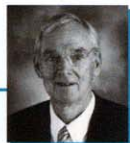


From Your **DENTIST**



Dr. Renee Maikon



Dr. David Wolf



Jody Anderson
Dental Hygienist



Angela Hess
Dental Hygienist



Brenda Buscher
Dental Assistant



Teresa Haddad
Dental Assistant



Kim Beck
Dental Receptionist

Office Information

Family SmileCare Center, PLC
1630 32nd St. NE
Cedar Rapids, IA 52402
Phone: 319-362-8657
Fax: 319-362-1824
email: familysmilecarecenter@mchsi.com

Office Hours:

Monday..... 7am to 6pm
Tuesday..... 7:30am to 6pm
Wednesday..... 7:30am to 5pm
Thursday..... 7am to 3pm
Friday..... 7:30am to 12pm



Family SmileCare Center, PLC

Newsletter Winter 2007

Our Mission: Helping you keep your smile for a lifetime.

Whiten Your Smile!

Your smile is the first thing others notice about you. Like it or not, it says more about you than any other physical feature. Whitening your smile is one of the least expensive and least invasive ways to enhance your appearance.

You may think there is only one way to brighten your smile. Maybe you think you can't afford it. Things have changed. There are several options for whiter teeth that fit every lifestyle and checkbook. Allow us to introduce you to several premium whitening products available at Family SmileCare Center, PLC.

Over-the-Counter Alternatives:

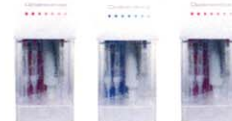
Whitestrips Supreme from Crest. Like the version seen in stores, these strips are available only through dental offices. They contain a high percentage of hydrogen peroxide, the same whitener used in most professional tooth-whitening methods.



Treswhite by Opalescence. Treswhite comes in disposable one-size fits all trays (not strips). It is prescription strength formula. This option is a step up from strips because it covers all of your teeth and there is more gel touching each tooth.

Customized:

Opalescence Take-Home System. This option is the most ideal whitening system on the market. Everything about it is customized. In addition to customized trays, you'll be sent home with opalescence gel that contains prescription strength hydrogen peroxide. The longer you leave the trays in your mouth, the whiter your teeth will be, and the longer they will stay that way. We follow your progress in order to enhance the system's effectiveness.



In-Office:

Opalescence Boost. Many people do not like wearing strips or trays. Opalescence Boost is a powerful whitening solution that whitens your teeth in the dental office without the fabrication of custom trays. However, long term maintenance may be more expensive than other methods.



After Care:

Once you have a whiter smile, you'll want to keep it that way. Every year or so, after your initial whitening, you will need to rewhiten for a few days. Our teeth darken naturally due to the foods we eat and aging. For those patients who have the custom-made trays, all you need to purchase is more gel, which at this time is less expensive than a box of Whitestrips Supreme or Treswhite. For those patients who do not have custom-made trays, you will need to purchase Whitestrips Supreme or Treswhite or come in for a session of in-office whitening.

Let us help you find the right whitening option that will fit your smile and lifestyle.

