

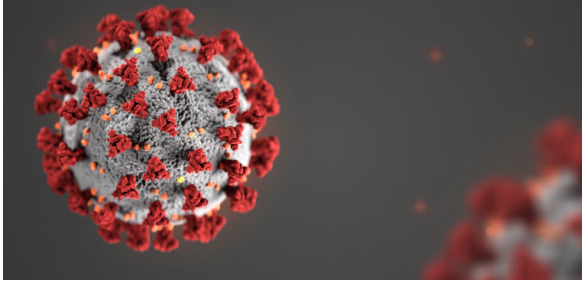
The Smile Times™

The official newsletter of Diamond Dental Service

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754 S. Rand Rd., Lake Zurich, IL (847) 550-3135

LIVING IN A PANDEMIC



DENTAL ISSUES SKYROCKET DURING COVID-19

A recent poll shows that dental issues have skyrocketed since the start of the COVID-19 pandemic. Cracked teeth are up 63%, teeth grinding and clenching is up 71%, and TMD symptoms, like headache and jaw pain, is up 62%. The sharp increase in these conditions is made worse by the fact that an estimated 46.7% of Americans delayed dental treatment during the COVID-19 pandemic.

Many people do not fully realize the importance of seeing the dentist for a chipped tooth, a small painless crack, or clenching and grinding, says Dr. Alma Lombardo of Diamond Dental Service in Lake Zurich, IL. "People think that a lack of pain or visible damage means it can wait, but bacteria grows in chips and cracks and eats away at the tooth. Cracks can get bigger and teeth can break." Furthermore, cautions Dr. Lombardo, "Grinding and clenching causes serious damage to teeth and sleeplessness."

Prompt treatment for minor problems is often simple and straightforward, but delaying treatment can result in increased discomfort and expense. It is highly recommended that people maintain a regular dental appointment schedule, and those who skipped the dentist because of COVID-19 fears should see their dentist as soon as possible.

DENTURES, IMPLANTS, BRIDGES, OH MY!

THANKS TO MODERN DENTISTRY, THERE IS A TOOTH REPLACEMENT SOLUTION FOR NEARLY EVERYONE



By age 44, nearly 7 in 10 Americans have lost at least one tooth. That number climbs to 6 or more missing teeth by age 50, and over 12 missing teeth by age 65. Fortunately, modern dentistry offers numerous solutions which allow people to maintain a full set of functional, great-looking teeth.

Today's most popular option is the dental implant. A dental implant is a replacement tooth root, shaped like a screw, that is placed in the jaw bone. After healing, a synthetic tooth is placed on the implant. Implants look, function, and are cared for mostly like real teeth. Implants can replace anywhere from a single tooth to an entire mouth of teeth. With proper care, quality implants can last a lifetime.

Traditional bridges are also a popular form of tooth replacement. When one or more missing teeth are surrounded by healthy teeth, a bridge of replacement teeth can be made to replace the missing teeth. Instead of an implant, the existing healthy teeth serve as an anchor for the bridge. A bridge initially costs less than implants, but patients cannot eat very hard or sticky foods. Bridges also require more care and may need replacement every 5 - 10 years. Still, bridges are often the preferred choice for people with periodontal disease in remaining teeth, diabetes, tobacco users, and those taking certain medications. A person's dentist can help them determine whether implants or bridges are the right choice.

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THE DOCTOR'S CORNER



Alma Lombardo, DDS
Founder of Diamond
Dental Service

Studies show that millions of Americans have delayed dental care because of COVID-19 safety concerns. I am very worried about the long-lasting effects these delays could have on a person's oral health. Getting one's teeth cleaned at least every 6 months is extremely important. Regular exams allow us to identify problems before they get worse, more painful, and more expensive to treat. Exams let us look for initial signs of oral cancer which is very treatable when caught early. We get to look for early signs of decay and periodontal disease while there is still time to save a tooth and avoid the need for an implant or root canal. Please, see your dentist, or call our office today. We have made it very safe to visit.

Limited-Time Specials:

Free Consultation for Implants, Bridges, or Dentures (\$110 value)
 New Cases Only. Not valid with insurance. Must Present Coupon at 1st visit. Exp. 8/30/21. Cannot combine with other offers.

Adult New Patient Cleaning, Exam, X-Rays, Fluoride & Oral Cancer Screening Only \$129 (\$480 value)
 In presence of perio. disease, special is \$79 without cleaning. Exp. 8/30/21. Cannot combine with insurance or other offers.

