

Dr. Ban R. Barbat

Where Lasting
Smiles BeginPractice
Update

6044 24-Mile Road, Shelby Township MI 48316 • (586) 739-2155 • WhereLastingSmilesBegin.com

STOP
SMOKING
For Your Smile
And More!

If you're struggling to keep your "stop smoking" New Year's resolution about now, here's added incentive – *your smile!*

Tobacco contains chemicals that are known to be harmful to the body. The first part of the body to absorb cigarette smoke, and the deadly nicotine it contains, is your mouth. Smokers have an increased risk of periodontal (gum) disease, bad breath, higher plaque levels, stained teeth, and slower healing following extractions, gum treatment and oral surgery.

Smoking dries out oral tissues, which creates an environment for bacteria to thrive and reproduce. As oral bacteria multiply, your potential for periodontal (gum) disease increases.

Signs of gum disease include persistent bad breath, tender gums and gums that bleed easily when brushing. As it worsens, pus pockets form at the base of teeth. Teeth

loosen as oral bacteria attack the bone and tissues that support tooth roots. Eventually, these teeth will require removal.

Need more reasons to hang in there? Smokers decrease life expectancy by 10–15 years, on average. Smoking (and smokeless tobacco) is responsible for nearly 90% of oral cancers (lips, mouth and throat) and an estimated 30% of all cancers and related deaths.

Live with a smoker or work beside one? Second-hand smoke contains at least 50 known carcinogens and other harmful chemicals. It is not uncommon for children of smoking parents to wake up with 'smoker's cough.'

Now, imagine you've quit. For those who are age 40 or under, quitting can reduce excess mortality that's attributed to smoking by 90%. Quit before the age of 30 and you'll reduce this by 97%.

Kicking the habit is one resolution that's too important not to keep! Your smile, your overall health, your family and your life depend on it. Get help on kicking the tobacco habit at: <http://smokefree.gov/> They even have a stop-smoking app for added support.

Unique
Dental Implant System Has
MANY Advantages

Many adults now choose Dental Implants to replace missing teeth because of their ability to restore dependable chewing and confidence when speaking.

However, for adults who have been long-time denture or partial wearers, bone loss can make implant placement risky, requiring bone rebuilding procedures before treatment.

A recently designed implant system solves this problem, and more. Because **All-On-4** implants are placed at unique angles, they work well even when severe bone loss has occurred.

And, because only 4 implants can support a full arch, costs are less than many traditional implant types.

You'll also never have to go without teeth! Teeth are attached immediately, so you'll walk out of our office with a smile!

We offer all types of Dental Implants and

Advantages of
All-On-4 Implants include:

- They can be placed even when severe bone loss has occurred.
- They are more affordable, since only 4 implants are needed per arch.
- They are designed to support non-removable teeth.
- Teeth can be attached immediately. Never go without teeth.

provide all phases of treatment, with oral and I.V. sedation available. If you have considered Dental Implants, let's discuss the implant system that will work best for you.

Begin with a free Consultation by calling 586-739-2155.

This Month's Spotlight
Features Our Own Dr. Ban
Barbat!

Married to
Joe Dindo
for 26 years;
two sons,
ages 10 & 13



Why did you go into the dental field?

"I worked as a dental assistant after high school and really enjoyed the dental field."

What have been the unique advantages and challenges of being a female dentist?

"As a woman, I feel I bring an instinctive level of compassion into caring for patients along with being a good listener. I also have an eye for the cosmetic aspect of dentistry and a very gentle touch. Like many women in business, it is a challenge to juggle work with being a mom but I wouldn't give up either role for anything."

What has been the best professional advice you ever received?

"One of my instructors in dental school advised me to treat my patients the same way I would want to be treated. He also gave me valuable training on how to give painless injections, which I have used throughout my career with great success."

What do you enjoy most during your day?

"The best part of my day is making a difference in the lives of my patients, whether it is to get them out of pain, boost their confidence with a better smile, or give them proper function with their teeth."

In your off time, what do you enjoy doing?

"I love going to my kids' basketball games as well as our Pistons games, traveling, spending time with family, and shopping."

What are your personal interests other than family?

"That would be cooking, exercise and traveling."

Any hidden talents? "Dancing!"

Do you have a favorite quote?

"Actions speak louder than words."

What is the best book you've ever read?

"The Road Less Travelled"

Do you have a favorite movie?

