

! THE CENTER FOR DENTAL EXCELLENCE

All Dental Specialists In One Excellent Location

Produced for the patients of The Center For Dental Excellence

from your CDE Family

OCTOBER IS NATIONAL DENTAL HYGIENE MONTH!



To keep you healthy, here's what your favorite Dental Hygienists want YOU to know...

STEFANIE

Whether we see you every 3 months, 4 months, or twice a year, 361-363 days a year your oral health is up to you! Your passionate hygienists recommend brushing two times a day for 2 minutes, flossing or waterpiking daily, and using an alcohol-free mouth rinse.

SUZANNE

Remember that along with cleaning your teeth, we also check for oral cancer, take X-rays to catch issues early, and do an overall evaluation of the condition of your mouth. As we've discussed before, there is a big correlation between the health of your mouth and your overall body health.

DARLYNE

Most anyone with gingivitis and/or periodontal disease needs to do more than brush twice and floss once daily. Interdental aids (picks, brushes, stimulators, etc.) and/or a water flosser are necessary for them to have healthy gums.

MARY

As far as home care goes, what works for one person may not work 100% for others. Of course, we all need to

brush and floss, but one person may need additional tools such as a proxabrush or advanced floss picks to help reduce inflammation and restore their mouth to good health. Sometimes we see an area that needs to be brushed at a different angle and we figure it out together. Great dental health results from your individualized home care routine and finding out what works for you!

RACHEL

I care about more than just your teeth! I love chatting with you to get to know you. Our conversations often give me more insight to cater my instructions to each individual. I get the chance to get to know you AND help you keep or obtain that healthy smile.

SHEREE

Smiling is your superpower! Smiling releases endorphins and serotonin. Together, these brain chemicals make us feel good. Not only do they boost your mood and lower your blood pressure, they also relax your body and reduce physical pain. Smiling is a natural drug. Give it a try!

All of us want you to know that we love having you as our patients and seeing you regularly!

THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!

CDE Celebrates *Workiversaries!*

We are so grateful to have these three talented women on our team! Hygienist, Darlyne, is celebrating her 20th workiversary, while Dental Assistant, Franny, and Appointment Coordinator, Andrea, have both reached their five-year milestone.

Darlyne shared the following memory . . . September 11, 2001, was my first day as a full-time employee at CDE. On that day, I was grateful to be close to home and near my daughter who was in lockdown at Parker JHS. During the past 20 years, being a part of CDE has made me feel a bigger part of the Homewood-Flossmoor Community. During this coronavirus pandemic, it is heartwarming to be a part of this awesome, connected community and a part of CDE that is here for residents to improve and maintain healthy smiles.



◀ Flossmoor Fest was back and better than ever this year! Thank you to all of our patients who stopped by to say hello. Mr. Byron shared that he started seeing Dr. Berlin when he was 8 years old! We won't give away his age, but he might win an award for the number of years he has been part of our CDE Family!

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Darlyne Klages Hygienist
Stefanie Kozlowski Hygienist
Mary Claahsen Hygienist
Sheree Wertz Hygienist
Rachel Washington Hygienist

Do you struggle with Gum Disease?

Ask your Hygienist about Perio Protect!

We started using Perio Protect at CDE in June of 2020 and our patients who have chosen to use this system have seen significant improvements in their gum health.

Advanced gum disease has traditionally been treated through a series of surgeries. The Perio Protect Method can be used to help prevent the need for surgery or as a follow-up to surgery to ensure the best possible patient outcome.

The earlier the disease is detected, the less likely there will be a need for surgical intervention.

Perio Protect uses soft flexible customized trays with a special

sealing system that helps deliver medication deep into periodontal pockets where your toothbrush and floss cannot reach.

The bacteria that cause gum disease can create a foul odor. By treating gum disease, we are able to significantly improve hygiene and create brighter smiles.

If you would like healthier gums, fresher breath, and whiter teeth, ask your hygienist about Perio Protect at your next visit!

Warning: Side effects may include fresher breath and whiter teeth!