

Help Us Celebrate Our 30th Anniversary in 2008

I was talking with a friend the other day and he congratulated me for practicing dentistry for 30 years.

That's when it hit me just how fortunate I have been to enjoy a successful dental practice with a dedicated staff and loyal patients—not for 10 or 20 years, but for 30 great years. To think that my practice is now starting its fourth decade!

Amazing.

It got me thinking that this would be a great time for us to invite our friends, patients and colleagues to an “anniversary celebration”—to thank everyone for their loyalty and support over the years.

So please mark your calendar for Thursday, May 8. You are cordially invited to attend an Open House at our office from 5:00 to 7:00 p.m. We will have hors d'oeuvres to snack on and good fellowship for all to enjoy. Stop by for 10 minutes or an hour. We will enjoy seeing you and having you help us celebrate.

It seems like just yesterday that I was receiving my diploma from the University of Michigan and showing up for work on my first day as a dentist. How time flies! When you enjoy what you are doing, it makes for some great memories. This is time to sit back and thank everyone—the patients, staff and colleagues who have helped me pursue and be successful at my profession.

Hope to see you on the 8th of May!

Something to Chew On—Foods That Promote Healthy Teeth



We all know that brushing and flossing are important for maintaining a healthy smile.

But there are also specific foods we can eat that will improve our oral health. These aren't just foods that are easy to eat or sugar-free. They have the potential to provide nutrients that are key to keeping teeth healthy.

Here are some tips from Dr. Mary Hayes of the American Dental Association on how to eat for a healthy smile:

- 1. Do dairy.** Not only do milk products contain calcium but milk, yogurt and cheese can raise the pH level in the mouth. That helps neutralize acids that can cause cavities.
- 2. Crunchy cleans.** Crisp fruits and vegetables help scrape off debris and plaque from teeth.
- 3. Vitamin C for the gums.** Foods high in vitamin C can help prevent gingivitis, the first stage of gum disease.
- 4. Chewing is good.** The American Dental Association says chewing sugarless gum for 20 minutes a day can help prevent tooth decay by stimulating saliva. Chewing gums with xylitol can even reduce cavities.

[continued on page 3](#)

Save the Date!

**DR. GARY FEUCHT'S
30th ANNIVERSARY OPEN HOUSE**

Thursday, May 8

5:00—7:00 p.m.

**40400 Ann Arbor Road, Suite 103
Plymouth, MI 48170
(Between I-275 and Haggerty)**

Have Fun with This Dental Trivia

- The average American spends 38.5 total days brushing their teeth over their lifetime.
- 73% of Americans would rather go grocery shopping than floss their teeth.
- Children in North America spend nearly \$500 million dollars on chewing gum.
- More people use blue toothbrushes than red ones.
- Like fingerprints, everyone's tongue print is different.
- The average toothbrush contains about 2,500 bristles grouped into about 40 tufts per toothbrush.
- The average woman smiles about 62 times a day. Men—8 times a day. Children laugh 400 times a day. Grownups—15.
- In 2002, Americans spent nearly \$2.025 billion on Halloween candy. That would fund the National Institute of Dental and Craniofacial Research for almost six years.
- The most valuable tooth on record belonged to Sir Isaac Newton. One of Newton's teeth sold in London in 1816 for \$3,633, or about \$35,700 in today's dollars.

According to *Money* magazine, the average "Tooth Fairy" payment today is about \$2.00 per tooth.

Visit our website at:

www.PlymouthDentistry.com

Regards and an update—from Ellen

NOTE: We thought we'd pass along this letter from our former dental hygienist, Ellen, who has moved on to other pursuits.

"By now you know I have accepted a position with the University of Michigan Hospitals in the Dept. of Anesthesiology, and am no longer employed by Dr. Feucht.

I wanted all of you to know how much it has meant to be to be your dental hygienist for the last eight years as I strived to give you the best care possible.

I enjoyed seeing and talking with each of you and have many fond memo-

ries. I appreciate the trust and loyalty you have shown me. I am very sorry that I couldn't say goodbye to each of you individually.

My family and I will remain as patients of Dr. Feucht, as I admire and respect his quality dental care and know that his staff is committed to making your experience as pleasant as possible when you visit the office.

Maybe we'll run into each other at the office or around town!

Thank you so much for your support."

Ellen

Foods That Promote Healthy Teeth

continued from page 1

5. Not all candy is bad. The oils in nuts and even chocolate can decrease the activity in the bacteria that cause decay.

6. Eat acidic foods as part of complete meals. More saliva is formed, which helps wash the food, and acid, away from your teeth.

7. Drink water. Good advice for just about every health issue.

Got A Dental Emergency?

Call: (734) 459-7110.

Your call will be forwarded to Dr. Feucht. We do not use an answering service. Emergencies happen, and we are here when you need us.

The Importance of Periodic Teeth Cleaning

Including a routine comprehensive cleaning, or *prophylaxis*, as part of your dental health care helps prevent gum disease, such as gingivitis and periodontitis. Cleaning typically includes removing plaque and calculus from teeth above the gum line (scaling), and below the gum line (root planing).

First, debris is removed on and around the teeth with

compressed air, water, floss and bacterial mouth rinses. Scalers and planers are then used to manually scrape plaque and calculus from each tooth.

Next, teeth are polished with mild abrasive paste. Polishing removes stains and keeps plaque from sticking to smooth tooth surfaces.

Gingivitis—an inflammation of the gums with some

redness or swelling—requires scaling, perhaps with topical anesthetic to numb the gum’s surface nerve endings, or gel applied to teeth to soften calculus and make scaling easier and less painful.

Both root planing and scaling are required for *periodontitis*, which occurs when infection spreads to underlying bone and gums pull away from the teeth. An injection of lidocaine helps deaden nerves deep within the gum.

Schedule Your Cleaning Today!

Don’t put off having your teeth cleaned any longer! Call us today to make an appointment that’s convenient for you.

(734) 459-7110

In our Spring 2007 newsletter, we began reporting on Dr. Gary Feucht’s fishing exploits, with a picture of the intrepid doctor and the 30-pound grouper he valiantly snared off the Gulf of Mexico.

Over the recent holiday vacation Dr. Feucht was at it again. This time, he snared this prize specimen—a 36-inch King Mackerel (see photo on right).

It is Dr. Feucht’s hope that you’ll forgive his choice of fishing attire and concentrate instead on the fish he caught!

P.S. Despite the t-shirt, this is NOT an endorsement for soft drinks!

More Feucht’s Fabulous Fishy Tales



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Monday, Wednesday, Thursday

8:00 a.m. until 7:00 p.m.

Tuesday

8:00 a.m. until 5:00 p.m.

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Special Offers Inside!

Dr. Feucht's Latest Catch

See page 3



Have Lunch or Dinner On Us!

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DR. GARY FEUCHT, DDS
GENERAL & COSMETIC DENTISTRY

Dr. Gary Feucht and his staff have been meeting dental healthcare needs of your neighbors throughout Plymouth and Canton for over 25 years. They'd like the opportunity to become your hometown dental provider as well. Plymouth Dentistry is a full-service dental practice that believes in pampering their patients.

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