



Smile Designs

with Dr. Stephanie Mapp



Fall 2010

Dear Neighbor...

Let's Exchange a Friendly Smile!

It sure feels good when you have a sense of community, and that's what neighbors and neighborhoods create, but it's not just the folks that live next door that make a community, it's everyone, including the shops and services.

Surveys show that people are concerned with having healthy, beautiful smiles. People also know that a healthy mouth is an intrinsic part of overall good health. We want to be part of that equation for our neighbors and we love to exchange smiles when we pass each other on the street!

Modern dentistry offers much more than it did even twenty years ago. Our range of services covers the regular treatments like examinations, fillings, and cleaning, but we also offer specialty services that address your most prominent concern: your smile.

These treatments are surprisingly affordable and take less time than you might think!

We can provide "instant orthodontics" with the application of porcelain veneers. These will eliminate stains and deformities, reduce the incidence of food getting caught between your teeth, make your teeth look even and straight, and best of all, whiten to a perfect smile.

Veneers only take a few hours over a few appointments and will be one of the best investments you ever make in your appearance. We love to smile at our neighbors and see you smiling proudly back! Talk to us about making our neighborhood Smile City!

— Dr. Stephanie Mapp



Visit us online at
www.familysmiles.com

Call Today!
(904) 215-3323

We welcome new smiles!

Dr. Stephanie Mapp

1515 Business Center Drive, Suite 1
Fleming Island, FL 32003-4401

Office Hours

Monday 8:30 am – 7:00 pm
Tuesday 8:30 am – 5:00 pm
Wednesday 8:30 am – 5:00 pm
Thursday 8:30 am – 1:00 pm

License #DN13848

**New Patient Exam and
X-Rays for \$99**

(Save \$78 for 0210 and 0150,
offer valid until December 31st, 2010)
For non-insurance patients.

Our Services Include:

- ❖ Family & cosmetic dentistry
- ❖ Tooth whitening
- ❖ Crowns & bridges
- ❖ Smile makeovers
- ❖ Relaxing & friendly environment
- ❖ New patients welcome
- ❖ Evening appointments
- ❖ TVs, videos, & music in treatment rooms
- ❖ Visa, MasterCard, American Express and CareCredit welcome



How Susceptible Are You?

Get to the root of the matter

There's a type of decay you may not have heard about. It can occur when the roots of your teeth have been left exposed by receding gums which are often caused by progressive gum disease. But recession is more frequently the outcome of brushing too hard. So root decay is associated not only with older adults, but with younger people who are susceptible too.

Once exposed, the soft roots of your teeth are even more defenseless against the acids formed by sugars than vulnerable teeth enamel. Yet believe it or not, root decay can be easier to treat. Why? Softer tissues can absorb healing fluoride more easily than tougher enamel.

Adequate fluoride, choosing alternatives to sweets, plus brushing and flossing and regular dental visits can help with *all* types of cavities.

From The Inside Out

Radiate confidence & personal power

There's a well-known, extremely well-documented scientific phenomenon called *the attractiveness effect*. You know – attractive kids get higher grades, and attractive adults get paid more. Now research shows that personality and grooming can boost high school grade point averages even more than beauty. This makes sense. When you look good you feel good, and just acting outgoing even if you don't feel it makes you happier, more optimistic, energetic, and confident.

Here's how cosmetic dentistry can light up your smile – and your charm quotient!

If you try to hide your stained, discolored, or dull-looking teeth ... you might only need a safe and effective dentist-supervised **whitening** treatment to get rid of stains.

If your teeth are worn, chipped, cracked, or poorly positioned ... dentistry can restore, reshape, and strengthen your teeth with natural-looking **crowns** or **bonding** techniques that are cosmetically pleasing. They'll make your smile brighter too!

If you have gaps between teeth ... bridge them with beautiful **enamel-colored crowns** or permanent **implants**. Camouflaging smaller gaps with **veneers** will enhance and re-proportion your smile.

There is nothing more charismatic than a genuine smile straight from the heart. If you're ready to match up the natural charm and potential you carry within with your warmest most-appealing smile, cosmetic dentistry can help. Please phone for a consultation and we'll show you how.



Don't Lose Out

Sometimes there's more than one price to pay

Can you really afford future lost workdays because you keep delaying necessary dental treatment you know you need? According to research, more than 80% of North American adults are fearful of dentistry, and more than half say it could keep them from going to see the dentist. Millions won't show up even for simple cleanings or preventive treatment that can keep their smiles healthy. Yet dental problems can often be taken care of quickly and easily if dealt with early enough. Don't let oral health problems like these keep you down.