School Exam & Cleaning, X-Rays & Fluoride Only \$79
 New patients 14 & under without perio. disease or insurance. Exp. 8/30/21. Cannot combine with other offers.



Take a Virtual Tour!
www.LZdentist.com



ABOUT DIAMOND DENTAL SERVICE

Diamond Dental Service is a full-service family and cosmetic dental studio conveniently located between Costco and Walmart in Lake Zurich, Illinois at 754 S. Rand Rd. The office prides itself on having the latest and most advanced technology to ensure the highest level of patient care and safety. All of Diamond Dental's team members regularly participate in professional training and continuing dental education programs to stay at the forefront of modern dental procedures and patient satisfaction. We invite you to visit us!

FEATURED SERVICES:

- General family dentistry
- Invisalign
- Implants, Crowns and Bridges
- Dentures
- Zoom Teeth Whitening
- Veneers
- Root Canals & Extractions
- Emergency Treatment
- Sleep Apnea Treatment
- TMJ Disorders
- Night Guards and Sports Guards
- Periodontal Treatment
- Botox, Juvederm, Xeomin, and Restylane

IN-NETWORK PROVIDER:



Don't see yours? Just ask!



DIAMOND DENTAL HIRES, OPENS NEW SURGICAL SUITE

Diamond Dental is pleased to announce the opening of a new, state-of-the-art private surgical suite in its Lake Zurich, Illinois office. "Op. 4" is in a separate room with full doors which allows added privacy and enhanced infection control during more complex or lengthy procedures, such as implants and root canals. Diamond Dental is also excited to announce the addition of another amazing dental hygienist to its team of talented professionals. The addition of a new dental chair, and another dental hygienist, allows Diamond Dental to offer its patients even more choice when scheduling appointments, including at the most popular times - before and after work, and at lunchtime.



WHAT DOES THAT DO?

The device in this photo is a CBCT, or Cone Beam Computed Tomography system. The CBCT rotates around the head, capturing data with a cone-shaped X-ray beam. A special computer then analyzes the data and assembles a 3D image of

designated areas such as the teeth, mouth, jaw, neck, ear, nose, and throat.

In addition to providing three-dimensional images to help doctors treat their patients (normal X-rays are 2D), a major benefit of the CBCT is its ability to capture images of soft tissue and dental structures which help doctors perform root canals and plan and prepare for implant placements.

A CBCT scan gives a highly detailed and in-depth view of teeth, gums, nerves, jaw, and sinuses. It can even help to detect and locate cavities, cancers, airway sleep disorders, TMJ issues, fractures, tooth root infections, and gum problems.

The CBCT is vastly superior to a standard panoramic X-ray, and it emits far less radiation than a medical CT scan. Doctors even have the ability to increase or decrease CBCT radiation to expose the patient to the least amount necessary to obtain the required image.

Dr. Lombardo is committed to remain at the forefront of advanced dentistry and to offer her patients the best service possible, and so Diamond Dental Service in Lake Zurich, IL is proud to offer this advanced CBCT system in its office.

WINNER OF APPLE WATCH ANNOUNCED



CONGRATULATIONS JOHN SCHOEPS!

On April 6, 2021, John Schoeps became the latest winner of Diamond Dental Service's Patient Appreciation Contest, taking home a brand new Apple Watch. Every 3 months, Dr. Lombardo announces a new winner. In 2020, Diamond Dental Service gave away some truly awesome prizes, including an iPad, a Roomba Robot Vacuum, a 55-inch HDTV, and for the final drawing in 2020 a massive 65-inch Ultra-HD Smart TV with Roku. The contest is part of Diamond Dental Service's Diamond Rewards VIP Program, which proves that visiting the dentist can actually be a lot of fun. The next big prize is a massive, 5-Burner stainless steel NexGrill, just in time for summer. All Diamond Dental patients are eligible to enter the contest and can get more details at their next appointment.



