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*Please fill out the below form and fax it to us along with your topic choices numbered by priority. Thank you.*

## Fax Cover Sheet

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Date: \_\_\_\_\_

# of pages (including cover sheet): \_\_\_\_\_

Doctor's name: \_\_\_\_\_ Fax #: \_\_\_\_\_

Photos this issue? (please circle) Yes No How many? (extra charge for more than three) \_\_\_\_\_ (original photos, no negatives or slides)

Mailing Instructions: (please circle) Current Resident or Return Service Requested Note: The Post Office charges for address correction returns

Any staff changes? \_\_\_\_\_

Address, phone or hours changes? \_\_\_\_\_ Issue #: \_\_\_\_\_

Any office news? \_\_\_\_\_

Doctor's message? (topics covered) \_\_\_\_\_

Referral message? (please circle) Yes No Names? (please circle) Yes No Quantity? \_\_\_\_\_ Contest winners? (please circle) Yes No

Coupon? (please circle) Yes No Value? \_\_\_\_\_ Expiration date: \_\_\_\_\_

New services? \_\_\_\_\_ Patient profile/testimonial? \_\_\_\_\_

Special events or promotions? \_\_\_\_\_

Details:

# Dental Topics

Doctor's Name: \_\_\_\_\_

*Please Note: There is usually only enough room for two to three articles in a semi-custom newsletter and about seven in an all-custom. Please number your choices in order of preference. We'll fit in as many as we can, in that order. Keep this master topics list to refer to each issue.*

## Equipment

- Air abrasion
- Camera, intra-oral
- CEREC
- Dental drill
- DIAGNOdent
- Electronic anesthesia
- Imaging system (before/after)
- Lasers in dentistry
- Nitrous oxide
- Panoramic X-rays
- Rotodent
- Sonicare
- The WAND
- X-rays (digital)
- X-rays (safety)
- X-rays (types)
- X-rays (why necessary)

## Cosmetic

- Aging takes a toll on teeth
- Are straight teeth really important?
- Bleaching, at-home trays
- Bleaching, don't do it yourself
- Bleaching (general)
- Bleaching (laser)
- Bonding
- Braces? It doesn't mean "metal mouth" any more!
- BriteSmile
- Ceramic restorations
- Cosmetic dentistry (holidays)
- Cosmetic dentistry (overview)
- Cosmetic dentistry (improves self confidence)
- Crowns
- Enamel shaping
- Esthetic dentistry
- Invisalign
- National Orthodontic Month
- Natural-looking fillings
- Orthodontics for adults
- Ortho for a healthy smile
- Porcelain restorations
- Stained teeth
- Veneers
- Whitening teeth (methods)
- Zoom whitening

## Periodontal disease

- Affects all ages

- Bacteria and...
- Basics of...
- Bone loss
- Cardiac/stroke complications
- Contagious
- Gingivitis
- Gum Checklist
- Gums too sensitive
- Lessen your risk
- Periodontal disease (causes)
- Plaque and tartar
- Probing
- Scaling & root planing
- Silent threat
- Soft tissue management
- Stages of...
- Symptoms of...
- Test for periodontal disease
- Tooth loss
- What is...
- Whole health effects

## Conditions

- Abscesses
- Bad breath
- Bruxism
- Burning mouth syndrome
- Canker sores
- Cavities
- Cavities, test for susceptibility
- Cleft lip
- Cold sores
- Crazying
- Diabetics (tips for)
- Dry mouth
- Fluorosis
- Halitosis (analyzer)
- Headaches
- High blood pressure and your dental health
- Jaw pain
- Migraine (NTI-tss)
- Oral cancer
- Sensitive teeth (causes)
- Sleep apnea
- Snoring (generic)
- Stress damage
- TMJ syndrome

## Family-related

- Aging (effects on teeth)
- Air abrasion/no needles

- Baby dental care
- Back to school tips
- Candy is dandy, but...
- Cavities (contagious)
- Chewing tobacco (dangers)
- Child's 1<sup>st</sup> visit
- Children's Dental Health Month
- Cold & flu season
- Coloring contest
- Dental emergencies
- Dental emergencies (ortho)
- Ear aches and teething
- Fever and teething
- First teeth
- Fluoride for the whole family
- Goals for children
- Gummy Vites
- Infants & toddlers
- Kid tips (general)
- Lost tooth (primary)
- Lost tooth (secondary)
- Mouthguard
- New parent tips
- Nursing bottle syndrome
- Oral electrical burns
- Piercing, oral (dangers)
- Pregnancy and dental care
- Pregnancy and X-rays
- Preventing cavities
- Primary teeth
- Sealants
- Seat belt safety
- Seniors' dental care
- Smoking (dangers)
- Soft drink (dangers)
- Sports injuries
- Start their teeth out right
- Sugars in medicine
- Teething and breast feeding
- Teething tips (general)
- Thumb sucking
- Tooth eruption
- Tooth tips for the whole family
- Toothfairy interview
- Virtual reality glasses
- When teeth come in
- Wisdom teeth
- Women, of interest to

