

Kerr & Gavric  
DENTISTRY  
**Smile Designs**



Produced to improve your dental health and awareness

Winter 2011

## 3 Reasons To Say *Thanks!*

Hygienists and Dental Assistants are an essential part of our practice and we'd like to thank three talented professionals for their loyalty and dedication. Jena has been with us for six years, and Amanda and Melissa have each been with us for four. We know how much they have

enjoyed establishing relationships with all of you, and would like to add that the practice team has benefited from their professionalism, warmth, and caring ways, as well. We're very grateful to have Jena, Amanda, and Melissa on our team!



### Congratulations Laura

Laura, our amazing Office Manager, is celebrating her 10-Year Anniversary with us. We thank you, Laura, for the past decade and for all the years to come!



### *Staff Highlights*

Congratulations to Dr. Kerr's son, Andy, who has graduated from Columbia Law School and has chosen to teach law school in China! Alec is presently coaching high school football and has been rolling around the idea of entering a masters program! We wish both boys good luck in their future endeavors!

Adrian is 9 months old! Dr. Grace and Nenad feel blessed with every moment.



Our hygienist, Jena, and her husband, Jameson, are happy to announce the birth of their son, Brooks Jameson. Brooks was born on August 20th, 2011 at 8:30 am. He weighed a very healthy 10 pounds 3 ounces and measured 20 inches long! He has been a true blessing and a God send! Jena would like to thank all of the patients for the well wishes!

*Thank you...* FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!

## Tick Tock

### *Forget the clock!*

Even things that are supposed to simplify life, like computers, can become a source of anxiety. One survey team coined the phrase *Hourglass Syndrome* to describe the frustration participants reported while watching the little hourglass icon spin. You know - as you wait ...and wait ... and wait for the connection.

When you experience frustration you could be grinding your teeth and clamping your jaws without realizing it. That can wear down your teeth, place stress on your gums, create aching jaws, and even headaches that seem unrelated.

No matter what it is that gets you going, try to get in touch with your unique signs and symptoms. That way you'll know better when it's time to de-stress, and you'll feel better in no time!



# *Look Younger Without Surgery!*

*Ask us about your dental facelift options*



One of the things we are seeing more often is patients choosing dentistry as a non-surgical alternative to a face-lift. It's a great option and it's one that can produce excellent results whether you're a mature adult who requires more volume to soften wrinkles, or a younger person whose appearance is prematurely aged because teeth have worn down from grinding and clenching, or from bone loss due to gum disease, for example. The secret is to select the right cosmetic techniques to reshape and re-proportion the face, rather than just focusing on the mouth.

Veneers made from bonding materials and ceramics can be applied to the teeth to do more than mask enamel stains, cracks, and fill small gaps. They can also create greater facial volume and add length which can open up your bite, making you look instantly younger.

Crowns made from natural-looking materials to match your own tooth enamel can protect and strengthen teeth and fill in gaps from tooth loss. Combining them with permanent dental implants and crown-and-bridge restorations can create a more youthful esthetic and proportion to your face.

### *Cosmetic Dentistry:*

*The non-surgical alternative to a facelift!*

The results of a smile makeover can help you look significantly younger ...without undergoing plastic surgery. If you think you might be interested, we'd be happy to talk to you about your smile and show you options we think will work for you.

## Smiles That Go Miles

*Home and pro care*

A healthy beautiful smile is one of your best assets. It tells people you are conscientious, approachable, and responsible. And frankly, it ramps up your "attractive quotient." Isn't it a relief that keeping your smile clean and healthy takes so little daily effort and just a small portion of your personal home care budget? You know the at-home routine: brush at least twice a day, floss every day, eat sensibly, don't smoke, exercise, and get sufficient sleep. Easy.

By having your teeth professionally cleaned by us at least every six months, you give us the opportunity to keep abreast of your oral health – preventing, detecting, and remedying a number of unwelcomed and harmful conditions such as gum disease, halitosis, cavities, cancer, and even perhaps identifying systemic disease that may be reflected orally. Plus fresh professionally polished teeth. Beautiful.

# VIVACIOUS VENEERS

Once we've decided together that cosmetic veneers are the best option for you, the fun begins! In addition to your great new look, we'll take into consideration your face shape and the proportions and symmetry of your face and smile.

We'll look at these elements...

- overall dimensions of your face
- midline position of your teeth relative to the midline of your lips and face
- position and fullness of your lips
- tilt, angle, and curves of your teeth
- color of your teeth enamel
- contours of your gumline.

Based on these dimensions, your occlusion (bite), and your preferred smile color, contours, and proportions, we can move on to decide what size, shape, and type of veneers will best complement your smile.