"My Big Fat Greek Wedding"

SPRING INVISALIGN SPECIAL

Invisalign is a clear, removable process that moves teeth at a pace typically faster than traditional braces - and without wires and brackets!

If you've considered straightening your teeth, take advantage of our

Spring Invisalign Special

(now through May 2016)

You'll receive

- FREE Consultation
- FREE Examination
- \$300 OFF Treatment Fee
- FREE Take-Home Whitening At Treatment Completion

Call **586-739-2155** to schedule a no-cost, no-obligation consultation!

Also, if you prefer traditional braces, ask to see Dr. Jerry Wesley, our Orthodontist. Consultations and exams are available at no cost.

NEW PATIENTS WELCOME

Know someone who would enjoy the standard of dental care you've come to know? Suggest they visit:

WhereLastingSmilesBegin.com

or call **586-739-2155** for a free consultation.

MOTHER-DAUGHTER SMILES

'Look Fantastic, Feel Beautiful & Natural'

It was actually Carri Streling's husband who first went to Dr. Ban Barbat. He'd seen an ad and was looking for a new dentist. When Carri decided to become a patient, she was immediately impressed with Dr. Barbat as being "very caring and thorough."

Carri and her family began with cleanings, check-ups and regular dental care. However, Carri noticed that her gums were becoming inflamed and bleeding. After Dr. Barbat did an in-depth exam, it was determined that the eight crowns on Carri's front teeth were not all porcelain as she'd been told. They were actually porcelain fused to metal. It was the metal that was causing a reaction in Carri's gums. It was also found that Carri's bridge contained metal as well.

The only solution was to replace her restorations with all-porcelain types. Although Carri had already been through the process of crowns and crown-&-bridge preparations with her former dentist, she noticed that Dr. Barbat was far more detailed in her work. "She's very thorough in everything she does. She even put me through a process to make sure the crowns fit properly," states Carri.

Once the work was completed, Carri was thrilled with the difference it made in her smile's appearance. "They looked



BEFORE

fantastic, fit beautifully and looked natural," she shares.



NOW!

Carri's daughter, Amanda, wasn't happy with the appearance of her smile but had become "anti-dentist," as Carri explains. Once Carri's new smile was complete, Amanda decided to have porcelain veneers placed on her front teeth. As Carri explains, the difference between her before and after treatment is amazing. "Dr. Barbat is an awesome dentist who does phenomenal work!"

"As a dentist, it's very troubling to have to replace expensive dental work. In Carri's situation, we had no option. This is why our goal, always, is to provide each patient with what is ideal in the first place," states Dr. Barbat.

Both Carri and her daughter are now very pleased with the health and appearance of their smiles.

If you've considered smile enhancements, ask for a complimentary consultation or mention your goals at your next visit.

jaw bone where tooth roots were once held. Without the stimulation of tooth roots or implants, the bone loses mass.

■ **Bruxing:** Grinding or gnashing of teeth, typically while asleep, is a common symptom of bite misalignment or TMJ (jaw joint) disorder. Bruxing can lead to worn, chipped, cracked or broken teeth.

■ **Plaque:** A sticky film you feel on teeth (and a source of bad breath) composed of accumulated oral bacteria and food debris.

■ **Tartar:** Also known as calculus, this hardened colony of bacteria adheres to teeth and can only be removed by dental tools. It forms when plaque is not removed frequently from tooth surfaces (and why twice-daily brushing is so important).

■ **Prophy:** Cleaning of the teeth for the prevention of gum disease and decay.

■ **Scaling & Root Planning** ('planning' is pronounced like 'air plane' and not 'plan'): This is a procedure that removes plaque and calculus from tooth surfaces above and below the gum line.

■ **Mandible:** Your lower jaw.

■ **Maxilla:** Your upper jaw.

■ **Palate:** The hard and soft tissue that forms the roof of the mouth.

We want you to always be in-the-know when it comes to your dental well-being.

I hope our conversations leave you fully informed so you are an active participant in keeping your smile at its best!

Dental Lingo MADE EASY!

My team and I pride ourselves on thorough communication with patients. This helps you to have greater involvement in your oral health. We occasionally, however, catch ourselves using terms that may be unfamiliar to some.

If this occurs, always ask questions so you fully understand everything. But, in case we slip, here are some terms that aren't necessarily common.

■ **Anterior Teeth:** These are the 6 upper or 6 lower front teeth.

■ **Bone Resorption:** Declining mass of

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