (orthodontic analysis)
- ⇒ Michigan Board of Dentistry continuing education course "Invisalign for the General Dentist"



Dr. Seluk NEVER stops learning!

Eaglesoft Dental Program Gives Office New Wings

Eaglesoft has taken flight! Leslie is all smiles sitting at her desk thanks to our new dental program. The year it took to complete the dental and computer upgrade was well worth it. The new program allows us to "go green" because we are billing insurances directly by transmitting claims electronically; that means less paper! We now have a faster turn-around rate for dental predeterminations. This program houses all of our patient images (xrays, digital photos, CT scans, etc.) in one place; before we had two separate programs. Other advantages include: the ability to chart and save hygiene records directly in a patient's file, store more information than our prior program, find open patient time in our scheduler more easily, and grants us the ability to convert to digital xrays. Leslie is flying high!



Leslie at her desk

Office Information

Laurence Wm. Seluk, DDS, MS, MS
Michelle Teodori, RDH
209 North Sheldon Road
Plymouth, MI 48170

Contact Information

Phone: (734) 453-0580
Fax: (734) 453-0760
Email: prostoplus@aol.com
Website: DentalImplantsPlymouth.com
Facebook: facebook.com/pages/Seluk-Laurence

Office Hours

Monday 8:00am—5:00pm
Tuesday 8:00am—3:30pm
Wednesday 11:00am—7:00pm
Thursday **By Arrangement Only**
Friday **By Arrangement Only**
Saturday 8:00am—3:30pm*
(*first Saturday of each month)

Office Staff

Michelle Registered Dental Hygienist
Danielle CDA, Implant Coordinator
Melanie Professional Relations
Leslie Office Manager

Melanie: Editor



OFFICE UPDATES— LANDMARKS —PUBLIC SERVICE:

- **Join our Facebook page:** go online and type in our new facebook address: www.facebook.com/pages/Seluk-Laurence —sign up and “Like Us!”
- Visit our new website: www.DentalImplantsPlymouth.com
- We are always accepting new patients! We offer a gift of Dr. Seluk’s fine artisan wine for each referral we receive. Refer a family member or friend for your FREE complimentary gift!
- This May, Michelle, our Hygienist, celebrated 20 years at our office!
- Dr. Seluk’s wine medals now total 69— he gave numerous presentations, on the “Health Benefits of Wine,” in Detroit & throughout Michigan.
- Dr. Seluk coached two science courses (Human Anatomy & Michigan Fish Wildlife) for this years Science Olympiad at Winchester Elementary!
- Dr. Seluk sponsored a patient, and participant, in a St. Jude Children’s Research Hospital fundraiser event!
- Dr. Seluk made generous donations of wine to: America’s Most Wanted Car Club of Canton for the 21st Annual Canton Liberty Fest Car Show, a Crohn’s and Colitis fundraising event and to the Plymouth Symphony Orchestra— among others.



We are in a “Fall Mood,” at the office, ever since Danielle painted this fresh new color on our walls!

Laurence Wm. Seluk, DDS, MS, MS
Michelle Teodori, RDH
209 N. Sheldon Road
Plymouth, MI 48170

*“With
the hands
of a dentist
and the eyes
of an artist”*