DIAMONDCARE PLAN NOW AVAILABLE FOR THOSE WITHOUT DENTAL INSURANCE

An estimated 74 million Americans do not have dental insurance, causing many people to avoid the dentist. But skipping the dentist increases the risk of Heart Disease, Clogged Arteries, Stroke, Kidney Disease, Bad Breath, Periodontal Disease, Yellow or Brown Teeth, Tooth Loss, Oral Cancer, Pneumonia, pain and discomfort, and other serious health problems. Dr. Lombardo strongly believes that everyone should have access to affordable, quality dental care, so she created the DiamondCare Plan, available only at Diamond Dental Service in Lake Zurich, IL. For less than \$1.00 a day, DiamondCare members receive regular dental cleanings and exams, X-rays, fluoride treatment, oral cancer screenings, emergency exams, digital intra-oral scans, and much more. DiamondCare members also receive major discounts on most other treatments at Diamond Dental Service. Family discounts are also available. For more information about DiamondCare, please call Diamond Dental Service today at 847-550-3135 or visit www.LZdentist.com.



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ASK THE DOCTOR:

What is a "deep cleaning," and do I really need one?

If you were given just one car to own your entire life, would you merely spray the road salt off the hood and doors all winter, or would you also wash under the car to prevent rust and permanent damage to the most critical parts?

Your teeth are like that car. People only get one set of adult teeth to last a lifetime. So, when your dentist or hygienist informs you that you need a "deep cleaning," listen carefully to them.

The term "deep cleaning" is an imperfect nickname for a serious dental procedure called scaling and root planing, or "SRP." Regular cleanings prevent gum disease before it forms, whereas SRPs treat gum disease that has already formed. Both regular cleanings and SRPs clean tooth surfaces and the gum line, but during an SRP, the hygienist removes bacteria from diseased gum tissue below the gum line and at the tooth root. SRP's usually require local anesthetic, and may involve multiple visits to the office.

Whether a patient needs an SRP is based on objective, measurable facts gathered during a dental exam where gum pocket depth is measured, X-rays are taken, bone and tissue health is evaluated, and the patient's medical history is reviewed. When periodontal disease is detected, an SRP is necessary and a regular cleaning is not sufficient. The SRP, together with improved oral hygiene habits at home and slightly more frequent dental cleanings, should slow the progression of gum disease and hopefully prevent tooth loss and other serious problems for patients.



GREAT (MEAT)BALLS OF FIRE!

Almost everyone loves a good Italian meatball, either with pasta and a fresh marinara sauce, or on French bread with cheese and peppers. But those frozen, store-bought meatballs always taste a bit "off," and it can be a bit intimidating to try and make Italian meatballs from scratch. But food lovers rejoice! With this simple recipe, anyone can enjoy restaurant-quality meatballs right in their homes. Plus, these should last for weeks in the freezer and this recipe makes enough for several family meals.

Ingredients: 1 lb. ground beef (80 or 85% lean), 1 lb. ground pork (or use 2 lbs. ground beef if you do not like pork), 2 eggs, 2 cups plain breadcrumbs, 1 cup fresh grated parmesan cheese, 1/2 cup minced yellow onion, 3 tsp. minced garlic, 2 tbsp. chopped basil, 2 tbsp. chopped parsley, 1 tbsp. chopped oregano (all of these should be fresh, not dried).

Preheat oven to 400 degrees. Put all ingredients in large mixing bowl and mix thoroughly with hands. You can lightly coat your hands in olive oil to prevent sticking. Lightly coat two large, dark cookie sheets with olive oil. Form meatballs just over 1 inch in diameter and spread evenly on cookie sheets. Bake both cookie sheets in oven on separate racks (upper and lower) for 10 minutes, then switch upper cookie sheet to lower rack and vice-versa, and bake for another 10-12 minutes. Use meat thermometer to test center of meatballs - remove from oven at 165 degrees internal temp.

At this point, the meatballs will be "done," but for a much richer, flavorful meal, place the desired number of meatballs in a medium or large pot and cover completely with your favorite marinara sauce, then cover and simmer on very low heat for another 15 minutes. Serve over fresh pasta or on French bread topped with mozzarella and baked in oven at 450 degrees or until cheese is melted and golden brown.

Freeze all leftovers, with or without marinara sauce. When you're ready to enjoy the leftovers, place the frozen meatballs in a pot, cover completely with marinara, cover and reheat on low (simmer) for approximately 15-20 minutes or until meatballs are hot. Be sure to use enough sauce to prevent evaporation and drying out when reheating. Buon appetito!



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WORK-FRIENDLY HOURS:

MONDAY 7AM-4PM
TUESDAY 11AM-7PM
WEDNESDAY 7AM-4PM
THURSDAY 11AM-7PM
SATURDAY 9AM-2PM

Call or Schedule Online Today!