## Restoration

- Amalgam fillings (aging)

- Amalgam fillings (pro or con)
- Bonding
- Bridge restorations
- Broken fillings
- Broken teeth
- Cavity diagnosis
- Cavity prevention
- CEREC restorations
- Chipped teeth
- Composite fillings
- Cracked teeth
- Crowded teeth
- Crown restorations
- Decay (causes)
- Decay (types of repairs)
- Dentures (maintain/care)
- Dentures (types)
- Facial injuries
- Fillings (amalgam vs. composite)
- I have a cavity?!
- Implants
- Inlays/onlays
- Laminates
- Lost fillings
- Missing tooth
- Overlapping teeth
- Porcelain veneers
- Preventing decay
- Recall appointments (importance)
- Root canal
- Senior citizens (problems)
- Sensitive teeth (what to do)
- Tooth abrasion/notching
- Tooth loss

## Hygiene

- Brushing (dangers)
- Brushing (importance)
- Brushing (how to)
- Brushing and braces
- Charting system
- Cleanings, frequency of
- Deep cleanings
- Floss history
- Flossing for healthy gums
- Flossing How-to
- History of cleaning teeth
- How often
- Hygiene through the ages

*more topics* ➡

# Dental Topics *continued*

- \_\_\_ Hygiene tips (general)
- \_\_\_ Plaque and tartar control
- \_\_\_ Probing (how/why)
- \_\_\_ Professional dental cleanings
- \_\_\_ Prophy (simple)
- \_\_\_ Rinses (general)
- \_\_\_ Root planing
- \_\_\_ Scaling
- \_\_\_ Soft tissue management pgm.
- \_\_\_ Toothbrush, how to choose
- \_\_\_ Toothbrush, when to change
- \_\_\_ Toothpaste (how much)
- \_\_\_ Toothpaste (selecting)

## General Info

- \_\_\_ Air abrasion advantages
- \_\_\_ Anatomy of a tooth
- \_\_\_ Battle for good dental health
- \_\_\_ Before you go on vacation...
- \_\_\_ Beat the rush
- \_\_\_ But I'm not in any pain
- \_\_\_ Care in dental
- \_\_\_ Cowards, cater to
- \_\_\_ Dental Do's & Don'ts
- \_\_\_ Dental fact or fiction
- \_\_\_ Dental health and digestion
- \_\_\_ Dental Q&A
- \_\_\_ Dentistry (education)
- \_\_\_ Dentistry (history)
- \_\_\_ Development of teeth
- \_\_\_ Dental dictionary
- \_\_\_ Don't give teeth the brushoff
- \_\_\_ Emergencies, what to do
- \_\_\_ Exams (frequency)
- \_\_\_ Exams (general)
- \_\_\_ Exams (importance)
- \_\_\_ Exams (what we do)
- \_\_\_ Fear (general)
- \_\_\_ Fear (steps to help)
- \_\_\_ Fen/Phen (premed/dangers)
- \_\_\_ Fluoride (pro or con)
- \_\_\_ Fluoride (importance)
- \_\_\_ Fluoride treatments/supplements
- \_\_\_ Help for migraine sufferers (NTI-tss)
- \_\_\_ Impacted teeth
- \_\_\_ Invest in your teeth
- \_\_\_ It's more than checking teeth
- \_\_\_ Lifetime, keep your teeth
- \_\_\_ Medication complications
- \_\_\_ Mouth
- \_\_\_ Nervousness at the dentist

