

THE MANY BENEFITS OF RESTORING A SMILE

One of the most rewarding moments I have as a dentist is watching my patients look at their new smiles in the mirror for the first time.

While some people pursue smile makeovers to have a more beautiful smile, others simply achieve a more attractive smile as a perk of tooth restoration.

The term "restoration" in dentistry (or "restorative dentistry") is the process of restoring health, function, and appearance to a smile. For Dan, his treatment priority was more about wanting to avoid dentures.

Over the years, Dan had been unknowingly grinding his teeth during sleep. Gradually, his teeth were being worn down. By the time he came to Dr. Barbat, Dan's teeth were very short and ground down to the third layer. Tooth loss was looming.

Dan states, "I've been out to dinner with people who wear dentures, and it is not a look I want." Testing in Dr. Barbat's office showed the cause of Dan's grinding (bite misalignment) and where adjustments could help resolve this tendency during sleep.

To protect Dan's remaining tooth structures and adjust for proper alignment, Dr. Barbat recommended crowns and veneers over existing teeth. Together, they discussed the length and pace of visits needed for tooth preparation and placement of the final restorations.

In Dr. Barbat's hands, Dan was always comfortable. "She gives you the option of sedation and leaves it up to the person. I had no pain," he shares.

Before treatment, Dan's teeth had gradually become so short they didn't show when he smiled. Although his smile's appearance was not his priority, Dan realized his teeth now show when he smiles. "It worked out perfect!" he adds.



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HOW TO GET PAST DENTAL FEAR

Research shows that our oral health has an important role in our overall health. Additionally, an appealing smile can enhance self-esteem and self-confidence.

Still, a number of people avoid the benefits of a healthy smile due to dental fear or anxiety. When regular dental care is avoided or delayed, it eventually leads to problems that become painful.

Many of these problems could have been avoided, but develop into something more complex.

Yet, how can someone with dental fear get past it to achieve a healthy smile?

In our Shelby Township dental office, we've helped many overcome their fears — for good!

"My dental fear was almost paralyzing. At my first consult, I sensed Dr. Barbat's calm, gentle spirit instantly. I felt no judgement, but a sense of connection and her sincerity. I'm almost over my fear now." – Celeste, Patient of Dr. Barbat

While I've developed a reputation for "painless" injections, I know that fearful patients need more than a gentle touch. They need compassionate caregivers who take their concerns seriously and respect their needs.

From the results we've seen our once-fearful patients achieve, I believe that is what we deliver. We have also created a booklet for those with dental fear. **"Guide For The Fearful Dental Patient"** is downloadable from our website or can be mailed upon request.

We also have special features and advanced technology to enhance comfort throughout each visit. For patients who desire the addition of sedatives, we offer oral sedation as well as IV sedation ("twilight sleep"). All sedated patients are attended to by specially-trained staff who use advanced safety monitoring equipment.

"I've had extensive treatment for dental implants and TMJ. Before, I was scared to see a dentist, but with Dr. Barbat, I'm fine in the chair. I've experienced no pain like I did in the past. She explains everything in advance and it's been great!" – Joann, Patient of Dr. Ban Barbat

If someone you know has avoided dental care due to fear, it CAN be conquered! Suggest starting with a no-charge, private session in our comfortable consultation room. Here, we can discuss concerns and offer an entirely new way of thinking about "going to the dentist."

Announcing...

SCHOLARSHIP RECIPIENTS

For the 19th year, we are pleased to announce recipients of the 2019 BAN R. BARBAT, DDS-PC SCHOLARSHIP:



Isabelle Teasel - A graduate of Utica High School, Isabelle will be attending Oakland University to begin her journey to become a physician. Her ultimate goal is to be a missionary physician in Africa. Through

her own experiences in years of medical treatment and physical therapy, Isabelle was exposed to admirable professionals who inspired her goals and her path to help others.



Madison Altman - A graduate of Eisenhower High School, Madison will begin pre-med studies at the University of Michigan to ultimately reach her goal of becoming a neurologist. Madison's career goals became

clear when a beloved aunt developed early on-set Alzheimer's disease. Her quest is to one day provide a facility to care specifically for people who have Alzheimer's, dementia, and other memory-loss illnesses.

Thank you to all high school seniors who applied and for the dedication and devotion of our teachers, who often spark the desire to serve others as they do.

COMMUNITY EVENT SPONSORSHIP

Friday, October 11th – We are pleased to be a sponsor of Shelby Parks & Recreation Dept.'s **Halloween Spooktacular & Movie Night**. Kids can 'Trick or Treat' along the paved pathway of Heritage Lake and then enjoy a fun movie. Pre-registration is required. Call 586-731-0300 or visit: www.ShelbyTwp.org.

SEND-A-FRIEND \$50 THANK YOU GIFT!



Special Offer for patients who refer family or friends:

For every new patient who becomes a new patient prior to September 26th, you will enjoy a \$50 credit. That's \$50 for each adult (over age 25) who schedules from your referral!

The credit(s) can be applied against your balance or go towards any procedure in the future.

PLEASE NOTE: Remind those you refer to provide your name when scheduling and begin with a comprehensive exam.

The Many Benefits of Restoring a Smile (continued)

When a smile is in the hands of a dentist who can provide all services in one location, the patient saves time, expense, and enjoys a lasting relationship. This means proactive and preventive measures can be taken as patients age and their needs change.

Too, a dental office that coordinates comprehensive oral care provides a team of doctors and staff who know your unique needs. Here, we can help you pace your dental care according to individual needs, goals, budget, schedule, and overall health.

We now know that a healthy smile is the foundation of good, overall health. We also know a smile you feel good about sharing can enhance self-esteem, confidence levels, and even perk up your mood.

If obstacles of cost, treatment time or fear have prevented you from achieving the smile you desire, ask for a private, no-cost session. During this time, we can discuss any concerns you have so you can make decisions that are individually appropriate.

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