■ Gum disease is progressive and can lead to...

- wobbly teeth
- bleeding gums
- sensitivity to hot or cold
- worn-down teeth
- toothache
- jaw joint discomfort
- receding gums
- lost teeth
- bad breath
- uncomfortable bridges and dentures
- misaligned teeth

Our dental team can help you avoid or treat any of these potentially serious problems by...

■ **Explaining** how many non-surgical techniques can improve jaw alignment, restore facial symmetry, correct bite problems, and replace missing teeth.

■ **Screening** for tooth decay and gum disease, and showing you home-care techniques that will keep your smile healthy and bright.

Please replace anxiety with action. Treatment can help you to feel more comfortable, look better, and socialize with greater assurance.



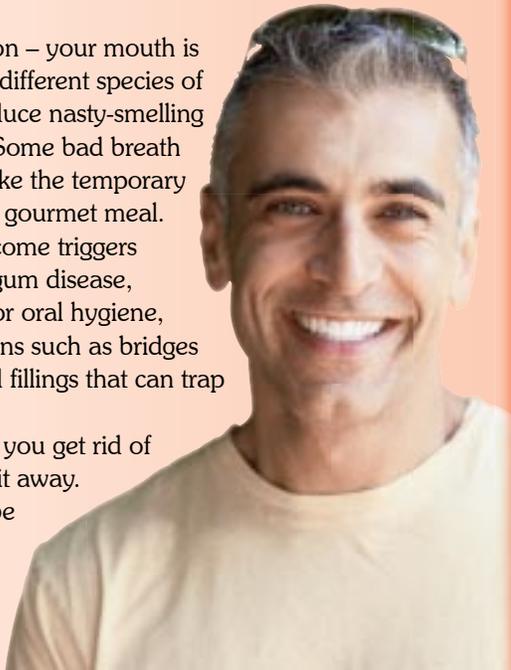
Halitosis Stole Your Harmony?

Take a breather

Like laughter, belting out a show tune is a super way to reduce the damaging effects of stress hormones on your body. But if the rest of the choir is moving up wind – look out – you may have bad breath!

Halitosis is common – your mouth is home to hundreds of different species of bacteria that can produce nasty-smelling volatile compounds. Some bad breath is to be expected ... like the temporary sacrifice for a garlicky gourmet meal. Longer-lasting unwelcome triggers include tooth decay, gum disease, insufficient saliva, poor oral hygiene, badly fitting restorations such as bridges and dentures, and old fillings that can trap bacteria.

Dentistry can help you get rid of bad breath and keep it away. Then you can relax, be proud, and sing out loud!



Spa-licious Tea Baths

You'll feel delectable

Herbal bath bags or bath tea bags are mixtures of aromatic herbs that can benefit your skin, relax you, and soothe aches and pains after a hard day.

Here's a super-simple recipe using teas you have on hand...

- Take 4-6 favorite herbal tea bags such as
 - soothing lavender
 - reviving peppermint
 - comforting chamomile
 - restoring lemon verbena.
- Tie in cheesecloth or very fine netting in case of a tear.
- Hang the sachet on your tap, making sure the hot water runs through it until the tub is filled.
- Lay back and let the bag float in the tub with you.

You'll enjoy it so much, you'll want to make pretty organza or muslin drawstring gift bags, and share them with your friends!

Take A Look!

Take advantage!

Offers end December 31st 2010

Whitening Special!

**50% off Just in time
for the holidays**

Regularly \$399 Code 9972

**Current exam and x-rays
required. Call for details**

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oral cancer screening, and full
mouth x-rays**

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Offer valid to those 16 and older

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for all patients who complete
Invisalign treatment!



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Understand Your Insurance

Our dental office offers comprehensive, professional dental health care. Another ally in maintaining good oral health is dental insurance. For those fortunate enough to have dental benefits, there are some facts about dental insurance you should know. This can avoid misunderstandings about your coverage which can impact your oral health.

Dental insurance is a contract between you, your insurance company and your employer. The amount of benefits you are entitled to is related to which type of plan your employer has purchased. Dental offices file this insurance as a courtesy to their patients.

Most dental insurance plans will help defray the cost of dental care, but will not cover all necessary treatment. The level of dental care that is right for you is determined by you and your dentist. It is not and should not be dictated by the type of plan.

Most dental plans have a set limit on benefits for their benefit year. Any unused benefits do not roll over to the next year. Instead, any benefits not used are lost forever.

Our office works hard to help you make the most of your dental insurance plan. If you have any questions, we are here to help. Don't miss out on your 2010 dental benefits.

Call today to schedule an appointment!

