Ban R. Barbat DDS-PC



Practice Tate

Sooner

than later

good advice when it comes to having

a healthy smile!

6044 24-Mile Road, Shelby Township MI 48316

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TERRIFIC SMILES NOW,

Thanks To Helping Her MOM!

hen Carol Kohut was helping her mother find a dentist to stabilize her denture, she immediately saw that Dr. Ban Barbat's office was different. "Mom's lower denture was loose and she wanted implants," Carol states, "but we just weren't satisfied with the other dentists she saw." Carol explains that it was obvious that Dr. Barbat had a "cutting edge" practice.

Because of her mother's care, Carol

Because of her mother's care, Carol decided to become a patient as well. She wanted to ensure her teeth looked good, were healthy and was also concerned about the health of her gums. After a thorough examination, she learned that she had periodontal disease and several teeth were cracked so badly they needed extraction.

Carol knew she had dental problems, like discoloration and discomfort, but until she was evaluated by Dr. Barbat she had no idea about the extent of her problems. Dr. Barbat provided a thorough explanation of each procedure and, as a result, Carol embarked on a plan of action over a year's time to correct her dental issues, to her "everlasting satisfaction."



The first objective was to restore Carol's mouth to a healthy state. She began periodontal (gum) therapy to

eliminate the buildup of bacteria in her mouth. "I wanted the gum disease treated in order to protect my overall health," Carol shares. Dr. Barbat adds, "Research has shown that the bacteria of gum disease can enter the bloodstream and travel throughout the body. It can cause an inflammatory reaction that has been linked to heart disease, diabetes, impotence and a number of other issues."

With her mouth healthy, Dr. Barbat began placing porcelain veneers on Carol's upper teeth. This would protect them and give Carol the smile she wanted. "I had some discoloration and was self-conscious about my teeth," Carol says.

Throughout the process, Carol was always comfortable in Dr. Barbat's hands. "I have a high threshold for pain, except when it comes to my mouth!" Carol laughs. "Whatever I wanted, Dr. Barbat made sure I was comfortable. Now, I'm always comfortable – as long as it's

her doing my dentistry!"

Carol now smiles with a confident smile that looks good and is healthy, too. She also feels good about the investment she's made in her oral health. "Your gum health has so much to do with your general health. I have the confidence knowing that my teeth and gums are in great shape," she shares.

Dr. Barbat adds, "Carol is an example of the growing number of adults who want to keep their natural teeth all their lives. No longer do adults have to struggle to eat and speak with dentures. As a dentist, I'm also pleased at the increased awareness adults have as far as the harm that gum

disease can cause as well as being the leading cause of adult tooth loss."

Ask Carol if that's something she worries about now. She'll probably respond with her terrific smile!

Dr. Barbat reminds, "Gum disease doesn't get better without treatment. The sooner your mouth is restored to good health, the less time and expense is incurred for treatment. And, delay could also mean tooth loss. If this occurs, a long list of other problems must be addressed."



Enhances Oral Health, Too!

f your resolution to get in shape has you struggling about now, don't give up! Your oral health could benefit, too!

It seems that researchers at Case Western Reserve University School of Dental Medicine found that the risk of gum disease lowers when fat cells decrease. The study measured obese adults, some of whom were having bariatric surgery. All were given periodontal treatment and oral hygiene home care instructions. While both groups showed improvement, the bariatric surgery group had the most favorable results.

Apparently, an overabundance of fat cells secrete more cytokines. This makes insulin more resistant to proper function, allowing more sugar in the blood. By reducing fat cells, insulin becomes less resistant, which, in turn, aids the body's response to periodontal treatment.

Along with cytokines, the leptin hormone has been linked to

inflammation. Because leptin helps to regulate metabolism, its production was reduced after patients had bariatric surgery. This also helps to boost the effectiveness of periodontal treatment.

Inflammation from gum disease can erode bone and cause tooth loss. It also enables harmful oral bacteria to enter the blood stream. This bacteria has been linked to preterm births, heart disease, diabetes, arthritis and more.

This study shows how intricately oral health and overall health are connected. Keeping your gums and teeth in good condition prevent harmful bacteria from causing inflammation in the body. By the same token, a healthy body seems to create a better foundation for the gums. So, stick to your resolve to get in shape and remember to smile on that treadmill!

It's worth it!



Dr. Barbat Supports Community In Many Ways!

Dr. Barbat's patients are familiar with her gentle touch and compassion.

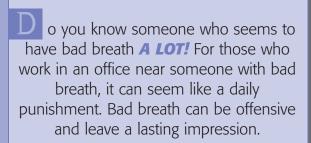
Her caring nature extends far beyond her dental office through her support of numerous community events and causes that serve others, including:

- ◆ Two \$1000 Scholarships per year awarded to High School seniors who are entering college in pursuit of a health-related career.
- ◆ Event Sponsorship through Shelby Township Parks & Recreation:

Dad & Daughter Valentine's Dance Easter Bunny Lunch Annual Flea Market Annual Arts Fair Christmas Aglow Tree Lighting

- ◆ Co-Ed T-Ball Division Sponsor (12 Teams)
- Supply Collection & Contributions to Turning Point-Macomb

Don't Be Known By Your Breath Odor



A survey by the American Association of Periodontists found that:

32% of Americans say bad breath is the least attractive trait of their co-workers.

That's nearly a third of all Americans in the job market! Yet, the survey also revealed that:

73% of Americans would rather go grocery shopping than floss.

The act of flossing each day requires only a couple of minutes.

If you struggle with being able to floss, ask our Hygienists for help at your next visit.

The survey also stated that:

50% consider a smile is the first feature they notice

80% are not happy with their own smile

Today's dentistry offers many options for an attractive smile at affordable rates. We also offer payment plans so you can enjoy a confident smile NOW while making easy monthly payments. Most plans require no down payment and are interest free.

A healthy mouth and an attractive smile are a positive impression on everyone!

Be the one in your office who is known for fresh breath and a great smile!

Call 586-739-2155 to request a free consultation!

Thank You For Recommending Others To Our Office!

New Smiles Are Always Accepted!

Our Patients Are So Giving!

Just prior to
this past Thanksgiving, we put out
a plea to patients in hopes we could
collect supplies for Turning Point, Inc. in Macomb.
These items included paper towels, diapers,
shampoo, soap, deodorant, etc. Because of
your overwhelming generosity, we delivered over
a dozen bins of these much-needed items
just before Christmas.

Turning Point, Inc. offers an emergency shelter for victims of domestic and sexual abuse.

These donations help residents during their stay while Turning Point aids them in regaining control of their lives.

Your contributions were met with much appreciation! Thank you for being so special in so many ways!

Staff Spotlight On

Nanette, Registered Dental Hygienist

Native of: Royal Oak area

Ferris State University – Allied Health/Dental Hygiene Degree

University of Detroit – Certifications in Local Anesthetic & Nitrous Sedation

Pursued career in oral hygiene because "I have always been interested in the health field and enjoy working with people. I had an introduction to dentistry in high school as a dental assistant and have never looked back."

Favorite Food: Italian ("especially filet with zip sauce")

Favorite Book: ("love to read, especially history") Katherine by Anya Seton

Pets: German Sheppard dog, Maine Coon cat, and a turtle named Henry

When not in the dental office: "I love spending time with my family! We enjoy camping, hiking and traveling. I enjoy gardening and reading when I can find the time.

Special talent: Certified in ASL (American Sign Language)

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