

## Dental News and Views

### AMES DENTAL CENTER

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**It is no disgrace to start over. It is usually an opportunity.**



Sick or well, the trick to growing old successfully is to keep from getting lazy - either above or below the neck.



Spring has finally arrived and all of us at Ames Dental Center are as pleased as you must be about that.

Several changes have taken place at the office and we are really enjoying our new office. We have received many compliments about the expanded reception room and its warm decor. For those of you haven't visited the office lately, you are in for a comfortable treat when you do visit us.

In the treatment area, we have also made some nice changes-the most visible of which is our new state-of-the-art intraoral camera and accompanying monitor that enables the patient to see inside their mouth. Likewise, the consultation room has been updated with some new high-tech equipment and even the restroom has received many compliments. It's really nice to do our work in such a nice facility that is enjoyed by both the employees and the patients.

Several doctors have visited our office to see what we have.



The March 1, 2007 issue of The New England Journal of Medicine cites a study that strengthens the link between gum and cardiovascular disease. New research has been completed which strengthens the link between periodontal disease and blood vessel dysfunction. A link was formed between early indicators of atherosclerosis and periodontal disease. However, blood vessel dysfunction can be improved by an intensive regimen of periodontal treatment. In the study, the group receiving intensive periodontal treatment showed statistically important improvements in blood flow within two months of treatment. This is just one more study emphasizing the importance of having your teeth cleaned professionally on a regular and timely schedule.



Should your teeth bleed when you floss?

Under normal circumstances, no. There may be instances when your gums bleed because of an injury (like when you burn your mouth on a slice of pizza) or due to hormonal changes (some women are prone to inflamed gums during certain times of the month). Bleeding during flossing may be a sign of periodontal disease and should be discussed with Tammy, our hygienist, or Dr. Ames. It would also be good to discuss the right way to floss with one of them.



With proper diet, rest, and exercise, a healthy body will last a lifetime.

~ Anonymous



Be humble or you'll stumble.

~ Dwight Moody

#### Recipe of the month:

### Pasta Salad

1 small package thin spaghetti, cooked  
2-3 small zucchini  
1 small can sliced black olives  
1 cube colby or cojack cheese  
1 bottle zesty Italian dressing

Cut zucchini and cheese into bite sizes. Place into cooked and drained spaghetti. Add black olives (drained) and bottle of Italian dressing. Toss and chill for 4-5 hours before serving.



Often, all it takes to go from "perfectly presentable" to "positively gorgeous" is a great smile.



Our "New Patient Incentive Program" has been quite a big success. We have included a copy of that program below. The bottom line of the program is a savings of over \$250 initially for the new patient. Their only expense is for a thorough and professional cleaning. There is also a nice savings for the referring current patient in excess of \$100.

Everyone likes value today and with the quality that our office delivers - this program has been and is a big success.

## NEW PATIENT INCENTIVE PROGRAM

Although many of our patients have followed us to Schererville, some opted not to follow. We remain grateful for their past confidence and wish them well always. Our doors will always remain open to them should they desire to return. This has left us with an opportunity to once more expand our practice and is one of the reasons for the physical expansion and remodeling of our great office.

If you are a current patient and would refer or recommend a new or former patient that has not yet been in our Schererville office, we will acknowledge your confidence in the following manner.

1. The new patient or former patient that has not been in our Schererville office will receive the following:
  - A. No fee for the initial examination.
  - B. No fee for any necessary x-ray.
  - C. Pay the regular fee for a thorough cleaning.
  - D. No fee for fluoride treatment.
 This is a great savings of several dollars.
2. The referring current patient will receive their next cleaning free of charge. This can be passed on to a family member if desired. The periodic exam and any necessary x-rays would also be free of charge. This is more savings of several dollars.
3. There is only one stipulation - The new patient must like Ames Dental well enough from their first experience - to reappoint within 6 months for a regular cleaning and exam at regular fees and keep the appointment.

We are most happy to pass on these savings, but we do not wish to be taken advantage of.

Although Dr. Ames has a passion for aesthetic or cosmetic dentistry, he still loves and does a lot of general dentistry. He enjoys the variety of treatment possible for today's modern dentist and has never wanted to limit himself to one specialty.

In line with that is his desire to constantly improve his skills and knowledge - even after many years of practice.

