

Dr. Ban R. Barbat

Where Lasting Smiles Begin

Practice Update

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

Toll Free 1-866-9-Smiles • www.WhereLastingSmilesBegin.com

Mother Of Bride Now Has A BEAUTIFUL SMILE!



When looking at each set of wedding photos of her two daughters, Charlene beams with pride. However, she also notices a drastic difference between her smile in each set. Her second time as "mother-of-the-bride", she has a flattering, bright smile that seems to radiate warmth and energy, giving her a more youthful look. This is the result of having her teeth restored by Dr. Ban Barbat.

It was Charlene's husband who first discovered Dr. Barbat through an internet search. After years of grinding his teeth, they had become so worn he could feel the problem when he ate.

Dr. Barbat restored all of his teeth using porcelain crowns, recreating a healthy mouth as well as an attractive smile. "When I saw how great his smile looked, I started looking at my own," states Charlene.

What she saw were dark, silver fillings that showed on side teeth when she smiled. Her natural teeth had yellowed over the years and she was missing a back tooth. The missing tooth was causing her to favor one side when she chewed causing the surrounding teeth to compensate by shifting. "This can lead to some serious problems down the road," says Dr. Barbat. "This can put teeth at risk for abnormal wearing or chips."

After her examination, Dr. Barbat explained the treatment options to her. Initially, Charlene considered having

the top teeth restored and delaying restoration of the lower teeth until a later time. "But then I decided if I was going to do this, I really should do it all at once," she states.

To prepare all teeth for porcelain crowns and veneers in the shortest amount of time, two appointments were scheduled. One appointment would be devoted to prepare all the top teeth and one for the bottom teeth.

At each appointment, Charlene chose oral sedation to help her be totally relaxed throughout. "They were both about 4 hours," she states, "but I never knew that. I never felt a thing and was completely out of it the whole time."

At the end of each appointment, Dr. Barbat placed temporary teeth so Charlene would be comfortable with her smile while the porcelain was being prepared.

Even after her procedure, Charlene felt especially cared for by Dr. Barbat's attentiveness and is also impressed with the warmth of the entire staff.



Hats Off to Suite Dreams!

Imagine a child battling a serious illness, confined to the same room day after day. "Suite Dreams" is an organization that funds transformations of these rooms into magical spaces to suit the individual child. The "Hats Off Luncheon" is their primary annual fundraiser and Dr. Barbat is one of the 2006 sponsors.

"As a mother, I understand how important it is to support each other. It's often through nurturing touches, such as recreating a child's room into a wondrous setting, that shows we are truly there for each other, and we can draw upon that strength for whatever life hands us. We are proud to be a part of this year's outreach," states Dr. Barbat.

The luncheon will be held Friday, May 19, from 11am to 2pm at Oakland University in the Meadowbrook Hall & Gardens.

"I've been to a lot of dental offices in my life," she says, "but Dr. Barbat and her staff have a way of making me feel so welcome and comfortable. They are all so nice."

When the final porcelain crowns and veneers were ready for placement, each created to Dr. Barbat's specifications, several appointments were arranged. From start to finish, it took about a month for Charlene to have an entirely new smile! She was rid of all the dark, silver fillings and her yellowed smile was now bright and white. The bite had been corrected and a porcelain bridge now replaced the missing tooth. And, best of all, Charlene feels wonderful about her smile! "Your whole

confidence changes," she explains. "It's a great feeling to smile and know your teeth are all perfect!"

Charlene and her husband feel fortunate they were able to work the investment for their dental needs into their budget. However, Charlene also acknowledges it was work she felt was wiser to do all at once rather than tooth by tooth.

"I have soft teeth and always had problems. Now I'm in my 50's and at an age when my teeth are going to start to deteriorate. With all the silver fillings I had, I felt it was better to get my mouth

in good shape all at once and enjoy a nice smile rather than just repair problems as they eventually happened," she shares.

High school sweethearts, Charlene and Tom have shared many smiles together. Who knew they'd share a renewal of smiles after all these years!

For more on restoring your smile to good health and a more youthful appearance, call (586) 739-2155 to arrange a consultation with Dr. Barbat or ask about options at your next visit. Also, look over the Smile Gallery patient photos on WhereLastingSmilesBegin.com.

Summer Travel Plans?

Tips to help avoid jet lag

Crossing time zones often leads to jet lag, which can result in headaches, upset stomach and nausea, difficulty concentrating, and trouble sleeping. To help alleviate it:

- Get plenty of sleep before you begin your trip.
- Stay well hydrated before, during and after your flight.
- Change your watch to the new time zone.
- Upon arrival, adjust your sleeping and eating schedule to the new time. If you simply cannot stay awake until bedtime, nap no more than 1-2 hours.

- Engage in social activities to help your body clock adjust.
- Eat protein and vegetables and avoid starchy foods like pastas, breads, and rice.

Many U.S. flights to popular European destinations leave in the evening. If you can take a morning flight that arrives to your destination in the evening, your body will be more or less on its usual schedule when you arrive.

Happy flying!



When This Happens, You Should...

Occasionally, symptoms in your mouth can be sending you signals. Here are some common problems and what you can do to have a healthier you!

➔ **BAD BREATH: Overload of bacteria in the mouth.**

The bacteria that break down food in your mouth excrete odor-producing materials. If not thoroughly cleansed away, the build up becomes obvious in breath odor.

What to do? Naturally, brush twice daily, floss, and use a tongue scraper to clear embedded bacteria in the tongue. Drink water and chew sugarless gum after meals to aid saliva flow, which washes away germs. Using saline nasal spray also helps. If these steps do not help, let us know at your next visit so that we may check into other areas.

➔ **CANKER SORES: Painful mouth sores that typically occur during times of fatigue or stress.**

Great, just when your immune system is already stretched thin due to stress or too much to do, here comes a canker sore! Ouch!

What to do? Over-the-counter medications can numb the pain, but so will swishing with warm, salty water. While canker sores can last a week to ten days, Dr. Barbat also provides highly effective in-office treatments to shorten the duration. Just try to realize its presence is signaling your life needs a slow-down to avoid reoccurrences.

New Patients WELCOME

Occasionally we are asked, "Are you accepting new patients?"

YES! New patients are always welcome. We are flattered that most new patients come to us from the recommendations of current patients. If you know others who would appreciate the care you now enjoy, please invite them to call (586) 739-2155 or visit WhereLastingSmilesBegin.com.