



## Brushing Up With Dr. Knowlton

Produced for the Patients of Knowlton Dental Associates

Spring 2005

### from the dentist

#### To Our Dear Patients, Welcome Spring!

About 4 months ago, we began our 21st year of dentistry. With modern technology, we can now fabricate crowns and porcelain fillings in our office, detect decay before an x-ray reveals it, and whiten your teeth in one hour. How things have changed!

What has not changed, though, is our dedicated patients who have been with us through the years. We have celebrated your weddings and births of your children, and also the sad portions of your lives. This is what we have tried to have our dental office become - a family of people, coming together to share good health and the everyday events of our lives. Thank you from the bottom of our hearts for allowing us to become so personal with you. Thank you also for allowing us to perform dentistry on your family, friends, and loved ones. Please continue to share. Your support and continued dedication means so much to us.

Sincerely,

Dr. Knowlton and Staff

### turn the page

Making a statement ... with veneers!

7 smile solutions ... 7 reasons to smile!

Natural radiance? Rely on us!

## Don't Forget...

### That last piece of equipment!

The next time you outfit your kids for a soccer, baseball, skateboarding, inline skating, or a football game, don't forget their mouthguard. Studies show that athletes who wear mouthguards have 60% fewer injuries to their teeth, and your child is no exception!

Mouthguards work in much the same way a helmet protects the head - by spreading a hard impact over the entire mouth and jaw. They stop the upper and lower teeth from bumping into each other, and make sure teeth don't injure the gums or lips. Mouthguards can even reduce the risk of concussion or neck injury.

We can make you a custom-fitted guard right here in the office that provides the best protection and

comfort. A properly fitted mouthguard is comfortable and should not interfere with breathing or talking. Beware of the commercial boil-and-bite mouthguards available in sporting goods stores. They're less effective and more likely to interfere with speech and breathing.

Even though it's tough and can handle a lot of abuse, a mouthguard does require a little care. It should be thoroughly cleaned and rinsed with cool water before it is used. Don't forget that kids' mouths change as they grow and that their mouthguards need to be replaced to keep pace. We'll keep an eye out for any problems or changes during regular checkups, and tell you when it's time for a new one.



Our new web site ... is up and running. Please visit us at [www.knowltondental.com](http://www.knowltondental.com) and tell us what you think about the site, and if there is anything else you would like to see on it.

Thank you for all your referrals - we appreciate them!



# Seven Reasons To Smile

Communicate ... express yourself ... enjoy!

Why do *you* smile? Is it because you're greeting someone ... trying to reassure ... sharing joy ... covering embarrassment, sadness, or anger ... putting a good face on things, so to speak?

We'll guess you answered *yes* to all of these! And you're probably surprised at just how often you do smile!

Today we not only communicate with our smiles, we express ourselves with them. Like our clothes, hair, job, and home, smiles convey who we are.

We seek recognition from others, and smiles are one of the ways we find it. A smile is so important that it's the only facial feature humans can identify across the distance of a football field. Smiles make us feel good in another way... They release endorphins to give us a natural high.

That's a lot of good reasons why we want *you* smiling. And it's our pleasure to have just the smile solutions that will give you the feel-good recognition that a warm smile can provide.

<b>1</b> <b>Whitening</b> Lightens the color of teeth that have darkened due to age, smoking, coffee, tea, medication, or endodontic treatment.	<b>2</b> <b>Crowns</b> Cover broken, cracked, poorly shaped, severely discolored teeth to restore natural appearance and color.	<b>3</b> <b>Veneers</b> Cover front of tooth to mask discoloration and improve tooth shape through esthetically pleasing contours.	<b>4</b> <b>Bridges</b> Replace one or more natural teeth by supporting a false tooth attached to one or two crowns.	<b>5</b> <b>Braces</b> Correct crooked or crowded teeth, overbites, underbites, incorrect jaw position.	<b>6</b> <b>Composite/Inlays/Onlays</b> Restore and strengthen decayed areas while looking extremely similar to original tooth color.	<b>7</b> <b>Bonding</b> Masks discolored teeth, and can camouflage other flaws while straightening slightly crooked teeth.
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## Save Energy... Smile

Does it take fewer muscles to smile than to frown? Well, it depends on who you ask. There are 53 facial muscles, and deciding which are involved in frowning or smiling is a bit subjective. By some counts, it takes a mere 11 to smile and an enormous 12 to frown.

Don't feel like smiling? Studies show that even faking a smile can make you feel better ... and it only takes an energy-saving two muscles!

## Tips for Lips! **Frame that smile!**

Poets have waxed lyrical about lips. So have anthropologists and zoologists. But *really*, who sees more lips than your dental team? Here are some of our favorite lip tips.

**Moisten.** Drink plenty of fluids and condition lips with balm.

**Stop.** Do not lick or chew your lips. The skin is very thin and is easily damaged.

**Exfoliate.** To smooth away roughness, take a clean, dry, soft or ultra-soft

toothbrush, then gently brush your lips for several seconds to keep the skin smooth.

**Switch.** Matte lipstick shades have less moisturizer than shiny, so alternate them periodically.

**Prevent.** Age lines around your mouth - and skin cancer - can be prevented by quitting smoking and wearing sunscreen. If you have some premature lines, cosmetic dentistry may even plump wrinkles out!

# Sarcopenia

## You can prevent it

Osteoporosis and the bone loss that precedes it directly affect the health of your jawbone and teeth. The inactivity that contributes to osteoporosis can also lead to *sarcopenia*, a loss of skeletal muscle mass that can result in muscle atrophy.