This year alone, he attended a major meeting in Chicago in February and in April took an advanced course on porcelain veneers from Dr. Robert Nixon. Dr. Nixon is an internationally recognized cosmetic dentist from Beverly Hills, California.

## Patient of the Month

Our patient of the month is June Wilson of Valparaiso. June was wondering if something could be done to improve the appearance of her smile. In particular, she was not happy with the dark color of her teeth at the corners of her mouth. Her case was a very interesting case from more than just the areas at the corners of her mouth. Her six anterior or front teeth were very opaque. These teeth had been restored some time ago and metal was used on the back of the crowns to make them stronger. However, the metal is hard to block out color-wise and the subsequent crowns often had a very opaque appearance as well as dullness at the gum line where the porcelain is thinner as it blends in with the root of the tooth. You probably know patients with such crowns. I had them myself at one time. With today's new materials, we don't need to reinforce the crowns with metal in most cases and the porcelain is strikingly beautiful. You can't tell between such all-ceramic crowns now and real enamel. June also had some special consideration with her "bite" that definitely needed attention to be able to finish the case in the right manner for both beauty and function.



Anyway, all of our goals for June were attained and she is very happy with the result. She was a most gracious and cooperative patient. It's always special when everyone is happy with the result.



### Recipe of the month:

#### Grilled Zucchini

1-3 medium sized zucchini  
1-2 red onions  
fresh garlic  
seasoned salt to taste  
butter  
tin foil

Cut zucchini into diagonal, thin strips. Lay on tin foil, add thinly sliced red onions, cubed butter, fresh garlic and seasoned salt. Wrap up foil and place on grill for approximately 1/2 hour.

*In this issue of Dental News and Views, we have enclosed a copy of an article written by Jerry Davich and placed in The Times newspaper during Winter of 2006. Several people have requested copies of the article concerning Dr. Ames and how he happened to pick Dentistry for a career.*

## A smile - "the center of everything"

### Creating smiles: A twofold mission for Dr. John Ames in Schererville

While wondering what to do with his life, young John Ames routinely rode his bicycle past the office of a downtown Hobart dentist. Once, on his way to Lake George to go fishing, Ames noticed something intriguing outside the dentist's office: A shiny new car and a "Gone Fishing" sign hung on the door.

"Hmmm," Ames thought to himself. "That's not too bad of a career."

Ames' father toiled for 44 years at U.S. Steel in Gary, and the youngster wasn't totally convinced that mill work was for him, too. Sticking his hands in mouths all day seemed a more suitable work option than sticking it out in dirty steel mills all his life, he figured.

After graduating from Wheeler High School, the small-town kid attended Indiana University in Bloomington, where he found more students in his freshman chemistry class than his entire hometown.

Though his mother believed in his choice of attending college and the value of a degree - often giving him her last \$5 to take a bus to IU - his father believed that Ames may have been wasting his time away at school. But, his father figured, at least a year or two of college would help his son someday land a better job inside the mills.

But Ames, who is a graduate of IU, felt differently. Dentistry was his calling, pure and simple.

Ames still follows his calling, happily practicing dentistry in Northwest Indiana, first in the Valparaiso area and now in Schererville with Ames Dental Center.

"It's what I do, it's who I am," says Ames, who flashes the genuine smile of a child.

Since choosing dentistry as a career, Ames has traveled the world to learn the latest techniques and procedures. He has more professional affiliations than a chamber of commerce board room, including a Fellowship in the Academy of General Dentistry, an honor awarded to only five percent of all dentists practicing in the United States.

But, as Ames says, "I could plaster my walls with all my awards and certificates but it won't mean a thing if my patients aren't happy with my work." Plus, Ames finds it rewarding to offer his time and expertise to patients in need, especially those needing cosmetic dentistry.

"A smile," Ames says, "is the center of everything."

Ames also routinely puts his money where his mouth is by backing up his office's motto: "No matter what your social or economic status is, we see everyone's importance."

Ames doesn't blink at some cases that demand his time from 9 a.m. to 6 p.m., straight through without a lunch break.

Just over a year ago, he moved his Valparaiso office to Schererville and is rebuilding his patient base with one smile at a time. He diligently works four days a week. He has no plans of retirement. Ames lives in Valparaiso with his wife, Sandra.

The Northwest Indiana native is wondrous like a kid when it comes to his industry's constantly updated equipment, technology and training. And he continues plowing through trade journals, manuals and newsletters like a freshman dental student.

"It's what I want to do with my life," he says.