- \_\_\_ New Year's resolutions
- \_\_\_ No-nonsense tooth guide
- \_\_\_ Permanent (secondary) teeth
- \_\_\_ Perio fibers
- \_\_\_ Piercing, oral (dangers)
- \_\_\_ Plaque and tartar
- \_\_\_ Potential problem developing
- \_\_\_ Prevention
- \_\_\_ Premedication (why needed)
- \_\_\_ Recall appointments (how often)
- \_\_\_ Roots of dentistry
- \_\_\_ Sedation dentistry (non-IV)
- \_\_\_ Sensitive/tender gums
- \_\_\_ Sensitive teeth
- \_\_\_ Sports dentistry
- \_\_\_ Symptoms
- \_\_\_ Taste and smell
- \_\_\_ Tastebuds
- \_\_\_ Teeth (both sets)
- \_\_\_ Tips on dental care
- \_\_\_ Tongue
- \_\_\_ Toothache causes
- \_\_\_ Toothache, don't ignore
- \_\_\_ Tooth, birth of
- \_\_\_ Tooth extraction
- \_\_\_ Tooth/gum pain
- \_\_\_ Video tour of your mouth
- \_\_\_ Whole health & dental care
- \_\_\_ Wisdom teeth extraction

## Nutrition/Diet

- \_\_\_ Biting hard/cold substances
- \_\_\_ Building blocks for teeth
- \_\_\_ Calcium, sources of
- \_\_\_ Candy & sweets (dangers)
- \_\_\_ Carbohydrates (dangers)
- \_\_\_ Chewing gum (sugarless)
- \_\_\_ Chewing, How-to
- \_\_\_ DDS System for weight loss
- \_\_\_ Eating right
- \_\_\_ Foods to avoid
- \_\_\_ Good foods for healthy teeth
- \_\_\_ Lunch, pack a healthy
- \_\_\_ Milk (nursing bottle)
- \_\_\_ pH balance important
- \_\_\_ Recipes
- \_\_\_ Salads (good & bad)
- \_\_\_ Saliva (role in dental health)
- \_\_\_ Snacks (good & bad)
- \_\_\_ Soft drink dangers
- \_\_\_ Spicy foods

- \_\_\_ Sugars and teeth
- \_\_\_ Vitamins and minerals
- \_\_\_ Watch what you eat
- \_\_\_ Water (benefits)

## Quiz/tests

- \_\_\_ Mirror Mirror dental check
- \_\_\_ Nutrition IQ
- \_\_\_ Oral Health IQ
- \_\_\_ Symptoms quiz (general)
- \_\_\_ Symptoms quiz (perio)
- \_\_\_ Tasty trivia
- \_\_\_ Testing tooth wisdom
- \_\_\_ TMJ symptoms checklist
- \_\_\_ Whole health warnings

## Office

- \_\_\_ Appointment breaking
- \_\_\_ Care Enough to Share program
- \_\_\_ Continuing education
- \_\_\_ Dental insurance (filing)
- \_\_\_ Dental insurance (general)
- \_\_\_ Dental insurance (how it works)
- \_\_\_ Dental insurance (types accepted)
- \_\_\_ Financing options
- \_\_\_ End of the year reminder
- \_\_\_ Managed care
- \_\_\_ Maximize your insurance
- \_\_\_ Office policies
- \_\_\_ Office report card
- \_\_\_ Patient news
- \_\_\_ Patient testimonial
- \_\_\_ Premedication (update)
- \_\_\_ Privacy protection
- \_\_\_ Record (update)
- \_\_\_ Referral (contest)
- \_\_\_ Referral (list)
- \_\_\_ Referral (program)
- \_\_\_ Referral (thanks)
- \_\_\_ Rescheduling appointments
- \_\_\_ Staff intro
- \_\_\_ Staff news
- \_\_\_ Sterilization (importance)
- \_\_\_ Sterilization (procedures)

## Dental Facts/Filler

- \_\_\_ Anthropology and teeth
- \_\_\_ Beavers' teeth
- \_\_\_ Beautifying smiles through the ages
- \_\_\_ Brushing stats
- \_\_\_ Buckle up

- \_\_\_ By George (Washington's dentures)
- \_\_\_ Canine teeth
- \_\_\_ Chewing gum (history)
- \_\_\_ Chinese dentist's tower of teeth
- \_\_\_ Dental museum
- \_\_\_ Eyetooth
- \_\_\_ Facts (miscellaneous)
- \_\_\_ Fossil teeth
- \_\_\_ I'll eat my hat
- \_\_\_ Narwhale
- \_\_\_ Nature's toothbrush
- \_\_\_ Nile bird
- \_\_\_ One if by land (Paul Revere)
- \_\_\_ Sharks' teeth
- \_\_\_ Horse age (by teeth)
- \_\_\_ Tiny mammoths
- \_\_\_ Toothbrush facts
- \_\_\_ Toothpicks
- \_\_\_ Toothy Trio
- \_\_\_ Yawns (myths)

## Custom Topics

- \_\_\_ Provide a description below
- \_\_\_\_\_
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