Both genders are affected, but women are at greater risk than men for both diseases because they start out with less muscle and bone mass. Sarcopenia sufferers have fewer reserves to fight illness when the body withdraws muscle protein to aid in healing and fighting infection.

One in three people over age sixty fails to eat the required amount of protein, a dietary risk linked to poor dentition.



Your overall health affects your oral health. That's why we encourage weight-bearing exercise and a healthy diet throughout your life.

# How Radiant?

## Rely on us

No matter how dazzlingly white you want your smile to be, you can rely on us for completely natural results. The flat, matte, chiclety-looking restorations and whitening effects of the past really *are* a thing of the past.

If you look closely, you can see that there is a slight color gradation in natural tooth enamel. Enamel appears dense from the gumline to the middle, and thinner and more translucent at the tips or biting edge. The enamel at the front of your mouth differs from the back.

Using clinical microscopes that show color, texture, and micro surface anatomy, scientists have developed whitening systems and restorative materials that can virtually replicate the real thing.

Translucent restorations like veneers, crowns, bonding, and dentist-supervised predictable whitening procedures, ensure a totally natural look.

# Glitz or glamor?

## Make a statement with porcelain veneers

Glitz is glitter. Glamor is gold. Glitz is a rock diva. Glamor is an unattainable film icon. Wherever you fit on the glitz-glamor continuum, there is no better way to express your personal style than with a gigawatt smile. And whatever your trademark, exquisite porcelain veneers are all

about *you*. These *before & after* photos prove that a picture is worth a thousand words. Please call for *your* consultation!

### Veneers: What's So Special

- Hand-sculpted just for you.
- Long-lasting.
- Whitening adds youthfulness.
- Dramatically recontour your smile.
- Translucence and natural color create depth and high realism.
- Applying veneers doesn't involve moving your teeth.
- Won't stain/wear like natural teeth.
- Resists disease-causing bacteria.



Improve  
teeth size & gumline



Transform  
discolored & crowded teeth



Correct  
spaces between teeth



# Office Update



Many of you may watch the TV show "The Apprentice". Five of our office staff got a chance to meet *Kwame Jackson*, who was a runner-up on the show starring Donald Trump as Boardroom Chairman. Kwame spoke at the Elizabethtown College in February, sharing his advice on career development. Pictured is Lori, Jerri, Kwame, Dr. Rick, Karen and Sue at a reception in his honor. This picture ran in the Patriot News Business section on February 22, 2005.



Tracey & Susie

## New Staff

Hi I am *Susie*; I was born in Jacksonville, Florida and raised in California. I am married for 21 years, have 4 children and 1 grandchild. I graduated from Monterey Community College in 1986. I recently moved to Elizabethtown with my husband and children. My husband is the new Security Manager at TMI. I love to cook and garden and am patiently waiting for spring to arrive. We feel very fortunate to have chosen Elizabethtown to settle down. Everyone here has made our family feel very welcome.

*Tracey Potoczek* has been working for us for almost a year now, but was no stranger to us. She worked for us 12 years ago when she was right out of Dental Assisting School. Tracey is married to Troy and has two sons, Jeffrey and Brent. She loves Elvis memorabilia and gardening.



Dr. Knowlton was honored this January at a Basketball game between Etown College and Albright. Our office gave out toothbrushes and Listerine to the crowd. Pictured is Dr. K and Gary

Blazina (*Dee's* husband) watching the game.

The youngest visitor at the game, *Josie* with dad *Dave Sauer* (*Jerri's* child and husband).

At the *Elizabethtown New Year's celebration*. We provided food and prizes. Pictured here is the tooth fairy with *Mark*, *Jodie* and *Maggie Strong*.



Congratulations to *Ellen* (our dental assistant) and *Ryan Garber* on the birth in February of their baby girl *Megan Renee Garber*, 7.5 oz. and 20 inches long.

## office information

**Knowlton Dental Associates**  
**Dr. Richard D. Knowlton**  
 102 West High Street  
 Elizabethtown, PA 17022-2019

### Office Hours

Monday	8:00 am	–	5:00 pm
Tuesday	8:00 am	–	5:00 pm
Wednesday	1:00 pm	–	8:00 pm
Thursday	8:00 am	–	5:00 pm
Friday	8:00 am	–	5:00 pm

### Contact Information

Office (717) 367-1560  
 Fax (717) 367-8856

### Office Staff

Linda ..... Front Desk Manager  
 Cindy ..... Clinical Director, EFDA  
 Jerri ..... Registered Dental Hygienist, BS  
 Lori ..... Registered Dental Hygienist  
 Karen ... Registered Dental Hygienist/EFDA  
 Tracey, Susie, Stacy, Casandra .....  
 ..... Dental Assistants  
 Dee ..... Financial/Appointment Coordinator  
 Sue ..... Appointment Coordinator



## Discount Cards

We will be raising funds again to help a needy family by selling a discount card for various restaurants and businesses, including: Rockwells, Country Meadows and P&J's Pizza. They can be purchased at the office for \$20 and are valid for one year.

## Thank You!

Thank you very much for all your kind expressions of thanks for the gift certificates that our office gave to our long-term patients in lieu of our 20th Anniversary. All of you are very kind. Here is one example of the great thank you notes we have received from some wonderful, appreciative patients that we have served over the years:

Dr. Knowlton and staff, Jay and I enjoyed a delicious seafood dinner at the new Country Meadows Restaurant. Thanks. Your thoughtfulness is greatly appreciated. Sincerely. And another:

Dr. Knowlton and Staff, "One of the Best Dentists in America". I've always known that, even though now it is recognized and printed in a book. Thank you very much for the gift certificate. You and your staff's generosity are greatly appreciated. Sincerely.