*A new smile in just a little while*

Veneers can immediately provide you with whiter, even, straighter appearing teeth by...

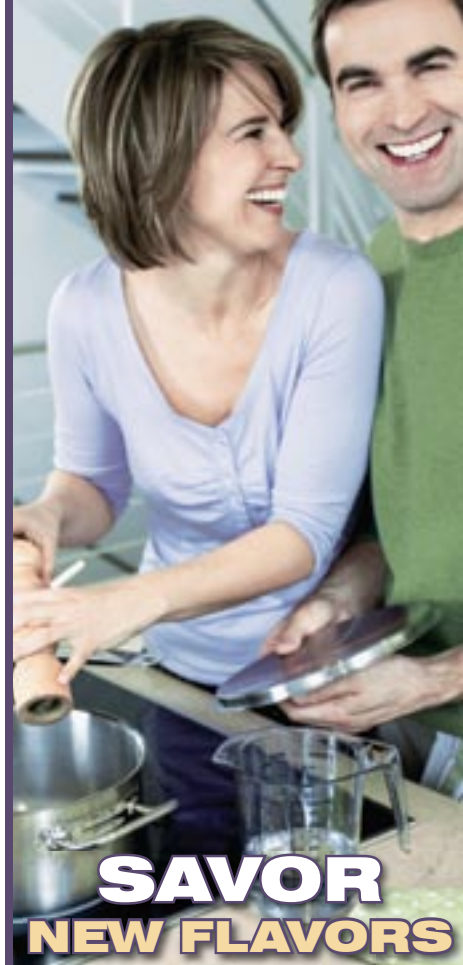
### Camouflaging

- pitted, worn, and dingy or yellow teeth due to enamel erosion, foods, beverages, age, or medications

- gaps that trap food and make you feel self-conscious about smiling
- overlaps and crowding that create an accordion appearance, especially in profile
- unsightly chips or cracks that catch on dental floss and attract stains like magnets.

### Reproportioning

- an uneven or too-gummy gumline
- teeth that appear too long due to receding gums
- poorly shaped or sized teeth that don't suit the proportions of your smile
- worn down teeth from clenching and grinding or enamel erosion.



## SAVOR NEW FLAVORS

### Train your taste buds

Ever since you were a kid, you've known that sugar is bad for your teeth. Even so, who can resist a sweet now and then? But people with high blood pressure, diabetes, cardiovascular diseases, and other health challenges sometimes have to adjust their diets and retrain their taste buds to appreciate flavors they might otherwise avoid.

The transition need not be painful...

- Experimenting with aroma, texture, shape, and color can all improve anyone's dining experience.
- Scientists say humans can detect six distinct tastes: sweet, sour, salty, fat, bitter, and umami, which means "savory" in Japanese. You can mix 'n' match foods and seasonings that are more healthful and yet appeal to your palate.
- Nutritionists say your taste buds will adjust in only 3-5 servings!

Your health, your teeth, and all of us salute your good taste!

Brush! Floss!  
Smile!

## Season's Greetings

This is the season when it seems completely natural to contemplate the year gone by, the one to come, and to count our blessings. Our team has been doing just that, and we are absolutely in accord about one thing: how very special and important you are to us.

We hope that this is something we've been able to make clear to you over the year. You are all so kind and often express your sincere gratitude to us when you visit. We sometimes wonder if you realize how mutual that feeling is.

With so many wonderful patients, providing care transcends professional obligation and becomes an enjoyable privilege. Coming to work is a genuine pleasure every day, all year. Thank you.

Happy holidays,

*Dr. Robert Kerr*

*Dr. Grace Gavric*



## WE'VE GOT A WINNER

### Thanks to all of you

First some exciting news - please join us in congratulating Kim, the winner of our iPad 2 draw! Although we initiated this program to provide some lighthearted fun for everyone, please believe us when we say we take your referrals very seriously. Placing your confidence in us is encouraging and motivating.

Your referrals really do inspire us to work even harder to create a welcoming environment and the highest quality dental care. This is, after all, a practice family and we like to give the people you refer the same kind of welcome that we give to you.

Thank you again for your confidence. We always welcome new patients.

Winter  
Special Offer!

**\$99**

for both Custom Bleaching  
Upper and Lower Trays  
(bleach sold separately)

Expires March 31st, 2012

## office information

**Dr. Grace S. Gavric**  
**Dr. Robert A. Kerr**

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### Office Hours

Mon-Thu 7:30 am - 4:00 pm

\*Ask us about our new Friday hours!

### Contact Information

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### Office Staff

Laura..... Office Manager  
Melissa..... Dental Assistant  
Jena, Amanda .....  
..... Registered Dental Hygienists

